

# Take Care Of Your Lungs To Prevent Cancer

Contributed by Webmaster

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Cancer can be in the form of many names. It can affect even the smallest bone or muscle inside the human body. According to statistics, the leading cause of death in the majority of the population is lung cancer. Believe it. It's not a surprise that our ozone layer is being destroyed by the chemicals and pollutants that are surrounding the planet earth, therefore it's not impossible that whoever is living within it can be affected 10 times more.

Lung cancer is a condition wherein there is uncontrolled growth of cells that are malignant inside a person's lung. Persons who are most commonly affected by this health problem are those belonging to the age of 40 and above. Both sexes are of no exception but this is more common in men.

One of the most common causes of lung cancer is smoking. It is more precipitated by a person's lifestyle. Similar with drinking alcohol, smoking can also be influenced by factors like friends, family, and environment. Although lung cancer can be more acquired because of passive smoking.

Passive smoking.

Also known as second-hand smoking, is the one contributing major factor why lung cancer is prominent. Passive smoking happens when a person, who is with someone who's actively smoking, inhales the smoke coming from the cigarette. It also occurs when airborne pollutants like asbestos dust are inhaled. Just by inhaling smoke coming out from a vehicle's muffler, you are prone to having a lung cancer.

True, sources of lung cancer are quite rampant but there is no obvious preventive measure rather than avoiding smoke. If you are a smoker, just stop smoking. That will save you at least 7 minutes of your life and live at least 7 minutes longer.

Obviously, the involved part of the body is the lungs. Therefore, if you are experiencing signs and symptoms which are turning severe and you know that you are an active smoker, might as well take a quick visit to your doctor and ask him the case of your problem. To help you become more aware, here are the signs and symptoms that a smoker or anyone can experience and detect lung cancer.

- severe and permanent cough that produces sputum flecked with blood. Cough, at the beginning, may just like be any other cough but as it advances, the coughs become more prominent and turns out as a burden. Your chest will give out a painful and heavy feel.

- wheezing and chest pain. Everytime you'll cough out, there will be a wheezing sound that is also similar with the sound that is produced when a person has asthma. The sound will be heard clearly if placed under a stethoscope.

- unexplained loss of weight.

- persistent cough that lasts for weeks or even months.

Bad news is, lung cancer cannot be treated whatsoever. Although radiotherapy, chemotherapy and occasionally, surgery

can have the chance to lessen the malignant cells inside the lungs but apart from that, there is still no proven cure but divine intervention. Pain-relievers can also be prescribed to relieve the severe pain that is caused by the disease.

Lung cancer can be prevented only if people will participate. Proper hygiene and a healthy lifestyle can help you get through ignoring lung cancer. Personal health care of your lungs is as important as taking care of your heart.

Learn about allergies facts and migraine facts at the Health And Nutrition site.

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