HEALTHY TIPS

Early Signs and Symptoms of Lung Cancer You Shouldn't Ignore

By bestfolkmedicine · 20/07/2018 · 2 min read



According to Remedy Daily, lung cancer is the second most frequent cancer that occurs in both genders and a leading cause of death from cancer. Though a lot of people think that smoking puts one at a higher risk of lung cancer, believe it or not, almost 20 percent of death cases from lung cancer happen in non-smokers.

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As noted by the American Cancer Society, the main risk factors for this type of cancer are second-hand smoke, polluted air, asbestos, diesel exhaust, and radon gas. As with almost every other known type of cancer, the best defense mechanism is prevention and early intervention by being able to recognize the early symptoms.

This being said, make sure you check out the list below comprised of the most common signs of lung cancer.

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Major Symptoms of Lung Cancer

1. **Unexplained loss of weight**

A reduction in your appetite or feeling full shortly after starting to eat and a sudden loss of weight may happen due to lung cancer. Though there may be a lot of different reasons for your sudden weight loss and poor appetite, make sure you consult your physician as soon as possible.

2. **Weakness in the upper limbs**

As seen on Remedy Daily, poor coordination, muscle cramps, and weakness in the upper limbs are known signs of paraneoplastic syndrome which is a cancer-related condition during which hormone-like substances are being secreted by tumors.

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3. **Shortness of breath**

Shortness of breath often indicates adenocarcinoma, the most common type of lung cancer in women and it is frequently misdiagnosed as a side effect of poor physical activity.

4. **Breast growth in men**

Breast enlargement around and under the nipples in males may be happening due to paraneoplastic syndrome or the release of hormones and proteins into the blood from the tumors.

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5. **Hoarse voice**

Lung cancer patients report experiencing a huskier voice and pain and discomfort while swallowing or talking. This is a definite reason to consult your physician, especially if it is followed by wheezing, coughing up blood or constant coughing.

6. **Pain in the torso**

A dull discomfort and pain in the chest, back or shoulders may be a consequence of a lung tumor's pressure. Chest ache happens in one in four lung cancer patients.

7. **Ache in the fingers**

Thicker and painful fingertips often indicate lung cancer due to the tumor secreting chemicals into the bloodstream which spur bone and tissue growth in this area and under the fingernails too.

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8. **Recurrent disease**

If you have been struggling with frequent colds of flu for some time now, you should consult your physician to determine the potential reasons for your weakened immunity. Namely, when a tumor begins growing in the lungs, they become more prone to illnesses.

Sources:

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