

LUNG CANCER

Lung cancer accounts for 13% of all new cancer cases diagnosed each year. In total there are 45,000 new cases each year in the UK; that's 120 new cases every day! Most alarmingly is that 89% of these cases is preventable. Once diagnosed with lung cancer the prognosis isn't great - 5% survive for more than 10 years.

I know that doctor's always 'go on about stopping smoking'.... Well there is a good reason for that - it is the biggest sole cause of cancer let alone all the other diseases it contributes to. Smoking is linked as a causative factor in 86% of cases. If you are thinking about stopping smoking please come and see one of our nurses at the smoking cessation clinic.

Avoiding lifestyle risks and other exposures such as air pollution, diesel engine exhausts and industrial tobacco smoke is important but it is also necessary to have a good balance of fruit and vegetables in your diet as this can prevent against lung cancer. It was demonstrated that insufficient dietary intake was linked to 9% of lung cancers.

If you have an unexplained cough; are coughing up blood or experiencing unexplained weight loss and are a smoker, please come and discuss this with your GP straight away as early diagnosis is vital.