

### 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 clinics 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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