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Lung Cancer

Introduction

The chosen topic for this report is lung cancer related to poor life stile. At this report you will also see, and understand the anatomy and physiology of our lung, also more information of respiratory system how and which organs are included. Which the lang are part of being well functioning system. However, more of how the life stile is measured for the chosen topic, and how the Social Care practices are cooping with this specific disease. After all this information recommendation will be provided for the UK nation

Anatomy

History of Anatomy

We are very curious creatures. However, the unknown always been interesting as. Special place its taking human body. Back in time, even since 750000 BCE. Using the illustration now in this century we know how long ago humans knew what anatomy mean. (Biology Online, 2022)

Anatomy is is a large structure of living organisms. Such us: animals, humans and plants. Using microscope to rich the smallest cells and molecules to point of see big organisms how works. For example: whales. (American Association for Anatomy)

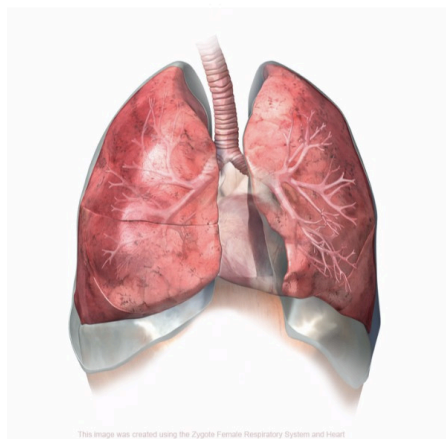
3D Picture of Human Anatomy



(Zygote, 2015)

However, the report will be focus on anatomy of lung.

The lungs are pair of air-filled organs. Located on both site of the chest. The trachea filter the air to the the lung through its tubular branches, called



(Zygote, 2015)

bronchi. The bronchi divide into smaller and smaller branches of (bronchioles) till they become microscopic. (Felson, 2021)

In this report we will be looking lung cancer, related to bad habits and poor life stile.



(Sengar, 2021)

Physiology

History of Physiology

The study of physiology traces its roots back to ancient India and Egypt.

“As a medical discipline, it goes back at least as far as the time of Hippocrates, the famous “father of medicine” – around 420 BC.”

(Weatherspoon, 2017)

What is Physiology

Physiology it is study of normal functioning of living creatures. Covering a range of topics that include organs, anatomy, cells, biological

compounds, and how they all combine to make life possible.

(Weatherspoon, 2017)

Physiology is responsible for organs and organs system functions.

Physiology deals with the function and malfunction of parts of the human body. With respond to health and disease (areas relating to medicine).

(University of Cambridge, 2022)

Respiratory system

How I mention in the introduction the lung are part of respiratory system.

- This system include:
- Mouth and nose - puts air into the Respiratory System.
- Sinuses - regulate the temperature of the air that the body needs.
- Pharynx (throat) - tube that deliver air to the trachea.
- Trachea - connecting the throat with lungs
- Bronchial tubes - tube at the bottom that connect the both lungs.
- Lungs - Two organs that remove oxygen from the air and pass it into your blood.

The lungs are the important organs of the respiratory system, with functions to deliver gads from the environment and deliver to our blood system. Oxygen gets moved from the alveoli into the capillary, where it can enter the arterial system, ultimately to perfuse tissue. The respiratory system have few components. (nose, oropharynx, larynx, trachea, bronchi, bronchioles and lungs). The lungs have individual lobes, which ultimately subdivide into over 300 million alveoli. The alveoli are the primary location for gas exchange. The diaphragm is the primary

respiratory muscle and receives innervation by the nerve roots.
(Haddad, Sharma, 2022)

What Are the Risk Factors for Lung Cancer?

Research have found few risk factors of increasing the chance of lung cancer.

Smoking - Smoking is number one factor of increasing the chance of having lung cancer. In US 80% to 90% of the lung cancer death is related consuming tobacco products.

Secondhand Smoke - Second hand smoker can also cause lung cancer. When a person breathes the smoke from cigarette it is like to smoke cigarettes.

Radon - After smoke of radon. This is the second most dangerous cause in US. Radon is a naturally occurring gas that forms in rocks, soil, and water. It's not visible for human eyes. And if you have some where in the building leak from this gas and long breathing of it can cause lung cancer.

Other Substances - Examples include asbestos, arsenic, diesel exhaust, and some forms of silica and chromium.

Personal or Family History of Lung Cancer - If you had lung cancer once there is a big opportunity for your body to develop it again. Specially if you continue smoking. You are high in risk of having lung cancer if, one of your family have lung cancer. Such as: brothers or sisters, or even children.

Radiation Therapy to the Chest - Radiation as therapy to the chest are at higher risk of lung cancer as well.

Diet - Scientists are working on how some type of food supplement are changing the risk of lung cancer. (CDC. 2021)

3. Health and Lifestyle routine measures

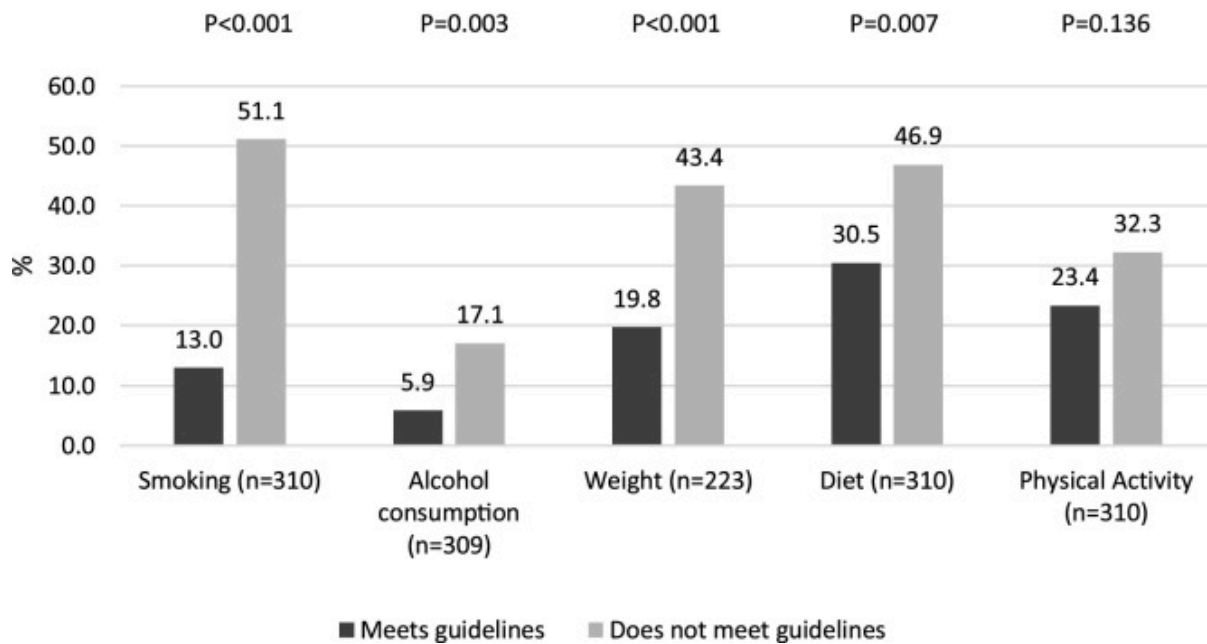
Lung cancer screening could be a 'teachable moment' for behaviour change of every human. Very little is the information about how conversation about stop smoking and changing the lifestyle can reflect on the person who just did lung screening.

In this case 459 English people had been involved in survey. All this people were between age of 50 to 79. All current tobacco users.

To all this people had been given access to receive lifestyle advice (about smoking, diet, weight, physical activity, alcohol consuming). When come to lung screening. Additional information will be also provide of the potential impact.

64% of all the participants were happy to receive lifestyle advice at lung screening. A greater part of the population choose to take survey. Want to hear the scenario where is required further investigation. (Stevens, Smith, Qaife, Vrinten, et., 2019)

Figure 1. Proportion of people willing to receive each category of lifestyle advice, by current behaviour



(Stevans, Smith, Qaife, Vrinten, at., 2019)

Lung cancer is one of the most common cancer in UK. The number of diagnosed people with lung cancer is around 47,000 people.

At early stage this cancer usually does not have any symptoms. However, many people later in their life explain with the cancer develop symptoms such as:

- a persistent cough
- coughing up blood

- persistent breathlessness
- unexplained tiredness and weight loss
- an ache or pain when breathing or coughing

“Early diagnosis can make a big difference.” (NHS,2022)

Health and Social Care practice

According to NICE, over 80% of the lung cancer are related to smoking and other side factors such as:

- Air pollution
- Radiation at work place

NICE first published in 2006 interventions and referrals for people who use tobacco products. Since that day NICE published understanding information and advices of smoking and how to prevent our children of using this products. (NICE, 2022)

Quality standards is helping to improve the quality of care. The measurement is use to :

- identify gaps and areas for improvement
- measure the quality of care
- understand how to improve care
- demonstrate you provide quality care
- commission high-quality services. (NICE, 2022)

The **Health and Social Care Act 2012**, states that each Clinical Commissioning Group (CCG) must, in the exercise of its functions, have regard to the need to:

- Respect to their ability to access health services
- Promote the environment
- Patients to make choices with respect (NHS, 2022)

“This quality standard is endorsed by [NHS England](#) as required by the Health and Social Care Act (2012).”(NHS,2022)

The Disability Discrimination Act (DDA) 1995. This Act was made to stop discrimination against disabled people. The aim was to stop disabled people to be treated differently. (Cancer Research UK, 2019)

Policy 2010 - 2015. This policy and research under government over view. The action that have been taken in 2014 is to measure the survivals from cancer. And try to safe 5.000 life per year. The help come from:

- Changing lifestyles to reduce the risk of cancer
- Making sure people know the signs of cancer
- Getting an earlier diagnosis through screening
- Improving treatment
- Improving access to cancer services
- Helping survivors to live more comfortably (GOV.UK, 2022)

Recommendations

Treatments for lung cancer I managed by team with specialists. Who works together to provide the solution to the cancer that the person have. Include the statistic and the size and type of the cancer team is required to make a plan for the best of the patient.

There is a few type of treatment that you can receive, but it all depends of how big and type of lung cancer you have.

Treatment plan include:

- Surgery
- Tests before surgery
- How it's performed
- After the operation
- Radiotherapy
- Courses of treatment (NHS,2022)

All the recommendation. For lung cancer that I have faced during the research for this report. At first position is to stop smoking the second one is the environment that we are living especially air pollution.

Conclusion

To conclude all above that I have been writing so far. Lung cancer is position the the front of our chest have left and right side. In some people both side can be effected from the cancer or some are having in one of the half. The lang cancer can be treated, but the chance of surviving are very less. All the symptoms that I intrudes to you are just the few of the agony that person have lung cancer. However, there is many recommendation and support have been provide for early diagnostic or support during the worse days of pain.

Here at the end combination from all the ognisation and communities are 100% working successfully to make one life with cancer better place of living.

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