

Lung cancer

Risk factors & causes:

- Smoking & 2nd hand smoking
- Exposure to industrial carcinogens & air pollution, scarring from previous lung disease, FHx & past cancer treatment
- Age
- UK: 8/10 cases occurring people aged 60+

Signs & symptoms:

- Difficulty breathing
- Coughing up blood
- Chest pain
- Loss of appetite
- Weight loss
- Fatigue
- Having a cough most of the time
- Change in a cough you have had for a long time
- SOB
- Ache or pain when breathing or coughing
- Hoarseness

Types:

- Small cell lung cancers
- Non-small cell lung cancer: squamous cell carcinoma, adenocarcinoma, large cell carcinoma

Stages of non-small cell lung cancer:

- Occult (hidden)
- Stage 0
- Stage I
- Stage II
- Stage III
- Stage IV

Treatments:

- Standard treatments: surgery, radiation therapy, chemotherapy, targeted therapy, immunotherapy, laser therapy, photodynamic therapy (PDT), cryosurgery, electrocautery, watchful waiting
- New treatments: chemoprevention, radiosensitizers, new combinations
- Treatment for non-small cell lung cancer may cause side effects
- Pts may want to think about taking part in a clinical trial
- Pts can enter clinical trials before, during, or after starting their cancer treatment
- Follow-up tests may be needed

Small cell lung cancer:

- Grows faster
- Spreads faster
- 70 of people with SCLS will have cancer that has already spread at the time they're diagnosed
- Tends respond well to chemotherapy & radiotherapy
- Recurrence

Other types:

- Metastatic cancer
- Pleural mesothelioma

Breast cancer

Pathology:

- Inflammatory disorders
- Benign tumours of the breast
- Malignant tumours of the breast

Acute mastitis (not cancer):

- Complication of lactation, local pain, swelling, hardening, tenderness, redness
- Fissures or abrasions of the nipple enable entry of staphylococci
- Abscesses

Fibrocystic change:

- Pre-menopausal women, lumps
- Fibrosis
- Cyst formation
- Adenosis
- Sclerosing adenosis
- Epithelial hyperplasia, increased riskier cancer

Benign breast tumours:

- **Fibroadenoma:** commonest, single tumour, young women, firm mobile lump
- 25 of normal breasts at autopsy
- Package 20-30
- More common in African American women
- Multiple in -15-20
- Most growth arrested by 2-3cm; may reach >10cm
- Spontaneous infarction - pregnancy/lactation
- Reports of regression 20-25

Carcinoma of the breast:

- Commonest malignancy in women
- Rarely occurs in men
- Upper outer quadrant
- Uncommon before 30s
- Risk increases with age & after menopause
- Genetics
- Commoner in nulliparous women
- Early menarche & late menopause
- Breast feeding reduces risk

Carcinoma of the breast: [cntd]

- Infiltrating ductal carcinoma
- commonest form
- firm to hard lump
- peau d'orange
- nipple retraction
- tumour fixed to underlying muscle

Prostate cancer

Colon cancer

Develop from mucosa & may end upon invasive lesion

Colonoscopy to find polyps (different types), occur in families, 5 stages

Stage I localised, grow into colon & through the wall of colon leading reach lymphatics & blood vessels, may be distributed into other organs through lymphatics, the more distal the higher chance of cancer (also easier to reach and diagnose)

Change of lifestyle, avoiding types of food

Risk factors:

- Race (African American), FHx, High testosterone
- Age
- Saturated fat diet
- Prostatic intraepithelial neoplasia (PIN)
- Genome changes

Signs & symptoms:

- More frequent urination (during night)
- Difficulty starting to urinate
- Taking a long time to urinate or a weak flow urine
- Blood in your urine or semen
- Back pain, hip pain or pelvis pain
- Unexplained weight loss

Can be diagnosed early



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