

Section One: Understanding lung cancer

Tekiona Tahi

Kia mārama ki te
matepukupuku pūkahukahu



Key points:

- Lung cancer is cancer of some of the cells in part of the lungs, usually beginning in the lining of the airway.
- Secondary cancer in the lungs is common. This is cancer that has started somewhere else in the body (for example, bowel or breast) and spread to the lungs.
- There are two main types of lung cancer:
 - Small cell lung cancer (SCLC)
 - Non-small cell lung cancer (NSCLC) - adenocarcinoma, squamous cell carcinoma and large cell carcinoma
- Tobacco smoking is the greatest risk factor for lung cancer.
- The symptoms of lung cancer can be different from person to person. It is important to have your GP or whānau doctor check any symptoms:
 - A cough that doesn't go away or a change in a cough you have had for a long time

- Loss of voice or a change in voice (hoarseness)
- Feeling breathless or wheezy without exercising, or becoming unable to do your usual activities
- A chest infection that doesn't improve with treatment, or frequent chest infections
- Chest, upper back or shoulder pain that does not go away
- Coughing up blood
- Weight loss for no reason, or loss of appetite
- Feeling very tired

Ngā kōrero matua:

- Ko te matepukupuku o ētahi pūtau kei ētahi wāhi o te pūkahukahu te matepukupuku pūkahukahu. I te nuinga o te wā, tīmata ai ki te whakapaparanga ngongo hau.
- E rua ngā momo matepukupuku pūkahukahu matua:
 - Matepukupuku pūkahukahu pūtau iti
 - Matepukupuku pūkahukahu pūtau iti-kore - adenocarcinoma, squamous matepukupuku kiri me te matepukupuku kiri pūtau nui
- Ko te momi tupeka te take mōrearea rawa atu mō te matepukupuku pūkahukahu.
- He rerekē ngā tohumate o te matepukupuku pūkahukahu mai tēnā tangata, ki tēnā tangata. He mea nui kia arowhaitia ngā tohumate ka puta, e tō Tākuta Whānau:
 - maremare e kore e pai ake, he panoni rānei ki te āhua o tō maremare kua roa nei e mau ana ki a koe
 - ngaronga reo, panonitanga rānei o te reo (whango)
 - kua hēmanawa te mahi hā, kua tīmohu rānei ahakoa kīhai koe i korikori, te kore rānei ōu e āhei ki te whai i āu mahi aua
 - He whakapokenga poho e kore e pai ake ahakoa ngā maimoa, he nui rawa rānei ngā wā puta ake ai te whakapokenga poho
 - he mamae poho, mamae tuarā whakarunga, mamae pokohiwi rānei, e kore e mutu
 - te maremare toto
 - he ngaronga taumaha mō te kore noa iho, ngaronga hiakai rānei
 - kua tino pokea e te hiamoe

What is lung cancer?

Primary lung cancer is cancer of some of the cells in the lungs, usually beginning in the lining of the airways. Primary lung cancer can spread as secondaries (metastases) to any other part of the body.

Secondary cancer in the lungs is common. This is cancer that has started somewhere else in the body (for example, bowel or breast) and spread to the lungs.

This booklet is about primary lung cancer.



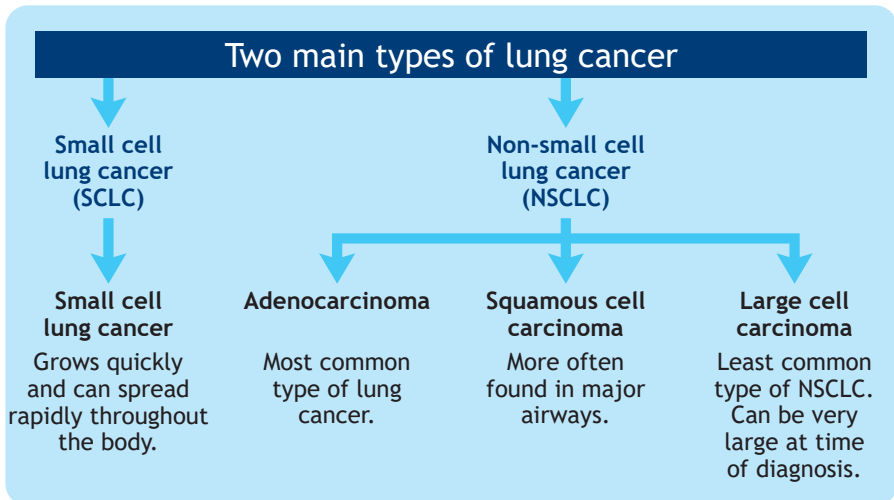
For more information on cancer that has spread to the lung, see to the Cancer Society's *Living Well with Advanced Cancer* booklet, available on our website: cancer.org.nz/advanced-cancer

Types of lung cancer

Although there are many types of lung cancer, there are two main types:

- Small cell lung cancer (SCLC) makes up about 15-20 percent of lung cancers.
- Non-small cell lung cancer (NSCLC) is the most common type and makes up about 80 percent of all lung cancers. NSCLC is divided into several specific types.

Your specific type of lung cancer needs to be diagnosed to help decide on the best treatment for you.



Mesothelioma is a rare cancer that occurs in the outer lining of the lung (pleura) but it is not the same as lung cancer. This type of cancer is most often linked with asbestos exposure.



You can find more information on mesothelioma on our website: cancer.org.nz/mesothelioma

What are the risk factors for lung cancer?

Anything that can increase your chances of developing cancer are called risk factors. Tobacco smoking is the greatest risk factor for lung cancer. Exposure to asbestos also increases the chance of developing lung cancer.

Some risk factors, such as smoking, can be changed. Some risk factors can't be changed, such as having a strong family history of cancer.

Having one or more risk factors does not mean that you or your whānau will develop cancer. Most of us have at least one risk factor but may never develop cancer. Others with cancer may have no known risk factors.

Risk factors that we know make some people more at risk than others for lung cancer include:



Tobacco (*smoking*) Smoking tobacco is the number one risk factor for lung cancer. This includes smoking cigarettes, cigars and pipes. And the more you smoke, the bigger the risk. People who do not smoke can also get lung cancer, but their risk is much lower.



Smoke (*second-hand*) Passive or second-hand smoking (breathing in other people's smoke) can slightly increase your risk of lung cancer. In New Zealand, smoking is now banned in most public places.



Ageing (*senescence*) Lung cancer is more common in older people (aged over 65). Younger people do get lung cancer, but it is rare.



Asbestos (*silicates*) People who have worked with asbestos have a higher risk of getting lung cancer.



Genetics (*family history*) People with a parent, brother or sister with lung cancer have a higher risk of developing it themselves. This may be because families often have shared risk factors such as smoking or it may more rarely be caused by a lung cancer gene that runs in the family.



Occupation (*eg miners*) It is rare, but sometimes contact with certain chemicals and substances through workplaces can increase the risk of lung cancer.



Pollution (*eg smog*) Research shows that air pollution may increase the risk of lung cancer. It is hard to know the risk for each person because it depends on the quality of the air where they live and how much pollution they are exposed to.

Symptoms of lung cancer

The symptoms of lung cancer can be different from person to person. Some people with cancer have no symptoms. They may find out they have lung cancer when it is seen on a chest X-ray done for another reason. Other people may notice some, or all, of the following symptoms:

- A cough that doesn't go away or a change in a cough you have had for a long time
- Loss of voice or a change in voice (hoarseness)
- Feeling breathless or wheezy without exercising, or becoming unable to do your usual activities
- A chest infection that doesn't improve with treatment, or frequent chest infections
- Chest, upper back or shoulder pain that does not go away
- Coughing up blood
- Weight loss for no reason, or loss of appetite
- Feeling very tired

These symptoms can be caused by reasons other than cancer. That is why it is important to have your GP or whānau doctor check any of these symptoms.