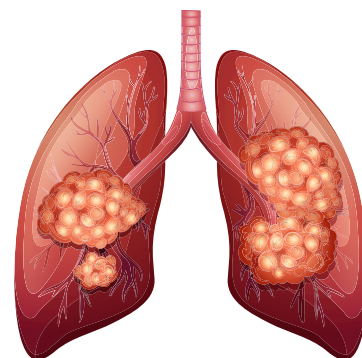


Lung Cancer

Uncontrolled growth of abnormal cells in the lungs, leading to the formation of tumours or masses of tissue.



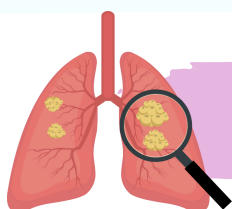
Symptoms

- Persistent cough that lasts over 3 weeks
- Chest pain, discomfort or Shortness of breath
- Coughing up blood
- Loss of appetite or unexplained weight loss and fatigue

Who is at risk



- **Smoking** (current or former smokers)
- **Second-hand** smoke exposure
- Occupational hazards of inhaling chemicals (Asbestos, radon)
- Family history or age
- Chronic lung diseases such as COPD, TB, Fibrosis.



Preventive Measures



- **Quit smoking and Avoid exposure** to second-hand smoke.
- **Limit exposure** to harmful substances or pollution at work
- **Get regular screenings** if you're at high risk (e.g., long-term smokers).
- **Stay active** and maintain a healthy diet.