

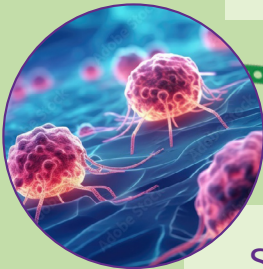
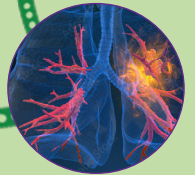
# UNDERSTANDING LUNG CANCER

INFORMATION SHEET ONE



Lung cancer is uncontrolled growth of abnormal cells in the lungs. It is significant for our mob because more of us get it than other populations.

Non-Small Cell Lung Cancer (NSCLC) is the most common type of lung cancer. NSCLC is often associated with smoking.

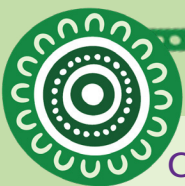


Small Cell Lung Cancer (SCLC) is less common but more aggressive, spreading quickly to other parts of the body.



When we smoke or inhale secondhand smoke, harmful chemicals enter our lungs, leading to damage to the lung cells and an increased risk of developing lung cancer.

Other risk factors for lung cancer include:  
Exposure to harmful substances  
Family history of lung cancer  
Previous lung diseases



# UNDERSTANDING LUNG CANCER



## SMOKING

- Stop smoking and encourage others to do the same
- Stay away from environments where there is second-hand smoke to reduce passive exposure.



## PASSIVE SMOKING

- Stay away from others that smoke. This is called passive smoking
- Ask your mob to not smoke in the same room or car as you
- Step away or enjoy the outdoors for 5 minutes if you don't feel comfortable to ask.



## EXPOSURE

- Does your work surroundings have any risk factors for lung cancer
- Use protective equipment
- Follow safety guidelines
- Minimise contact with harmful substances.



## HEALTHY HABITS

- Go for a walk
- Eat a balanced diet; full of fruits, vegetables
- Maintain healthy weight
- Set goals, look for any lifestyle improvements.



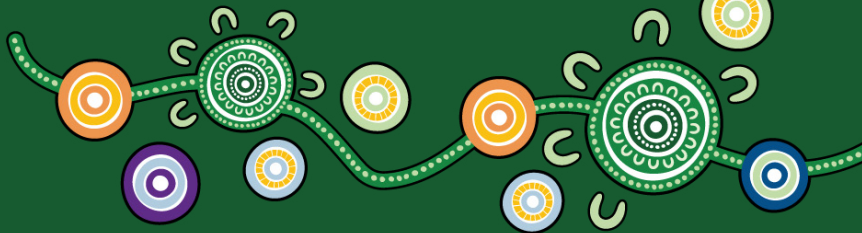
## REGULAR CHECKUPS

- Have your regular 715 health assessments
- Yarn to your doctor and Allied Health Worker about your risk
- Talk about your smoking history or family history to your doctor.



## KNOWLEDGE IS POWER

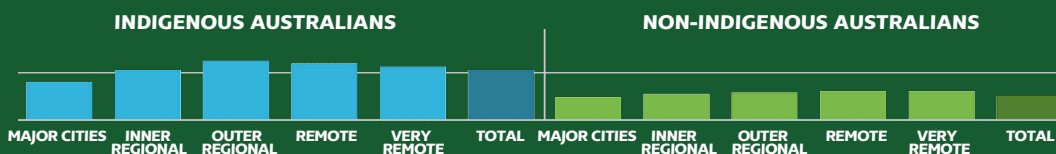
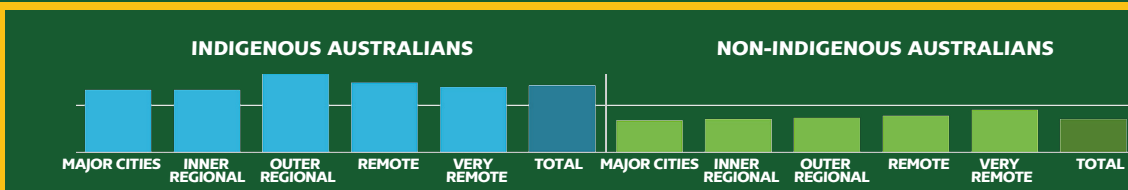
- Spread the message to mob about how important talking to your doctor about lung health is, it could save your life
- Be part of regular lung cancer screenings programs
- Be aware of the common symptoms of lung cancer.



LUNG CANCER PREVENTION  
**LUNG CANCER**  
**FOR MOB**  
 INFORMATION SHEET THREE

Our mob experience a **higher incidence of lung cancer** compared to non-Indigenous population. This is because we have higher rates of smoking, we don't access health care easily and we aren't as well off as some.

This graph shows how our mob has a much higher rate of **INCIDENCE** of lung cancer



This graph shows how our mob has a much higher rate of **MORTALITY** of lung cancer

SOURCE: AUSTRALIAN INSTITUTE OF HEALTH AND WELFARE, 2018

We need to have Stop Smoking programs that take into account the unique **social and cultural** factors that affect our mob.

We need to **empower and support** local community members to lead health education messages within our community. We can use storytelling, art, and traditional languages to make sure our Mob get the right health messages.



We need to have healthcare services that are **culturally respectful** and responsive to our needs. We need make sure we collaborate with community leaders to identify and address the **root causes** of health inequities.

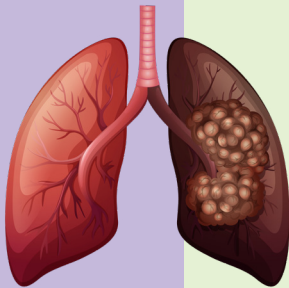
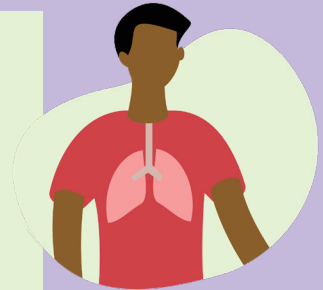
Most of all we need to:  
**Stop smoking,**  
**get active,**  
**eat healthy!**



# IMPORTANCE OF EARLY DETECTION & TREATMENT

**Regular check-ups** and early intervention for lung cancer can significantly improve health outcomes

If we catch it early we have a better chance at getting good treatment options and reducing the impact on ourselves and our community.

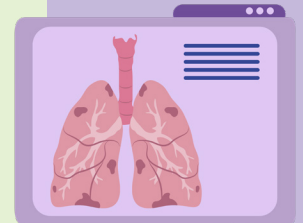


**Lung cancer screening** uses medical tests to identify lung cancer at an early stage, often before symptoms manifest.

The most common screening method is low-dose computed tomography (LDCT), a type of X-ray that creates detailed images of the lungs.

**During the screening**, people at higher risk for lung cancer, such as long-term smokers, undergo periodic LDCT scans to detect abnormalities or nodules in the lungs.

Early detection through screening increases the likelihood of successful treatment, potentially saving lives by allowing for prompt intervention and management.



**Surgery:** Doctors may remove the part of the lung with cancer through an operation.

**Chemotherapy:** Medicine that goes through the whole body to kill cancer cells.

**Radiation therapy:** Using special rays to target and kill cancer cells.

**Targeted therapy:** Medicines that specifically attack certain parts of cancer cells to stop them from growing.

**Immunotherapy:** Helping the body's own immune system fight and destroy cancer cells.

**Palliative care:** Special care to make someone with cancer feel more comfortable, even if the cancer can't be completely cured.



LUNG CANCER PREVENTION

# SUPPORT RESOURCES FOR INDIGENOUS COMMUNITIES

INFORMATION SHEET FIVE

## LOCAL HEALTHCARE PROVIDERS

CHECK WITH YOUR CLINIC WHO ELSE YOU COULD BE GOING TO SEE



### Lung Foundation Australia

Support anyone with a lung condition and can refer you to support services.

### Aboriginal and Torres Strait Islander Health Organisations



### Cancer Council Australia

### Community Health Centres

Work with your clinic to create a list of these Cancer Support Groups



### Social and emotional wellbeing services



### Government assistance programs



### Telehealth services



### Cancer helplines