

Lung Cancer

Lung cancer develops in the tissues of the lung, most often in the cells that line the air passageways. The most common type is non-small cell lung cancer (NSCLC), which accounts for about 80-85% of cases. The remaining 10-15% are typically small cell lung cancer (SCLC), a faster-growing but less common form. Lung cancer is the leading cause of cancer death among both men and women in the U.S.

Statistics

- In 2026, an estimated 229,410 new cases of lung cancer will be diagnosed in the United States.
- An estimated 124,990 people will die from lung cancer in 2026.
- The five-year survival rate for localized lung cancer is 28% overall.
- In Texas, an estimated 14,260 new cases of lung cancer and approximately 8,080 deaths are expected in 2026.

Risk Factors

There are several risk factors that increase a patient's risk of developing lung cancer, such as:

- **Tobacco Use:** Smoking exposes the body to harmful chemicals that damage lung DNA. Cigar and pipe smoking also increase risk.
- **Exposure to Radon Gas:** Radon is a naturally occurring radioactive gas that can enter buildings through cracks in the foundation. It is the second-leading cause of lung cancer in the U.S. and the leading cause of lung cancer in never-smokers.
- **Secondhand Smoke:** Even if you don't smoke, breathing in other people's smoke can increase your risk of lung cancer. It is the third most common cause of lung cancer in the U.S.
- **Exposure to asbestos and other cancer-causing agents:** Asbestos and chemicals such as arsenic, cadmium, and nickel compounds can increase lung cancer risk.

Symptoms

Lung cancer symptoms do not usually appear until the disease is advanced. Symptoms can include:

- Persistent cough
- Mucus with small streaks of blood
- Chest pain
- A hoarse voice
- Worsening shortness of breath
- Pneumonia that keeps coming back

Prevention

Not all lung cancers are preventable. However, you can take steps to lower your risk, such as:

- Staying away from tobacco
- Avoiding radon exposure
- Limiting exposure to cancer-causing chemicals
- Eating a healthy, nutritious diet high in vegetables

Treatment Options

Depending on the stage of disease and the tumor's size and location, lung cancer may be treated with one or a combination of the following:

- Surgery
- Chemotherapy
- Targeted drugs
- Immunotherapy
- Radiation therapy

About Texas Oncology

Founded in 1986, Texas Oncology is an independent, physician-led practice and a member of the US Oncology Network. With more than 550 physicians and 300 locations across Texas, Texas Oncology serves over 250,000 cancer patients each year.

Texas Oncology provides advanced care across 19 specialties and offers a comprehensive clinical trials and research program that has contributed to the development of more than 100 FDA-approved cancer therapies. Learn more at [TexasOncology.com](https://www.texasoncology.com).