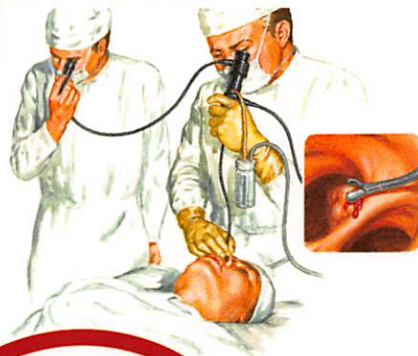


Although the cancer can sometimes be seen in an x-ray, bronchoscopy and biopsy are needed to confirm.



Prevent lung cancer—avoid smoke, asbestos, and air pollution.

If you smoke, ask your doctor how to quit today!



FROM THE DESK OF

NOTES

How Is Lung Cancer Diagnosed?

Early diagnosis can be hard because people may have no symptoms until the cancer is advanced. In these people, a tumor may be found on a routine chest x-ray or computed tomography (CT) scan.

The only sure way to diagnose lung cancer is by taking and studying a sample of lung tissue (biopsy) or fluid from the lungs that contains cancer cells.

The doctor gets these samples in different ways, depending on the location of the problem area. One technique is bronchoscopy, or examination with a lighted scope (a thin, flexible tube) that passes through the mouth into the air passages. If this method doesn't work, needle aspiration can be done. In this procedure, a needle is passed through the chest into the tumor to get the cells.

Sometimes, the space surrounding the lungs has fluid in it. This fluid can be removed with a needle (thoracentesis) to check for cancer cells.

If none of these techniques works, surgery (thoracotomy) can be done to open the chest and get tissue samples directly.

DOs and DON'Ts in Preventing Lung Cancer:

- ✓ **DO** understand the effects of smoking and its major role in causing lung cancer.
- ✓ **DO** eat a healthy diet, including fruits and vegetables.
- ✓ **DO** avoid exposure to hazards such as radon and air pollution.
- ⊘ **DON'T** smoke—the most important lifestyle change.
- ⊘ **DON'T** ignore signs of lung cancer such as persistent cough or bloody phlegm. Early diagnosis is important.

FOR MORE INFORMATION

Contact the following sources:

American Lung Association
 Tel: (212) 315-8700
 Web: www.lungusa.org
 American Cancer Society
 Tel: (800) 227-2345
 Web: www.cancer.org