

Recent Updates about Lung Cancer in India

Subbarao Samanthula*

Department of Cancer Biology, University of Mysore, Karnataka, India

***Corresponding author:** Subbarao Samanthula, Department of Cancer Biology, University of Mysore, Karnataka, India, Email: samanthula123@gmail.com

Received: June 01, 2021; **Accepted:** June 16, 2021; **Published:** June 23, 2021

Citation: Samanthula S (2021) Recent Updates about Lung Cancer in India. J Lung. Vol. 2 No. 4: 008.

Description

A cancer that starts in the lungs and is more commonly found in smokers. Non-small cell lung cancer and small cell lung cancer are the two most common kinds of lung cancer. Lung cancer is caused by smoking, secondhand smoke, exposure to specific chemicals, and a family history of the disease. Coughing (frequently with blood), chest pain, wheezing, and weight loss are all symptoms. These symptoms don't usually present until the cancer has progressed.

Surgery, chemotherapy, radiation therapy, targeted medication therapy, and immunotherapy are some of the options for treatment. Tobacco usage is by far the most common cause of lung cancer. Around 80% of lung cancer fatalities are caused by smoking, and many more are caused by secondhand smoke exposure. Although smoking is by far the most significant risk factor for lung cancer, it frequently interacts with other factors.

Small cell lung cancer is known for spreading quickly, with death happening in as little as six months if no therapy is given. However, because of its rapid growth, this kind of cancer is vulnerable to chemotherapy. Lung cancers can grow quite slowly at times. The majority of lung tumors double in size in three to six months. As a result, it may take several years for a normal lung cancer to grow large enough to be seen on a chest X-ray.

Pain, dyspnea, confusion, and respiratory secretions are all common symptoms of lung cancer near the end of life. Such symptoms must be expected and addressed as soon as possible with appropriate drugs and patient and family explanations.

Only 16 percent of lung cancer cases, on the other hand, are detected early. The survival rate for distant tumors in which tumors that have spread to other organs, is only 5% after five years.

Citrus fruits and tomato-based foods should be avoided because they are particularly sour, acidic, and hot. Because raw fruits and vegetables, crackers, and pretzels have rough textures and sharp edges, they should be avoided.

The extent to which ethnic and genetic factors play a role in the variance in the prevalence of various receptor variants is unknown. Aside from genetics, environmental factors like cigarette smoking and tobacco chewing may alter the relative frequency of different activating mutations.

Molecular testing in lung cancer has been reported in the Indian population on several occasions. Several tertiary care centers have made major contributions to forming impressions about various mutation frequencies and variances in contrast to the Western population based on the results of molecular testing performed on their patients.

Variety of fruits and vegetables can be taken every day as they include antioxidants that can help the body fight cancer. A well-balanced diet can help patients tolerate treatment, maintain strength during treatment, and recover faster. Green Tea is a type of tea that is used to make another food that appears to do double duty when it comes to lung cancer is green tea. Green tea has been proven to not only have a part in preventing lung cancer, but it may also help people who are currently suffering from the condition.