

Alliance Lenz

Alliance For CancerCare Equity

Monthly NEWSLETTER

November 2024



This Month's News

The Alliance for CancerCare Equity (ACCE) is transforming cancer care with compassion and empathy, providing life-saving treatment to patients in Ghana and Canada who don't have the ability to pay for their treatment. By funding timely, essential care, ACCE gives hope and a chance for survival to those patients in need. Thanks to ACCE, more lives are saved every day, offering patients the opportunity to fight, heal, and live with dignity. [Click here to listen to an inspiring lung cancer patient's story](#). (Narrated in Twi with English subtitles).

ACCE Support Updates: (100% of your donations go toward cancer treatment)

In October 2024, ACCE made significant strides in the fight against cancer in Ghana. The board approved treatment payment for 4 new cancer patients, committing to a substantial 55,870 GHS. Additionally, 8 existing patients received crucial support totaling 30,170 GHS to continue their life-saving treatments.

Lung Cancer Awareness:

Lung cancer awareness month is recognized globally every November. It provides an opportunity to shine light on such a common cancer. Our aim at ACCE is to bring awareness to lung cancer, by providing some fundamental but important information about this disease.

Lung cancer starts in the cells of the lung. The lungs are part of the respiratory system used to breathe. The lungs are in the chest, one on each side of the heart. The right lung has 3 main parts, called lobes. The left lung is a bit smaller and has 2 lobes. Lung cancers are divided into **non-small cell lung cancer** and **small cell lung cancer** based on the type of cell in which the cancer started.

Non-small cell lung cancer usually starts in glandular cells on the outer part of the lung. This type of cancer is called adenocarcinoma. Non-small cell lung cancer can also start in flat, thin cell lining in the bronchi resulting in squamous cell carcinoma of the lung. Large cell carcinoma is another type of non-small cell lung cancer, but it is less common.

Small cell lung cancer usually starts in cells that line the bronchi in the center of the lungs. The main types of small cell lung cancer are small cell carcinoma and combined small cell carcinoma (mixed tumor with squamous or glandular cells)....[continue on page 2](#)

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THANKS TO ALL OUR DONORS & SUPPORTERS

Thank you for your generous donations to Alliance for CancerCare Equity! Your support empowers us to provide crucial treatment to those in need. You make a real difference—thank you for being such vital partners in this mission!

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Lung Cancer Awareness... continues.

What are the risk factors for lung cancer?

The risk of developing lung cancer increases with age. More than half of all newly diagnosed lung cancer cases occur among people aged 60 years or older. Men develop lung cancer slightly more often than women. The following factors increase your risk of lung cancer:

- Smoking tobacco, particularly cigarettes, is the main cause of lung cancer. About 72% of lung cancer cases in Canada are due to smoking tobacco.
- Exposure to second-hand smoke is a main risk factor for lung cancer among non-smokers.
- Radon, a colorless, odorless, tasteless gas that comes from the natural breakdown of uranium in rocks and soil increases the risk of lung cancer.

What are the signs and symptoms of lung cancer?

These may include:

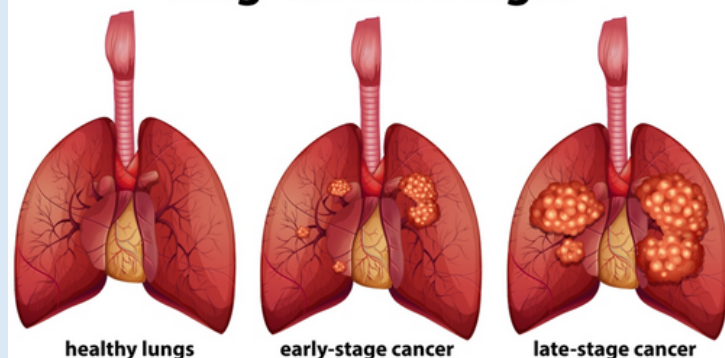
- worsening cough or shortness of breath
- persistent chest pain worsened by deep breathing
- blood in mucus coughed up from the lungs
- hoarseness or other changes to your voice
- difficulty swallowing
- swollen neck lymph nodes

How is lung cancer diagnosed?

Some or all of the following may be used.

- Health history and physical exam
- Complete blood count (CBC)
- Diagnostic imaging
 - X-ray, CT scan, PET scan, MRI, Ultrasound
- Biopsy
- Endoscopy
- Cell and tissue studies
- Pulmonary function tests

Lung Cancer Stages



What are the treatment options?

Lung cancer treatment often starts with surgery to remove the cancer. Most people will have other treatments after surgery, such as radiation, chemotherapy or immunotherapy. Some may have chemotherapy before surgery to help shrink the cancer and make it easier to remove. Some people with lung cancer that has spread to other parts of the body may have targeted therapy. Individual treatment plans will depend on the stage of the cancer, how quickly it's growing, overall health and individual patient's preference. No alternative medicine treatments have been found to cure lung cancer. Complementary and alternative medicine therapies may help to cope with side effects of conventional treatments.

Useful Resources:

- <https://cancer.ca/en/cancer-information>
- <https://www.aacr.org/patients-caregivers>
- <https://www.mayoclinic.org/diseases-conditions/lung-cancer/symptoms-causes/syc-20374620>