

*Thousands of people beat cancer every year.  
When cancer is diagnosed at an early stage,  
treatment is often simpler and more likely to  
be successful.*

*So finding cancer early can make a real difference.*

**ROKO CANCER CHARITABLE TRUST & MKC Trust ( Roko Cancer Campaign )** are non-profit charities working towards the cause of creating Awareness and Early Detection of Breast, Cervical and women cancers in the urban, semi urban and rural areas of India, through its fully equipped Mobile Cancer Detection Unit. The Charity conducts free Mammograms.

ROKO, Like the name suggests is a mission to stop, fight cancer and eventually eradicate it completely from human life. While the task is uphill and strides are small, yet, we have made humble successes in this direction. You will be pleased to know that our trust (Roko Cancer) has been the leader by launching India's 1st fully equipped Mobile Cancer Detection Units. These units have been conducting Mammograms and Pap smear tests for the women. These Mobile units have been active in **17 States and Union Territories** of India. In this drive, Roko has covered **50 million population** and conducted **1,962 Camps** (Approximately) during the period from 2005 to August 2012.

The trust has provided a healthcare delivery system with latest technology being delivered at the doorstep. Hundreds of women are coming forward in our camps to avail this facility. A helping hand from you or your organization will boost the entire progress and will go a long way in saving many precious lives.

We are soon expanding our umbrella to cover cancers in men and oral cancer in particular.

*Be a part of Roko Cancer Campaign!  
You can save a life!*

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(Registered charity No. 1088603, U.K.)

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Donation to Roko Cancer Charitable Trust are exempted from income Tax u/s 80G

[www.rokocancer.org](http://www.rokocancer.org)



*What  
you need  
to know  
about*  
**LUNG  
CANCER**

CANCER  
detect  eliminate



## ❧ LUNG CANCER ❧

**L**ung cancer is cancer of the lungs which are the organs that exchange gases between the air we breathe and the blood. Through the lung, carbon dioxide is removed from the bloodstream and oxygen from inspired air enters the bloodstream. Tumors from other parts of the body can also spread to lung like prostate cancer.

## ❧ CAUSES ❧

- ❖ **Smoking**
  - The incidence of lung cancer is strongly correlated with cigarette smoking, with about **90% of lung cancers arising as a result of tobacco use.**
  - Passive smoking or the inhalation of tobacco smoke by nonsmokers who share living or working quarters with smokers have a 24% increase in risk for developing lung cancer.
- ❖ People working in thermal insulation factories that use asbestos and silicates
- ❖ Uranium (radioactivity) decay products like Radon gas causes lung cancer.
- ❖ Air pollution
- ❖ Family history of lung cancer
- ❖ Certain diseases like Chronic Obstructive Lung Diseases

## ❧ SYMPTOMS ❧

- ❖ No symptoms in up to 25% of cases cancer is detected during routine X-ray Chest or CT scan
  - ❖ Symptoms related to lung cancer can be
    - Shortness of breath
    - Wheezing
    - Chest pain
    - Coughing up blood
    - Shoulder pain
    - Paralysis of vocal cords leading to hoarseness of voice
    - Difficulty in swallowing
    - Recurrent lung infections if the cancer has led to collapse of a lung or part of a lung
- ❖ Lung cancer can spread to bones leading to severe bone pains. Spread to the brain causes blurred vision, headaches and seizures, symptoms of stroke such as weakness and loss of sensation of a part of the body.
- ❖ Nonspecific symptoms consist of weakness, fatigue, weight loss and depression

## ❧ PREVENTION ❧

- ❖ **Quit Smoking**
  - Cessation of smoking and eliminating exposure to tobacco smoke is the most important measure that can prevent lung cancer.*** Many products, such as nicotine gum, nicotine sprays, or nicotine inhalers, may be helpful to people trying to quit smoking. In addition, family and friend support and professional counseling are required to quit smoking and to maintain it.
- ❖ Minimize exposure to passive smoking
- ❖ Methods that allow early detection of cancers, such as the helical low-dose CT scan maybe of value in the identification of small cancers that can be cured by surgical resection and prevented from becoming widespread, incurable cancer.

## ❧ DIAGNOSIS & TREATMENT ❧

Lung cancer is diagnosed by symptoms of the patient, clinical examination by the doctor and investigations conducted to find out the disease and its extent.

**\*\*\* Remember, only a physician can make a diagnosis \*\*\***