

LUNG CANCER (TRACHEA, BRONCHUS & LUNG) – FACT SHEET

What is lung cancer?

Lung cancer is a disease where abnormal cells grow in the lungs, bronchus or trachea. It can affect breathing and may spread to other parts of the body if not detected early.

Lung cancer in Sri Lanka

According to the National Cancer Control Programme, cancers of the trachea, bronchus, and lung are important causes of cancer morbidity and mortality in Sri Lanka. Smoking tobacco (active and passive) as well as smoke from indoor fire places and cooking stoves along with air pollution from combustion of fossil fuel are major causes.

Sri Lankan statistics

According to National Cancer Control Programme cancer incidence reports, lung, bronchus and trachea cancers are important causes of cancer-related illness and death in Sri Lanka.

Year	Males	Females	Total
2022	1381	553	1934

Smoking remains the leading preventable cause of lung cancer. Avoiding exposure to all types of smoke and seeking early medical advice can reduce deaths.

Risk factors

- Smoking cigarettes, cigars, or bidis
- Exposure to passive smoke
- Air pollution – forest fires, fossil fuel combustion by vehicles, manufacturing plants
- Previous lung diseases
- Family history of lung cancer
- Radiation exposure
- Indoor smoke from firewood and biomass fuel

Prevention

- Do not smoke or use tobacco products
- Avoid second-hand smoke
- Reduce exposure to dust, chemicals, and air pollution
- Use protective equipment at workplaces
- Seek medical advice early for persistent symptoms



Early detection

Lung cancer may not cause symptoms in the early stages. Early medical advice is important, especially for smokers and high-risk individuals.

Signs and symptoms

- Persistent cough
- Coughing up blood
- Shortness of breath/ Wheezing
- Chest pain
- Hoarseness of voice
- Repeated chest infections
- Unexplained weight loss
- Tiredness or weakness

Diagnosis

- Physical examination
- Chest X-ray
- CT scan or PET scan
- Bronchoscopy
- Biopsy
- Blood tests

Treatment

Treatment depends on the type and stage of the cancer and may include:

- Surgery
- Radiotherapy
- Chemotherapy
- Targeted therapy
- Immunotherapy
- Supportive and symptom care

Rehabilitation

After treatment, some patients may need:

- Breathing exercises
- Physiotherapy
- Nutritional support
- Psychological counselling
- Social and family support



Palliative care

Survivorship

After treatment:

- Attend regular follow-up clinics
- Stop smoking completely
- Maintain a healthy lifestyle

Services available in Sri Lanka

- Cancer Treatment Centres in government hospitals including National Cancer Institute Sri Lanka (Apeksha Hospital)
- Respiratory and chest clinics
- Palliative care services

Universal Services & Support

- Smoking cessation support
- Nutrition and rehabilitation services
- Pain and symptom management
- Family and caregiver support
- Hospice and community palliative care

Stopping smoking is the best way to prevent lung cancer.

Early medical advice for persistent cough for more than three weeks, difficulty in breathing or coughing blood can save lives.

Contact Details

Address: National Cancer Control Programme,
555/5, Public Health Complex, Elvitigala Mawatha,
Colombo 05, Sri Lanka

Telephone: +94 11 2368627

Website: www.nccp.health.gov.lk

Email: nccpmohsl@gmail.com

FB: <https://www.facebook.com/NCCPSL>

Cancer Early Detection Centre

Address: Ground Floor
Infectious Diseases Unit, OPD Complex,
National Hospital Colombo Sri Lanka

Telephone: 011 315 9227

