

## This Is How You Do It!

The method found to be most effective to quit smoking is to stop immediately and for good. This means you do not smoke at all after making the decision to quit smoking.

### The Effects Of Stopping Smoking And Lung Cancer

To help you overcome the urge to smoke, follow this advice:



- Inform your family and friends of your decision to quit smoking. With their support and encouragement it will be a lot easier.



- Get rid of all your cigarettes, matches, lighters and tray.

Involve yourself in a hobby or out-door activity such as swimming, walking, jogging and so forth to occupy your free time.



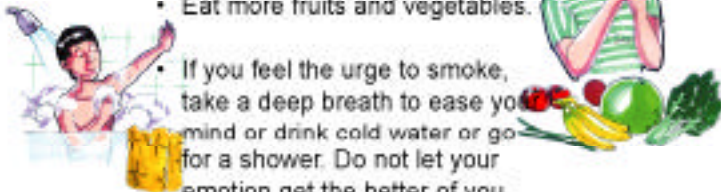
Drink plenty of water and avoid alcohol, coffee and other drink that may stimulate you to smoke.



- Learn to say no to offers of cigarettes from friends and others. Keep away from smokers.



- Eat more fruits and vegetables.
- If you feel the urge to smoke, take a deep breath to ease your mind or drink cold water or go for a shower. Do not let your emotion get the better of you and start smoking again.



Fight Lung Cancer-  
Stop Smoking Now.  
If You Are  
Non-Smoker,  
Do Not Ever Try  
Smoking.

# Lung Cancer





**Lung Cancer** is the most common cancer and the main cause of cancer death in Malaysia. 95% of lung cancer patients die within 5 years of diagnosis.

90% of lung cancer is due to cigarette smoking. Occurrence of lung cancer is also high among non smokers who are exposed to second-hand smoke (passive smoking).

## What Is Lung Cancer?

Lung cancer is an uncontrolled growth of abnormal cells in the lung. These cells lose control of their orderly division, and produce a growth called a tumour.

The tumor is benign (not a cancer) if it does not spread to other parts of the body. It is malignant (a cancer) if it invades neighbouring tissues and organs or breaks away and spreads through the blood stream or lymph channels.

When the cancer spreads through the lymph channels, it can cause enlarged lymph glands. When it spreads through the blood stream it may invade other organs notably the liver, bone, brain or the other lung.

Lung cancer caused By Smoking



## What Causes Lung Cancer?

Cigarette smoking is the major cause of lung cancer. Tobacco smoke contains some 4000 different chemicals. At least 43 of these are known to cause cancer.

There is also increasing evidence to suggest that environmental tobacco smoking (passive smoking) also makes a contribution to lung cancer in non-smokers.

Occupational exposure to asbestos is associated with an increased risk of lung cancer. Other occupational exposures that have been associated with lung cancer include contact with the processing of processing of steel, nickel, chrome and coal gas.

## Signs And Symptoms Of Lung Cancer

The symptoms depend largely upon the size and site of lung cancer. Initially, there may be no symptoms and the tumor may be discovered by chance on chest X-ray.

The most common signs are:

- \*Persistent cough
- \*Loss of weight
- \*Shortness of breath
- \*Chest pain
- \*Blood- stained sputum
- \*hoarseness of voice

## Treatment Of Lung Cancer

Lung cancer is often difficult to detect in the early stages. When the cancer is diagnosed it is already in the advanced stage thus making it difficult to treat successfully. Only about 5% of lung cancer patients are alive and well after diagnosis.

Lung cancer can be treated by three main methods, namely surgery, radiotherapy and chemotherapy. The type of treatment depends upon the size, extent of spread and histology (type of cell) of lung cancer. Sometimes patients may require a combination of methods in treating the lung cancer.

## Prevention Of Lung Cancer

This can be done by:

- \*Avoiding smoking – smoking to quit smoking and non-smokers to refrain from picking up the habit.
- \*Improving industrial hygiene.

## The Effects Of Stopping Smoking And Lung Cancer

The best preventative measure smoker can take to reduce the risk of lung cancer is to quit smoking. Quitting smoking will greatly reduce your cancer risk. The more years you are off cigarettes the greater the reduction in cancer risk.

If you quit smoking now, 15 years later your lung cancer risk is similar to that of non-smokers.

## How To Quit Smoking?



You must have thought about wanting to quit smoking. You may have tried once or twice without any success.

Don't lose hope! There is no easy way. Like everything worthwhile, you have to work at it to succeed.

**Tak nak!**

Setiap sedutan membawa padan  
Every puff you take damages your body

