



Live Healthy Georgia— Seniors Taking Charge Lung Cancer Awareness

November 2011 Newsletter
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This month we're going to focus on Lung Cancer. Lung cancer is the deadliest form of cancer for both men and women. Each year it takes more lives than breast, colon, or prostate cancer combined. We'll take a look at types, causes, symptoms, support resources, and how to care for loved ones.

What is Lung Cancer?

Cancer is a term used to describe many diseases in which cells grow and divide abnormally. Some cancers can spread through the blood and lymph system. Normal lung function involves the intake of oxygen and exit of carbon dioxide, an integral process for life. All lung cancers originate in the lungs. There are two separate types of lung cancer: Non-Small Cell Lung Cancer (NSCLC), which account for about 80% of all lung cancer and Small Cell Lung Cancer (SCLC), which accounts for the remaining 20%.

What Causes Lung Cancer?

Smoking causes the majority of lung cancer. Greater length of time and the frequency of smoking increases the risk of lung cancer. Exposure to second hand smoke also increases this risk. Research has also shown that taking beta-carotene supplements along with heavy smoking and alcohol intake increases the risk of lung cancer.

Other causes include exposure to asbestos, products using chloride or formaldehyde, and certain alloys, paints, pigments, and preservatives. If you have further questions about environmental contaminants, the Environmental Protection Agency is a good place to start for information <http://www.epa.gov/>.

How is Lung Cancer treated?

Lung cancer treatment can involve oral or injected medication (chemotherapy), radiation therapy, surgical removal of tumors, or a combination of these treatments.

Along with alternative healing methods such as massage, acupuncture, yoga and others, clinical trials could provide new potential treatments. For more information on clinical trials, including how to get involved, potential risks and benefits visit:

<http://www.emergingmed.com/networks/LungCancerAlliance/>

Spotlight on Support

Lung Cancer Association Phone Buddy Program

Peer to peer support offered to those dealing with lung cancer by matching up survivors or their loved ones. Each participant is screened and paired with one who has experienced similar medical and social situations. Partners receive training and have access to LCA resources.

http://www.lungcanceralliance.org/facing/phone_buddy.html

American Psychological Oncology Society

“APOS has a toll-free Helpline through which cancer patients, caregivers and advocacy organizations may obtain referrals for local counseling services throughout the United States. This referral program aims to connect cancer patients and their caregivers to psychiatrists, psychologists, nurses, social workers and counselors skilled in the management of cancer-related distress. Toll Free [1-866-276-7443](tel:1-866-276-7443) (1-866-APOS-4-HELP)

Tips for Long Distance Care Giving

Lung cancer treatment can involve

- Make sure your loved one knows what you're thinking. Keep the lines of communication open.
- Learn all you can about the needs of your loved one including medical, personal, financial, and legal.
- Look into care giving options for your loved one. These can range from help to change dressings to housework and food preparation.
- Prepare for your visits. Plan to meet the healthcare team. Formulate a plan with your loved one on what you hope to accomplish on your visit.
- Make sure you are supported well. Caregiving is stressful, even if your thousands of miles away.
- Coordinate volunteers.

Other Resources

Lung Cancer Foundation of America

<http://www.lcfamerica.org/>

American Lung Association

<http://www.lungusa.org/>

National Cancer institute

<http://www.cancer.gov/>

References

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