

Types, Diagnosis and Risk Factors Involved in Lung Cancer

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DESCRIPTION

Uncontrolled cell division in lungs is the main cause of lung cancer. Cells naturally divide and produce more copies of clones themselves. Still sometimes they endure changes (mutations) that lead them to continue producing more of themselves. The uncontrolled division of damaged cells creates masses or tumors, of tissue which ultimately help organs from performing properly.

Types of lung cancer

1. **NSCLC (Non-Small Cell Lung Cancer):** The most typical form of lung cancer is non-small cell lung cancer. It develops and spreads more slowly than small cell lung cancer. According to the types of cells that make up the tumour there are three basic types of non-small cell lung cancer.

The most standard form of lung cancer in the US is adenocarcinoma. This generally starts at the external section of the lungs. Also, it's the most usual form of lung cancer in non-smokers. Large cell carcinomas contain huge, unusual appearing cells. These tumors constantly grow quickly and can start anywhere in the lungs. Epidermoid carcinoma is another name for scaled cell cancer. It constantly starts in the bronchi close to the middle of the lungs.

Surgery is used to remove non-small cell lung tumours that have not spread beyond the lung. In cases of more advanced cancer, surgery may also be combined with chemotherapy, radiation therapy, and other treatments. To reduce tumour size and prevent cancer cells from migrating through the bloodstream, these treatments can also be administered before surgery.

2. **Small Cell Lung Cancer (SCLC):** Smoking causes small cell lung cancer in almost all cases. Compared to other types of lung cancer, it spreads quickly. The two types of small cell lung carcinoma are as follows:

- Small cell carcinoma (oat cell cancer; the majority of small cell lung tumours are of the oat cell type)
- Combined small cell carcinoma

Other types of cancer, such as lymphomas (cancer in lymph nodes), sarcomas (cancer in bones or soft tissue), and pleural

mesothelioma, can start in or near lungs (cancer in the lining of lungs). They are not typically referred to as lung cancer and these are treated differently.

Symptoms of lung cancer

- Coughing that intensifies or persists.
- Chest pain.
- Breathing problems.
- Wheezing.
- Coughing up blood.
- Always feeling extremely exhausted
- Weight loss with no identified cause.
- Repeated bouts of pneumonia and swollen or enlarged lymph nodes (glands) inside the chest, in the zone between the lungs, can be signs of lung cancer.

Risk factors for lung cancer

Smoking tobacco products of any sort, including cigarettes, cigars, and pipes, is the single highest chance of getting lung cancer, even though there are many other factors which may increase risk. According to experts, smoking is a cause in 80% of lung cancer deaths.

- Radiation therapy in the past
- Radon gas exposure
- Asbestos and other carcinogenic exposure
- A history of lung cancer in the family

Diagnosis of lung cancer

Blood test: Blood tests can be used to check the functioning of organs and other parts of body, but they cannot diagnose cancer on their own.

Imaging: Images from chest X-rays and CT scans might show changes in lungs. In order to evaluate a concerning CT scan finding or to determine whether cancer has spread after a cancer diagnosis, PET/CT scans are frequently performed.

Biopsy: Doctors may do a number of procedures to get a closer look at what's happening inside the chest. Doctor may perform a biopsy during the same procedures to get samples of tissue or

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fluid that can be examined under a microscope to identify the kind of cancer and look for cancer cells. Samples can also be tested for genetic changes (mutations) that could have an impact on treatment.

Molecular tests: Physician can perform a test on a tissue sample as part of a biopsy to check for gene changes (mutations) that particular medications can target as part of treatment strategy.

Treatment of lung cancer

Lung cancer treatments aim to either cure the cancer from body or to prevent its growth. Cancerous cells can be removed, assisted in being destroyed, prevented from reproducing, or taught to immune system to combat them. A few therapies are also used to decrease signs and relieve pain. Treatment will depends up on the type of lung cancer, its location, the extent of its spread and many other factors.