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LUNG CANCER

Introduction (150 words):

Lung cancer is a major health issue caused by unregulated growth of abnormal cells in the lung tissue that results in development of tumours. It is one of the most widespread and deadly types of cancer in the world and is a significant threat to the health of people. Lung cancer can be silent at an early stage thus making it difficult to diagnose and treat in good time. Main symptoms include persistent cough, sputum, chest discomfort, fatigue, and weight loss ([NHS, 2022](#)).

World-wide, lung cancer takes the lives of large number of people on annual basis. According to WHO, it is the number one cause of cancer related deaths with an estimated 1.8 million deaths every year ([WHO, 2025](#)). Similarly in the United Kingdom, approximately 49,300 new cases are diagnosed annually, which underscores the urgency of the given health issue ([Cancer Research UK, 2024](#)).

Being highly prevalent and deadly, lung cancer puts significant burden on healthcare system and community. The report will discuss the approaches used to measure and monitor lung cancer, measures to control the disease, the impact of disease on the people who are affected, and services of health and social care required to cope with this difficult situation.

Main Body (1200 words);

To understand the scope of the disease and develop adequate prevention techniques, different strategies are used by public health organizations to measure and monitor lung cancer. One strategy is the establishment of cancer registries. These registries are used to assemble detailed information on all patients with cancer with the number of cases, demographic data on patients, treatment results and survival rates. This information allows health workers to identify trends and patterns in lung cancer and determine the efficacy of the healthcare intervention ([Bray et al., 2015](#); [Wild et al., 2020](#)).

Another major method of monitoring lung cancer is epidemiological research. The area deals with the prevalence and spread of diseases among populations. Scientists examine the patterns of lung cancer in various geographical locations and pinpoint some of the risk factors that are related to the disease. The most notable of them is smoking, which contributes significantly to the occurrence of lung cancer worldwide ([WHO, 2025](#); [Islami et al., 2015](#)). The other causes of asthma are exposure to passive smoking, air pollution and some work-related risks like asbestos ([WHO, 2023](#)).

In addition, the management of lung cancer would require the incidence and mortality statistics. Incidence means the quantity of the new cases that are diagnosed within a given period of time, and mortality refers to the quantity of the deaths that are caused by the disease.

This data is collected by organizations such as the world health organization, and the national health agencies. The understanding of these statistics will allow health officials to identify riskier groups of people to develop specific prevention strategies ([Sung et al., 2021](#)).

Screening programs are also useful in the surveillance of lung cancer. Such programs include testing of people at risk of having higher susceptibility to early detection of the disease. Low-dose CT scans have been on the rise as a good method of preventing lung cancer at an early stage before it begins to show its signs. Screening leads to early diagnosis, which greatly improves the post-diagnosis outcomes, which is why these activities are vital in the health of the population ([National Lung Screening Trial Research Team, 2011](#)).

Treatment of lung cancer effectively requires a holistic approach that involves prevention measures, early diagnosis and suitable modalities of treatment. One of the main concerns of prevention is to reduce risk factors exposure, and smoking is identified as the most common cause of lung cancer ([Islami et al., 2015](#); [WHO, 2025](#)). As a result, many public health campaigns have been initiated to fight against tobacco consumption. Governments have also implemented some actions such as prohibition of smoking in social places, high tax on tobacco products, and strict social regulations on tobacco advertising. Also, smoking rehab services are available to help people in their attempt to stop smoking ([U.S. Department of Health and Human Services 2020](#); [WHO, 2023](#)).

Preventive educational efforts through public health campaigns play a very essential role in awareness creation concerning the health hazards of smoking and advancing of healthy lifestyle habits. Moreover, the environmental control measures contribute to reducing the exposure to air pollution and damaging substances in workplace conditions ([WHO, 2023](#)).

Secondary prevention is focused on the early screening of lung cancer that greatly increases the chances of positive treatment results. Low-dose CT scans screening programs are specifically indicated to be used in persons who are considered to be at high risk such as long-term smokers ([National Lung Screening Trial Research Team, 2011](#); [de Koning et al., 2020](#)).

Treatment plans play a crucial role in the management of lung cancer and the intervention to choose depends on the stage of the disease and the general health of an individual. Surgery, chemotherapy, radiotherapy, as well as emerging therapies, such as immunotherapy are considered common ([NHS, 2022](#); [Herbst et al., 2018](#)). Recent medical treatment has seen a lot of development that has seen a large number of patients survive well.

The impact of lung cancer is far reaching and involves not just the individual who has been diagnosed but also his/her family and society in general. Patients with a diagnosis of lung cancer usually experience serious bodily symptoms, including difficulties in breathing,

persistent cough, and feeling very tired. The symptoms may have a life-threatening effect on the performance of everyday duties ([Herbst et al., 2018](#)).

The mental impact of the diagnosis of lung cancer is also significant. Most patients share experiences of anxiety, depression, and emotional distress when they are diagnosed with cancer. The stress of the unpredictability of therapeutic outcomes and survival becomes a significant emotional barrier which may impact not only the patients but also the people they love ([Pitman et al., 2018](#)).

Caregivers and family members often get involved in critical positions, offering emotional and practical assistance to persons with lung cancer. Such support can include helping with daily tasks, going to medical appointments, and providing support in bad situations. Nevertheless, these roles may cause considerable emotional and economic pressures among family members ([NHS, 2022](#)).

Additionally, the healthcare systems are being permeated by the broad impacts of lung cancer. Treatment requires special medical machinery, qualified medical services, and long-term care facilities. As a result, the cost of lung cancer places a significant financial strain to health services including NHS. In addition to healthcare expenses, the lost productivity and economic problems are also added to the disease of lung cancer in the society at large ([Sung et al., 2021](#)).

Lung cancer patients have numerous health and social care demands that need to be fully supported. The National Health Service (NHS) in the United Kingdom provides comprehensive services which include diagnosis, treatment and follow-up services. Therapy is normally handled by an interdisciplinary team consisting of physicians, nurses, and other experts ([NHS, 2022](#)).

The use of specialist lung cancer nurses is one of the key factors in this care as they guide and offer emotional support to the patients during the treatment process. They are essential in guiding the patients through their diagnosis and in the different treatment means that the patients have ([NICE, 2019](#)).

Palliative care services are of great importance especially to people with advanced lung cancer. The services are designed to improve the quality of life by treating such symptoms as pain and difficulty breathing. The palliative care may be provided in different environments such as hospitals, hospices or at the comfort of the homes of the patients ([WHO, 2020](#)).

Besides the support that is offered by the NHS, there are charitable organizations that are also very important in helping cancer victims. As an example, the Macmillan Cancer Support provides counselling, financial guidance, and peer support assemblies with the aim of taking

some of the strain off the patients and their families (Macmillan Cancer Support, 2025). The community services are also essential because they serve to combat the social isolation and promote the overall well-being of patients and their loved ones.

Conclusion (150 words):

To conclude, lung cancer remains a significant global threat to the health of the population. Millions of individuals are affected every year by this disease, which is the leading cause of death caused by cancer globally. With the help of cancer registries, epidemiological studies, and screening programs, health authorities may obtain essential knowledge about the level of the problem and develop effective intervention plans (Bray et al., 2015; Sung et al., 2021).

To fight lung cancer, prevention programs should be prioritized, such as the promotion of anti-smoking and environmental health programs. Moreover, early detection of the illness combined with the developments in the field of medical interventions can substantially increase the survival rates and enhance the quality of life of the affected persons. In spite of these attempts, the consequences of lung cancer are so significant that they affect individuals, families, and healthcare systems (Herbst et al., 2018).

Furthermore, health and social care services are essential in supporting patients as they go through the physical and emotional barriers of lung cancer. In order to reduce the burden of this disease in the future, it is important to strengthen prevention and healthcare system so that the systems of support can be strong and efficient (NHS, 2022; Macmillan Cancer Support, 2025).

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