مركز أبوظبي
للصحة العامة
ABU DHABI PUBLIC
HEALTH CENTRE

PUBLIC

Lung Cancer Awareness

Cancer Prevention & Control

Outlines

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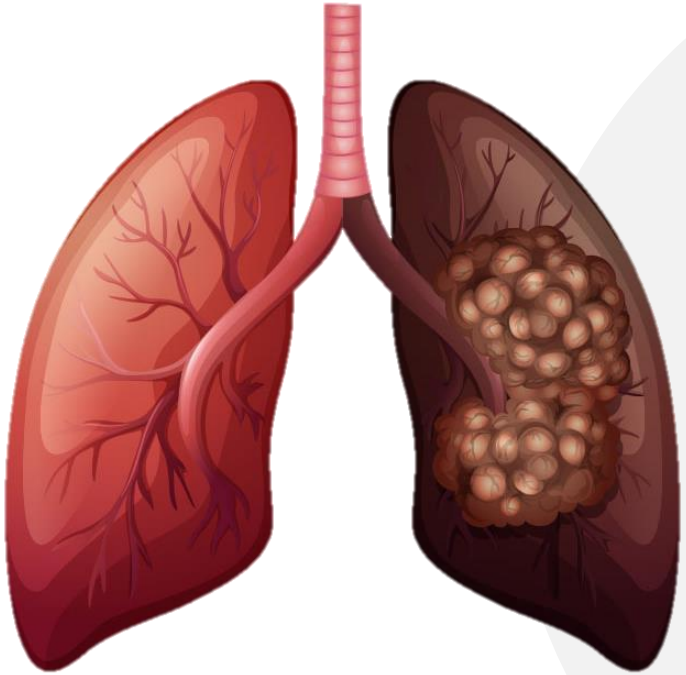
- What is Lung Cancer?
- Lung Cancer Facts and Statistics
- Tobacco use and Lung Cancer
- Risk Factors of Lung Cancer
- Lung Cancer' Signs & Symptoms
- Health benefits When you Quit Smoking
- Lung Cancer Prevention
- Lung Cancer Screening Center
- A list of clinics that provide smoking cessation services in the Emirate of Abu Dhabi

What is Lung Cancer?



- The lungs are a pair of spongy, air-filled organs located on both sides of the chest.
- Lung Cancer is cancer that forms in the cells lining air passages.
- Some cells become abnormal and grow in an uncontrolled way and forms a tumor.
- The tumor interfere with the functions of the lung. It might Also spread to other organs.

Lung Cancer Facts and Statistics – Worldwide

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- Tobacco is the major cancer risk factor worldwide and 1.76 million people died from lung cancer in 2018!
- According to WHO, SMOKING is the most important risk factor for cancer and is responsible for approximately 22% of cancer deaths
- In women, incidence rates are generally lower. It is the 3rd most frequent cancer of women (725,352 cases, 8.4% of all cancers) and the second most common cause of death from cancer (576.060 deaths, 13.8% of the total).

Lung Cancer Facts and Statistics- Abu Dhabi 2016

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- Lung cancer the leading cause of death among Nationals.
- Most cases are diagnosed a late stage (Stage 4).

Tobacco use and Lung Cancer

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- Smoking is the leading cause of lung cancer.
- Smoking causes nearly 9 out of 10 lung cancers cases
- Lung cancer risk factors are related to:
  - Age of smoking onset
  - Amount smoked
  - Gender
  - Product smoked
  - Depth of inhalation
  - Passive smoking, (or the inhalation of tobacco smoke from other smokers) increases the risk of lung cancer by 20-30%.

Risk Factors of Lung Cancer

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Smoking and Passive smoking

Radon Gas

Family History

Air pollution

Personal history of lung diseases

Lowered Immunity

Workplace exposure

Smoking Tobacco and Lung Cancer

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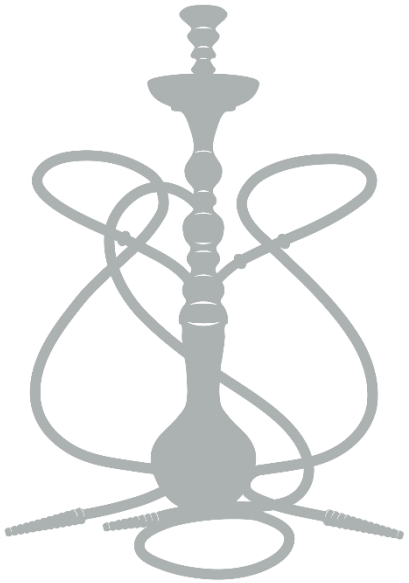
Types of Tobaccos used in Smoking:



Stages of Lung Cancer

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The following signs and symptoms of lung cancer can take years to develop and they may not appear until the disease is advanced:

Shortness of breath

Chest Pain

Breath with Harsh sounds

Changes in the voice

Recurrent lung problems

Change in sputum color

Coughing up blood

Intense Coughing

Lung Cancer Prevention

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- If you don't use tobacco, don't start.
- If you use tobacco, try to quit. The risk of lung cancer decreases from 30% to 50% after 10 years of quitting tobacco.
- Stay away from other people who are using tobacco. Breathing smoke can cause lung cancer too.
- Lower exposure to workplace risk factors.
- Lower exposure to radon gas.
- Follow a healthy diet.
- Increase physical activity and exercise.

Health Benefits when Quitting Smoking

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List of Facilities providing Smoking Cessation Counseling

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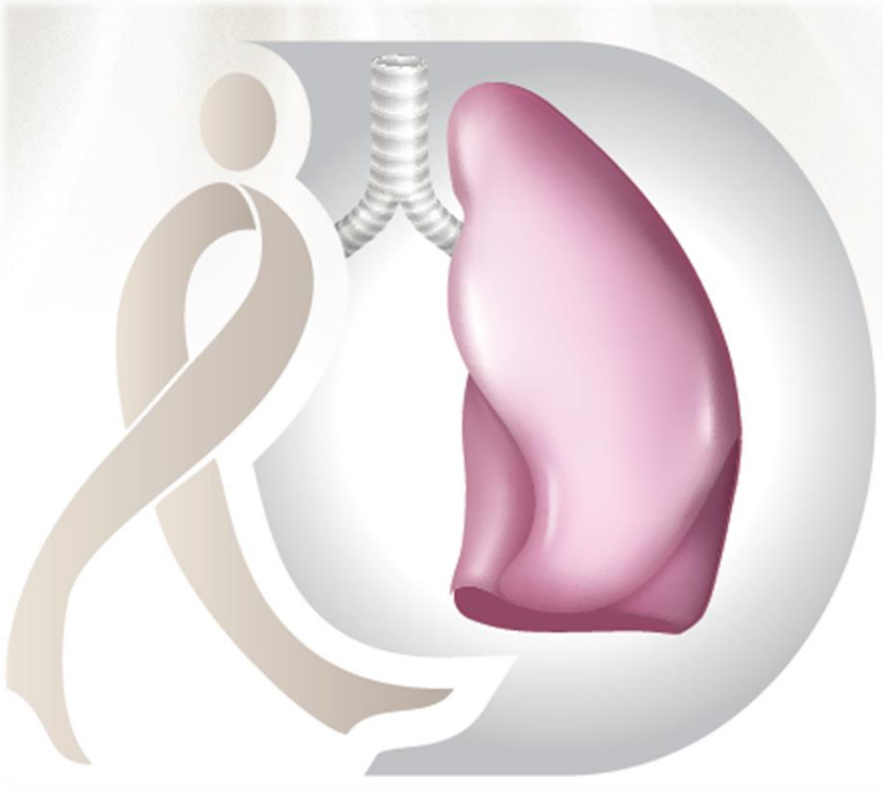
Facility Name	Region	Contact Number
Adnoc Medical Center	Abu Dhabi	02-6020000
Al Dhafra Family Medicine Center	Abu Dhabi	02-8700000
Al Jahli Healthcare Center	Al Ain	80050
Al Muweiji Healthcare Center	Al Ain	80050
Baniyas Healthcare Center	Abu Dhabi	80050
Madinat Khalifa Healthcare Center	Abu Dhabi	80050
Medical Services Administration Of Abu Dhabi Police Ghq	Abu Dhabi	02-5128179
Ruwais Hospital	Abu Dhabi	02-6023150
Sheikh Khalifa Medical City	Abu Dhabi	02-8196090
Oud Al Touba Healthcare Center	Al Ain	80050
American Center For Psychiatry And Neurology L.L.C	Abu Dhabi	02-6979999
London Consulting Medical Center	Abu Dhabi	02-6261661
Cleveland Clinic Abu Dhabi L.L.C	Abu Dhabi	800-8-2223
Al Bateen Healthcare Center	Abu Dhabi	80050

DoH Cancer Screening Program



Lung Cancer

Primary Population Group	Screening test & frequency
Men & Women Age 55-75 years	Low dose CT scan
High risk with: History of 30 pack/year smoking Currently smoke or have quit within the past 15 years. Healthy	Annual

Lung Cancer Screening Center

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كليفلاند كلينك أبوظبي
Cleveland Clinic Abu Dhabi
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Keep in touch with us for:

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- Questions and more information
- Request Educational Materials
- List of Facilities providing Smoking cessation Counseling
- List of Cancer Support Groups

www.haad.ae/simplycheck.ae

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Live Healthily & Simply Check

References:

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- National Cancer Institute (www.cancer.gov)
- American cancer society
- Statistics globocan
- ADCCR 2014
- Weqaya: https://weqaya.doh.gov.ae/en-us/understandingyourscore/aboutsmoking.aspx

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