

مركز أبوظبي  
للصحة العامة  
ABU DHABI PUBLIC  
HEALTH CENTRE

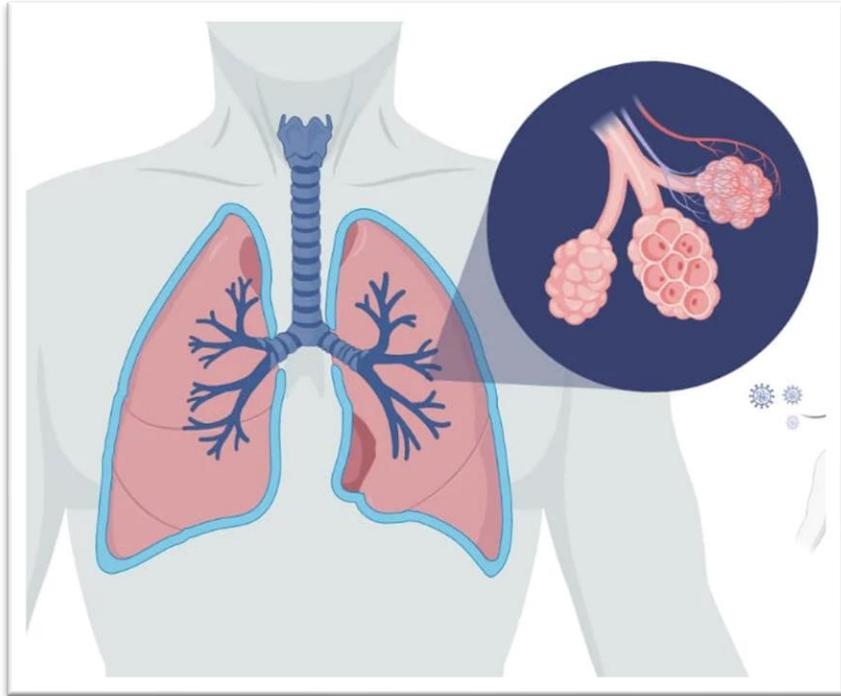


# Lung Cancer Awareness Cancer Prevention & Control

# Agenda

- Lung Structure and Function
  - About Lung Cancer
  - Lung Cancer Facts and Statistics
  - Risk Factors of Lung Cancer
  - Tobacco Use and Lung Cancer
- Signs and Symptoms of Lung Cancer
  - Lung Cancer Prevention
  - Health benefits of Quitting Smoking
  - Lung Cancer Screening in Abu Dhabi
  - Periodic Comprehensive Screening Program - IFHAS

# Lungs Structure and Function

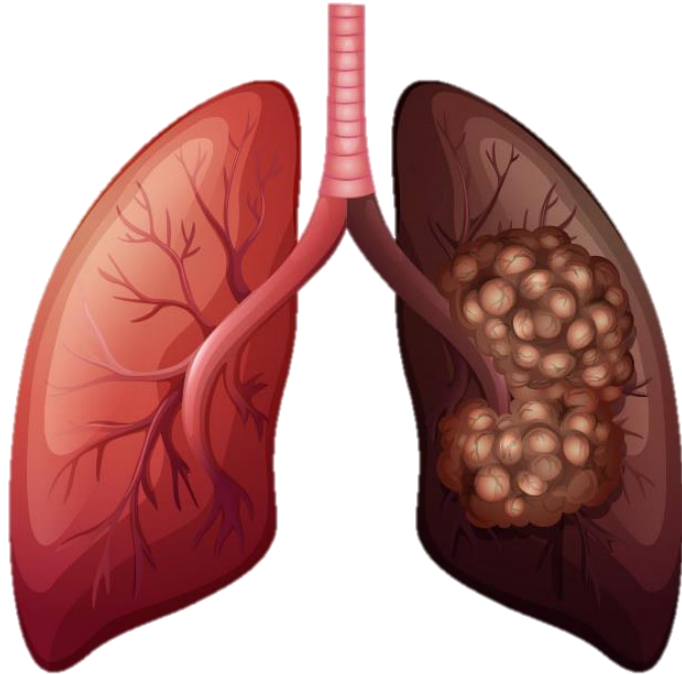


- ❑ Lungs are a pair of spongy air-filled organs located on both sides of the chest.
- ❑ Each lung has sections called lobes. The right lung is slightly bigger than the left lung.\*
- ❑ Inside of the lungs made up of small tubes called bronchioles, and tiny air sacs called alveoli.
- ❑ Lungs' main function is to bring oxygen into the body and release carbon dioxide.\*

\* American cancer society: <https://www.cancer.org/cancer/types/lung-cancer/about/what-is.html>

\*National cancer institute: [https://www.cancer.gov/types/lung/patient/lung-prevention-pdq#\\_4](https://www.cancer.gov/types/lung/patient/lung-prevention-pdq#_4)

# About Lung Cancer



- ❑ A disease in which malignant (abnormal) cells rapidly grow in an uncontrolled way and form tumors in lung's tissues or airways.
- ❑ Primary starts in the lungs but can invade nearby tissues and spread to other organs in the body.
- ❑ Tumors interfere with the lung's functions leading to severe health complications.
- ❑ Usually diagnosed late at advanced stages when treatment options are limited.
- ❑ Lung cancer has two main types. Non-small cell lung cancer (NSCLC) is the most common type and develop slowly. Small cell lung cancer (SCLC) is less common but often grows quickly.

# Lung Cancer Facts and Statistics - Worldwide 2022

## 1<sup>st</sup> Ranked Globally

Causes most of cancer cases and deaths

**2.4 million**

new cases by 2022

**1.8 million**

people died by 2022

**Leading cancer in men**

2nd most common cancer in women



# Lung Cancer Facts and Statistics - Abu Dhabi

- Leading cause of cancer-related deaths in Nationals. (2018)
- Second cause of cancer deaths in Abu Dhabi (3.9% of all cancer deaths in the Emirate) 2018.
- Sixth most common cancer in the Emirate of Abu Dhabi. (2019)
- Lung cancer incidence and death rates are higher among men than in women in Abu Dhabi Emirate. (2011-2019)
- Most cases are diagnosed at late stage (Stage 4 ).



# Risk Factors of Lung Cancer



Smoking Tobacco  
Passive smoking



Radon Gas



Family History



Air Pollution



Personal history  
of lung diseases



Lowered  
Immunity



Workplace  
Exposure

# Tobacco Use and Lung Cancer



- ❑ Smoking tobacco is the leading cause of lung cancer. Its responsible for 85% of all cases, and 71% of all lung cancer deaths.
- ❑ Smoking causes about **9 out of 10** cases of lung cancer in men, and about **8 out of 10** cases in women.

## Lung Cancer | Tobacco use key factors:



Gender



Age of  
starting  
smoking.



Years of  
smoking  
tobacco.



Amount smoked.  
Products smoked.



Depth of  
inhalation.



Exposure to passive  
smoking. Increases the risk  
by 20%-30%.



# Tobacco Use and Lung Cancer

## Types of Tobacco Used in Smoking



Pipe



Midwakh



Smoking rolling paper



Cigarette



Cigar



E-Cigarette



Roll your own cigarette



Shisha / Hookah / Water pipe

# Tobacco Use and Lung Cancer

## How Does Smoking Cause Cancer?

### Healthy Lungs Vs Smoker Lungs

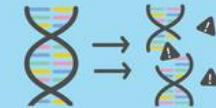


1) Cigarette smoke contains over **5,000 different chemicals**, at least **70 cause cancer**.



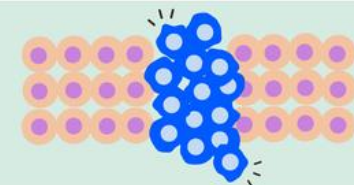
2) When smoking, harmful chemicals **enter our lungs** and affect the entire body.

3) These chemicals **damage our DNA**, including parts that protect against cancer.



4) Some chemicals make it **harder for cells to repair DNA damage**.

5) DNA damage in our cells can build up and **lead to cancer**.



# Signs and Symptoms of Lung Cancer

1 Symptoms take years to develop and may not appear until the disease is advanced.

2 Early symptoms usually mild / missed as common respiratory issues leading to delayed diagnosis.

3 People experience different symptoms.

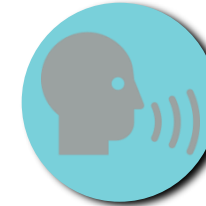
4 Symptoms may be caused by reasons other than cancer. Regardless, Its important to contact the doctor right away if any noticed.



Shortness of  
breath/ Wheezing



Chest  
pain



Hoarseness/  
Voice changes



Uncontrolled  
weight loss



Recurrent lung  
problems



Change in  
sputum color



Coughing up  
blood



Intense cough/  
Persistent

# Lung Cancer Prevention

## Ways to reduce lung cancer risk



### Avoid Tobacco Products

The risk of lung cancer decreases to 60% after 10 years of quitting tobacco.



### Avoid Second-Hand Smoke

Choose to visit smoke-free places and avoid smoke exposure even in open areas. Encourage smokers around you to use designated smoking areas.



### Lower Exposure at Workplace

Follow health & safety instructions at work to limit exposure to carcinogens such as: chemicals, asbestos,...etc.



### Lower Exposure to Radon Gas

Consult with your local authorities about radon levels at your home/building and take necessary actions if needed.



### Regular Screening

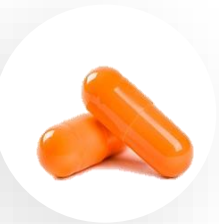
Lung cancer is easily treated when early detected.

Make sure to attend your annual screening appointments as recommended by the doctor.



### Adopt Healthy Habits

Follow a healthy diet and maintain daily physical activity. Studies suggest leading a healthy lifestyle may help lower lung cancer risk.

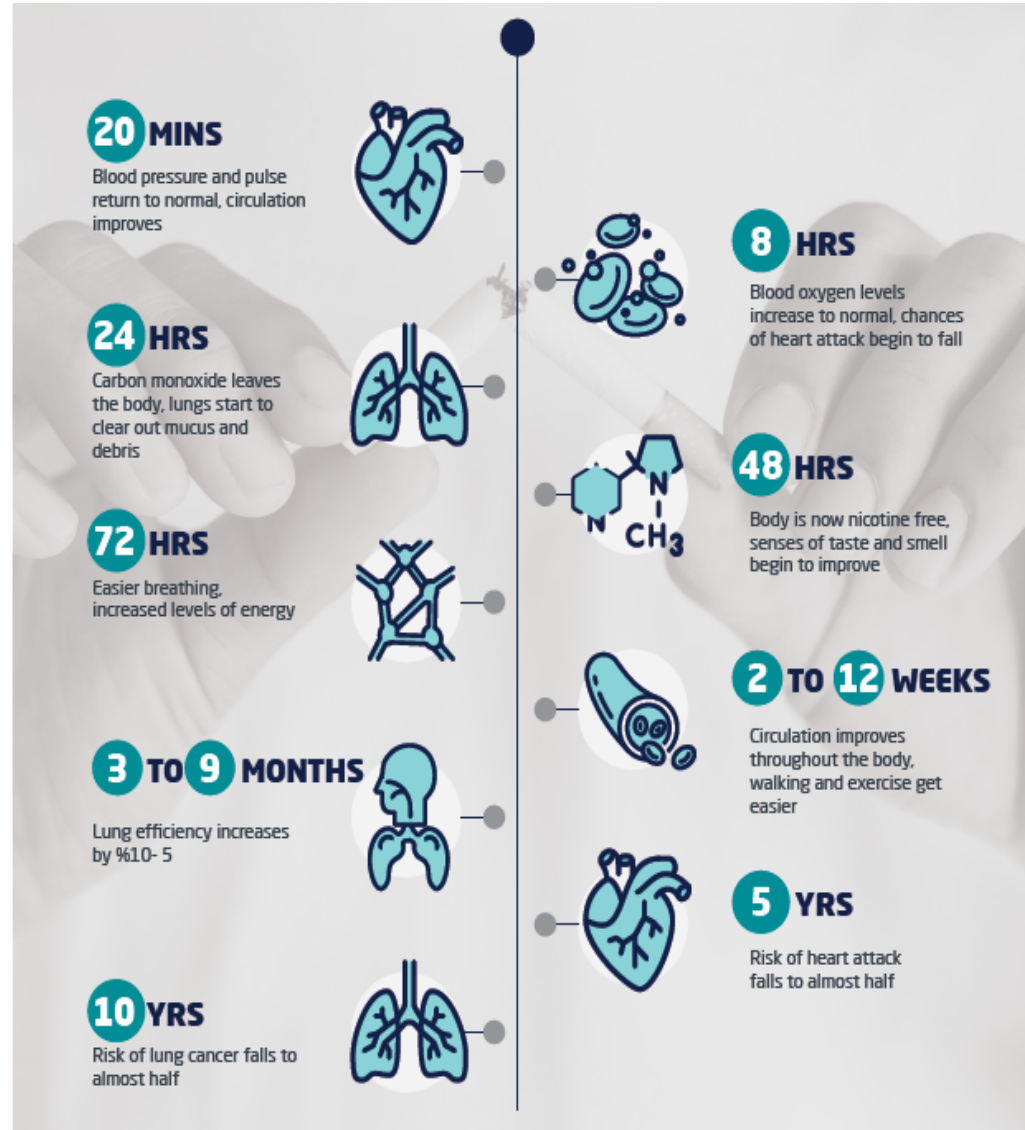


### Be caution of some supplements

**Beta Carotene & Vitamin E not recommended**

Avoid large doses of supplements in pill form. Food sources of nutrients are best. Beta Carotene showed to increase lung cancer risk in smokers, and Vitamin E haven't shown effect to reduce the risk..

# Health Benefits of Quitting Smoking



# Smoking Cessation Clinics in Abu Dhabi



## 17 DOH Licensed Smoking Cessation Clinics

No.	Facility Name	Region	Contact Number
1	Al Bateen Healthcare Center	Abu Dhabi	80050
2	Baniyas Healthcare Center Ambulatory Healthcare Services	Abu Dhabi	80050
3	Madinat Khalifa Healthcare Center Ambulatory Healthcare Services	Abu Dhabi	80050
4	Al Mushrif Children's Specialty Center	Abu Dhabi	80050
5	Al Maqta Healthcare Center	Abu Dhabi	80050
6	Al Jahli Healthcare Center	Al Ain	80050
7	Al Muweiji Healthcare Center Ambulatory Healthcare Services	Al Ain	80050
8	Tawam Smoking Cessation Clinic - Tawam Hospital	Al Ain	80050
9	Oud Al Touba Healthcare Center Ambulatory Healthcare Services	Al Ain	80050
10	Al Quaa healthcare Center	Al Ain	80050
11	Al Dhafra Family Medicine Center	Al Dhafra	02-8700000
12	AL FUAD MEDICAL CENTRE	Abu Dhabi	02-5599444
13	Health plus Diabetes and Endocrinology L.L.C	Abu Dhabi	600503035
14	Madinat Mohamed Bin Zayed Healthcare Center	Abu Dhabi	80050
15	Sweihan Health Care Center	Al Ain	80050
16	Mediclinic- Alnoor Smoking Cessation Clinic	Abu Dhabi	8002000
17	Burjeel Hospital Abu Dhabi	Abu Dhabi	80055

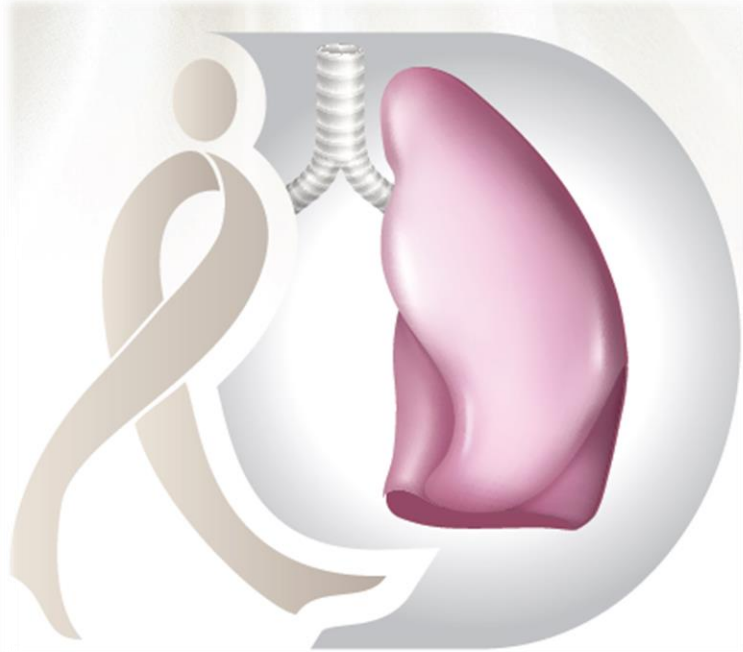
### Treatment Coverage:

For Citizens: Thiqa Daman card covers all expenses of treatment, consultation and medicines.

### For non-thiqa holders:

All expenses of treatment, consultation and medicines are not covered.

# Lung Cancer Screening in Abu Dhabi



## Lung Cancer

### Primary Population Group

Men & Women  
Age 55-75 years

#### High risk with:

- \* History of 30 pack/year smoking
- \* Currently smoke or have quit within the past 15 years.
- \* Healthy

### Screening test & frequency

Low dose CT scan

Annual

# Lung Cancer Screening Facilities in Abu Dhabi

## 12 Licensed Lung Cancer Screening Facilities

	Facility Name	Contact	Region
1	Cleveland Clinic Abu Dhabi (CCAD)	800 82223	Abu Dhabi
2	Burjeel Medical City L.L.C	800 55	Abu Dhabi
3	Burjeel Day Surgery Center L.L.C	800 55	Abu Dhabi
4	Burjeel Hospital L.L.C	800 55	Abu Dhabi
5	Burjeel Royal Hospital L.L.C	800 55	Abu Dhabi
6	Al Zafranah Diagnostic & Screening Center	800 50	Abu Dhabi
7	Al Bahya Healthcare Center	800 50	Abu Dhabi
8	Medeor 24x7 Hospital - L.L.C	800 55	Abu Dhabi
9	Burjeel Royal Hospital Asharej - L.L.C	800 55	Al Ain
10	Neima Healthcare Center	800 50	Al Ain
11	Oud Al Touba Diagnostic & Screening Center	800 50	Al Ain
12	Al Dhannah Hospital	800 7267	Al Ruwais - Dhafra





# Periodic Comprehensive Screening Program - IFHAS

An integrated health screening program that contributes to reducing the burden of the top priority chronic diseases (NCDs) like cardiovascular diseases and common cancers in the Emirate of Abu Dhabi.



# Periodic Comprehensive Screening Program - IFHAS



Starting from 14th of January 2021

## Objectives

- Early detection of various chronic diseases in an apparently **healthy asymptomatic population**
- Reducing the burden of the top priority chronic diseases (NCDs) such as cardiovascular diseases and cancer

## Scope

- Integrated assessment of the health risks received through a general health related questionnaire in addition to a comprehensive clinical examination
- Age and sex specific series of tests based on international best practices and clinical evidence



# Periodic Comprehensive Screening Program - IFHAS

❑ The program covers screening for the following chronic diseases:



❑ Top 5 leading provider networks in Abu Dhabi:



# IFHAS Packages



## Youth (18-24)

### Cardiovascular risks every 3 years

- Risk assessment
- lifestyle questionnaire
- age-appropriate counseling
- Height
- Weight
- Blood pressure
- Body mass index (BMI)
- Waist circumference / waist hip ratio
- Physical exam
- Cardiovascular risks Lab tests Lipids profile (Total cholesterol, HDL- C, LDL-C, TG).S. creatinine/e/eGFR
- Glucose HbA1c

Mental health assessment PHQ9 annually

Oral health annually



## Middle age 1 ( 25-39 )

Females' Cervical pap smear 3-5 years.

### Cardiovascular risks every 3 years

- Risk assessment
- lifestyle questionnaire
- age-appropriate counseling
- Height
- Weight
- Blood pressure
- Body mass index (BMI)
- Waist circumference/waist hip ratio
- Physical exam
- Cardiovascular risks Lab tests Lipids profile (Total cholesterol, HDL- C, LDL-C, TG).S. creatinine/e/eGFR
- Glucose HbA1c

Mental health assessment PHQ9 annually

Oral health annually



## Middle age 2 ( 40-64 )

Females' Cervical pap smear 3-5 years.

Female Mammogram Screening (40+)

Male and female Colonoscopy every 10 years or FIT Annually

### Cardiovascular risks every 3 years

- Risk assessment
- lifestyle questionnaire
- age-appropriate counseling
- Height
- Weight
- Blood pressure
- Body mass index (BMI)
- Waist circumference / waist hip ratio
- Physical exam
- Cardiovascular risks Lab tests Lipids profile (Total cholesterol, HDL- C, LDL-C, TG).S. creatinine/e/eGFR
- Glucose HbA1c

Mental health assessment PHQ9 annually

Oral health annually



## Seniors ( 65-75 )

Females' Cervical pap smear 3-5 years.

Male and female Colonoscopy every 10 years or FIT Annually

Vision test

Hearing assessment

Dexa Scan

Abdomen US once in lifetime

### Cardiovascular risks every 3 years

- Risk assessment
- lifestyle questionnaire
- age-appropriate counseling
- Height
- Weight
- Blood pressure
- Body mass index (BMI)
- Waist circumference/waist hip ratio
- Physical exam
- Cardiovascular risks Lab tests Lipids profile (Total cholesterol, HDL- C, LDL-C, TG).S. creatinine/e/eGFR
- Glucose HbA1c

Mental health assessment PHQ9 annually

Oral health annually

**Lung Cancer Screening with LDCT  
( high risk/ heavy smokers 55-75 years)**

# References:

1. World Health Organization, IARC, Globocan 2022.
2. National Cancer Institute ([www.cancer.gov](http://www.cancer.gov))
3. American Cancer Society
4. Abu Dhabi Department of Health (DOH). Open Data. Non-Communicable diseases 2022.
5. <https://www.webmd.com/lung/healthy-lungs-smokers-lungs>
6. Cancer research UK.
7. Center for Disease Control and Prevention (CDC).
8. <https://www.adphc.gov.ae/>



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