



Keep  
breathing  
in the  
good life  
forever

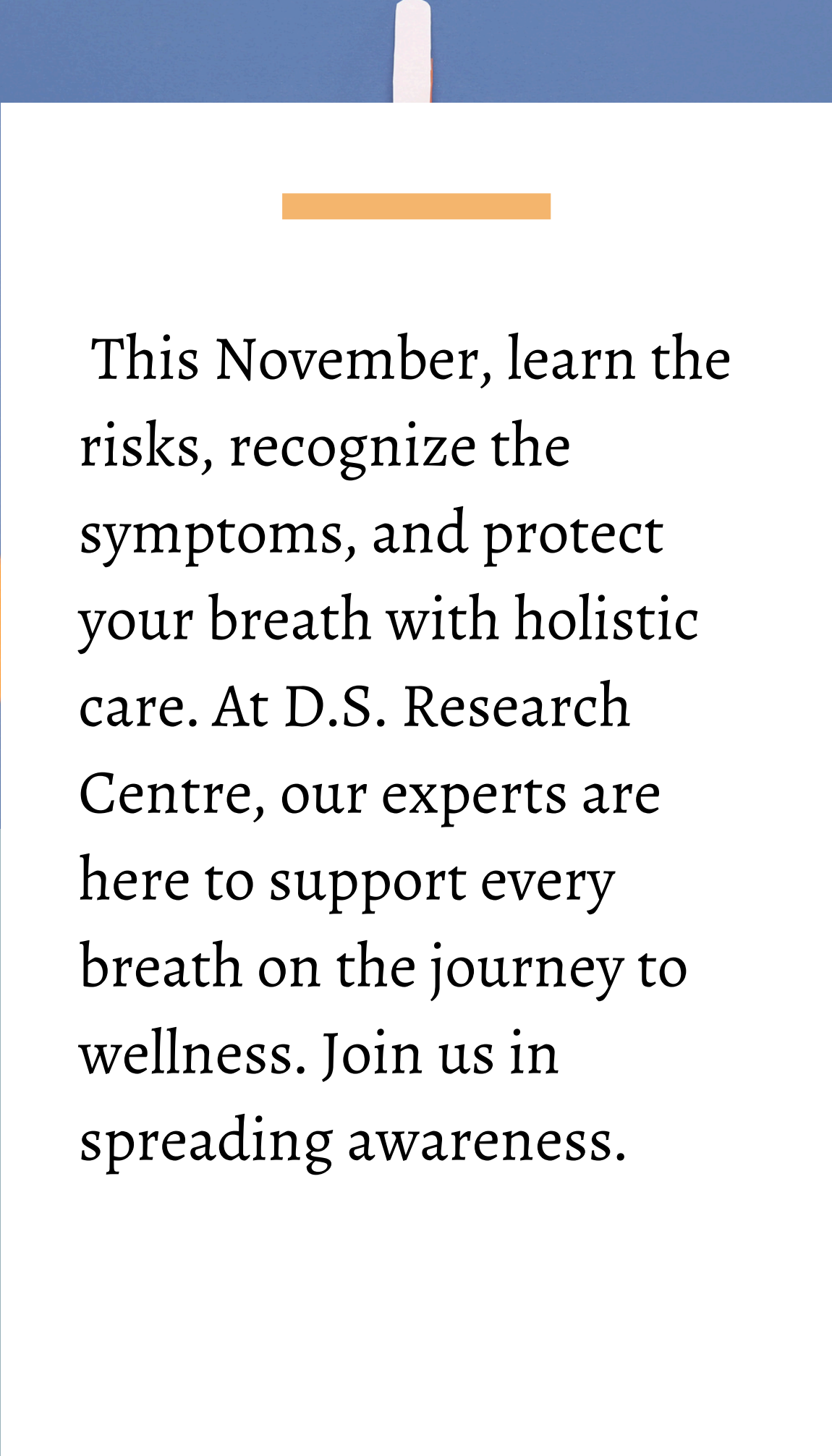
November  
**LUNG  
CANCER**  
Awareness Month

**Preventing lung cancer:**

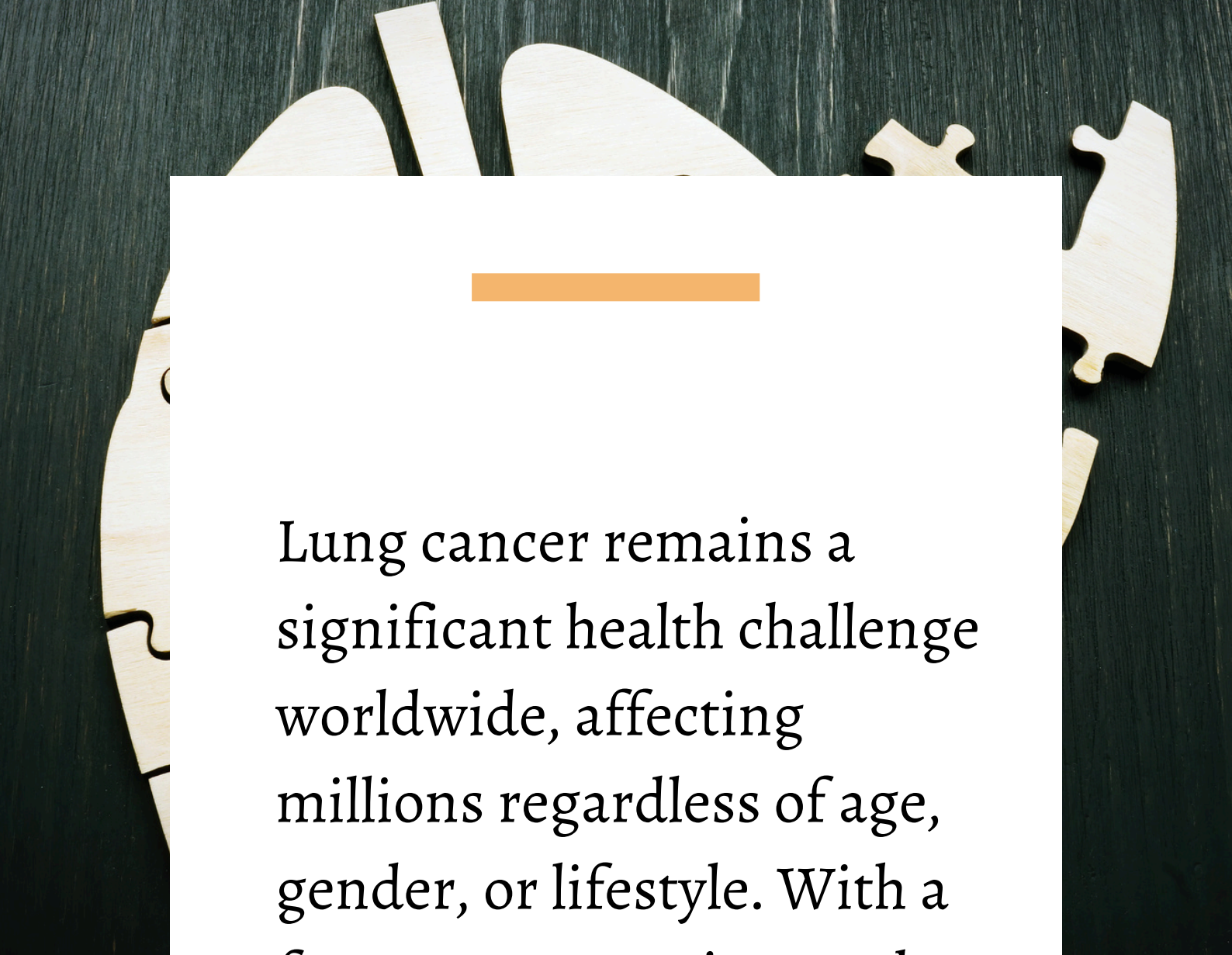
- Avoiding exposure to pollutants/toxic chemicals
- Quitting Smoking
- Exercising regularly
- Consulting a specialist

# Protect Your Breath, Protect Your Life

NOVEMBER IS LUNG CANCER  
AWARENESS MONTH

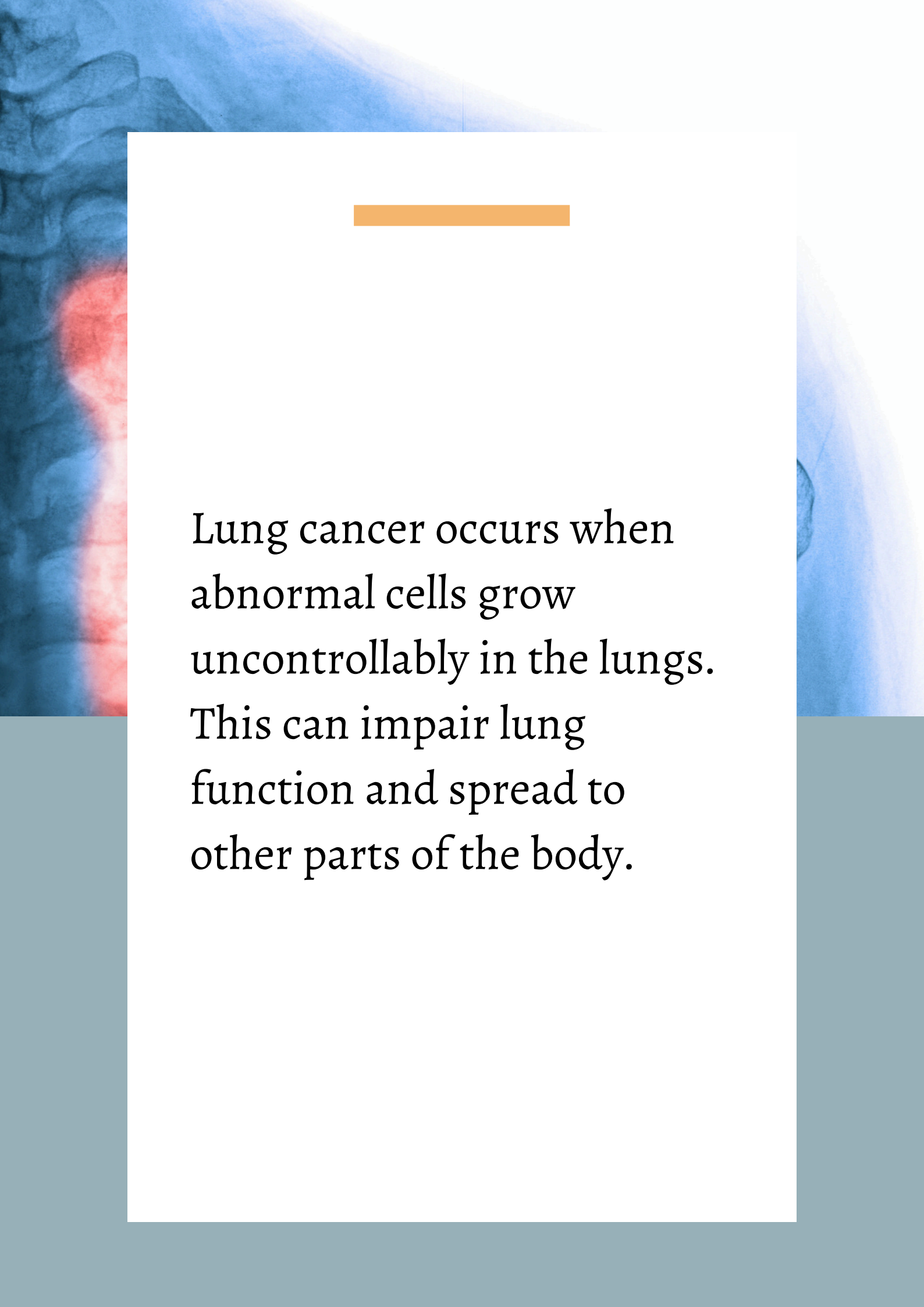


This November, learn the risks, recognize the symptoms, and protect your breath with holistic care. At D.S. Research Centre, our experts are here to support every breath on the journey to wellness. Join us in spreading awareness.



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Lung cancer remains a significant health challenge worldwide, affecting millions regardless of age, gender, or lifestyle. With a focus on prevention, early detection, and awareness, this guide provides crucial information to help protect your lung health and reduce the risk of lung cancer.



Lung cancer occurs when abnormal cells grow uncontrollably in the lungs. This can impair lung function and spread to other parts of the body.





## Types of Lung Cancer



Non-Small Cell Lung Cancer (NSCLC): The most common type, accounting for about 85% of cases.



Small Cell Lung Cancer (SCLC): A more aggressive form, often linked to smoking.





# Symptoms to Watch For

- Persistent cough
- Shortness of breath
- Chest pain
- Unexplained weight loss
- Coughing up blood or sputum






## Risk Factors

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Smoking remains the leading cause of lung cancer, responsible for about 80-90% of cases.

# Secondhand Smoker Exposure



Non-smokers exposed to  
secondhand smoke are  
also at increased risk.





# Environmental Factors

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Exposure to radon, asbestos, air pollution, and certain chemicals can increase the risk of lung cancer.



## Family History

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Those with a family history of lung cancer may have a higher risk.



## Prevention and Early Detection

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Quitting smoking at any age can significantly reduce the risk of lung cancer.





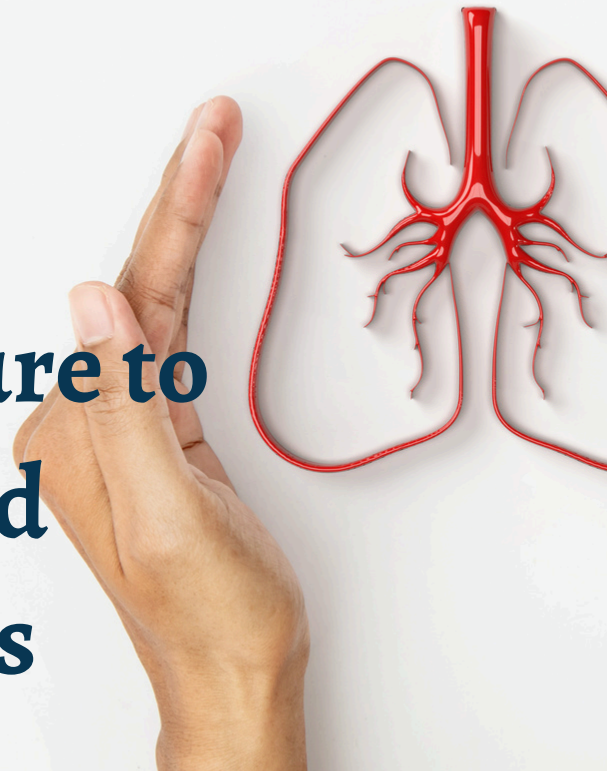
# Screening

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For high-risk individuals, low-dose CT scans are recommended to detect lung cancer early when it's most treatable

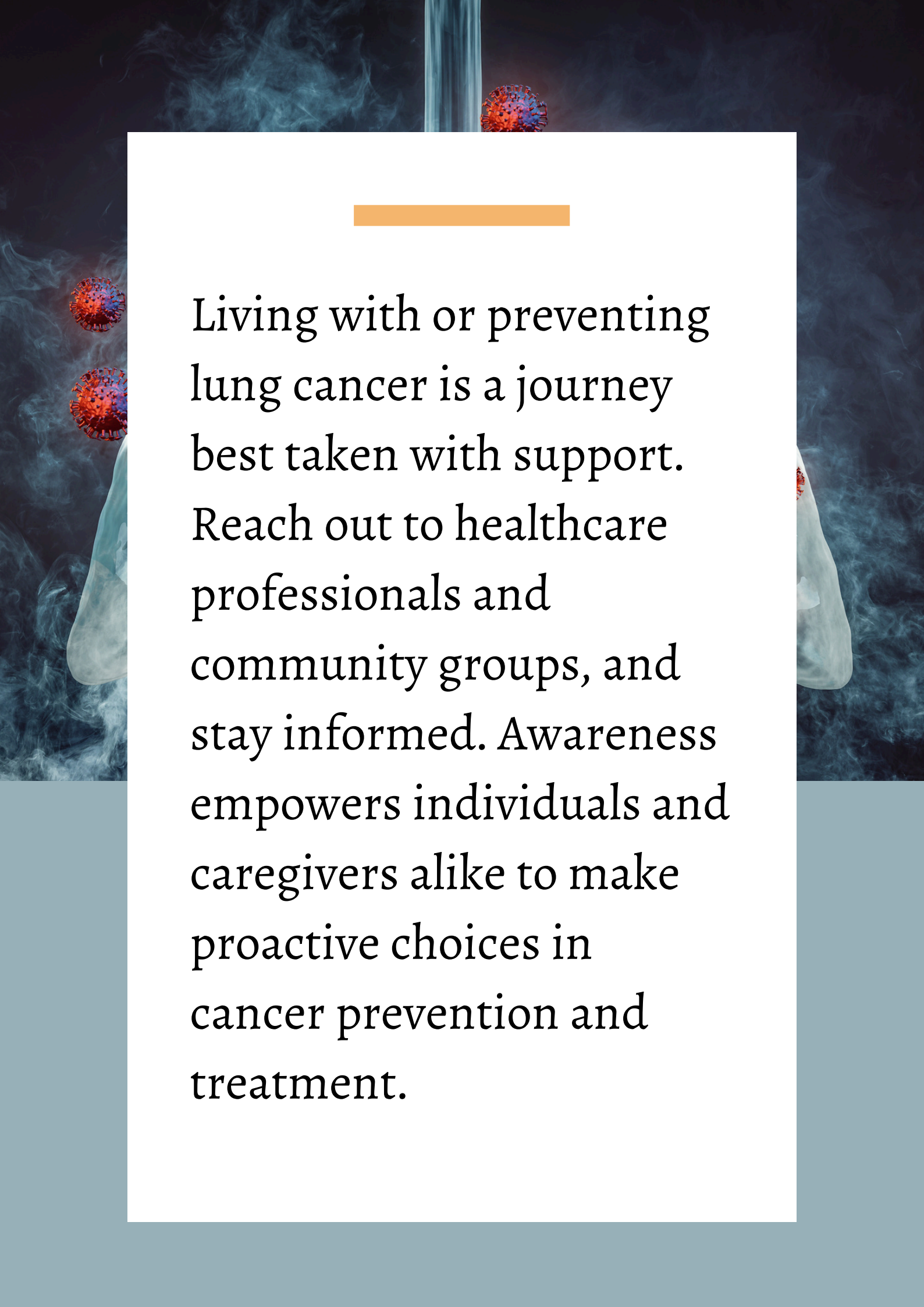


# Avoid Exposure to Radon and Pollutants



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Testing your home for radon and reducing exposure to air pollutants can contribute to lung health.

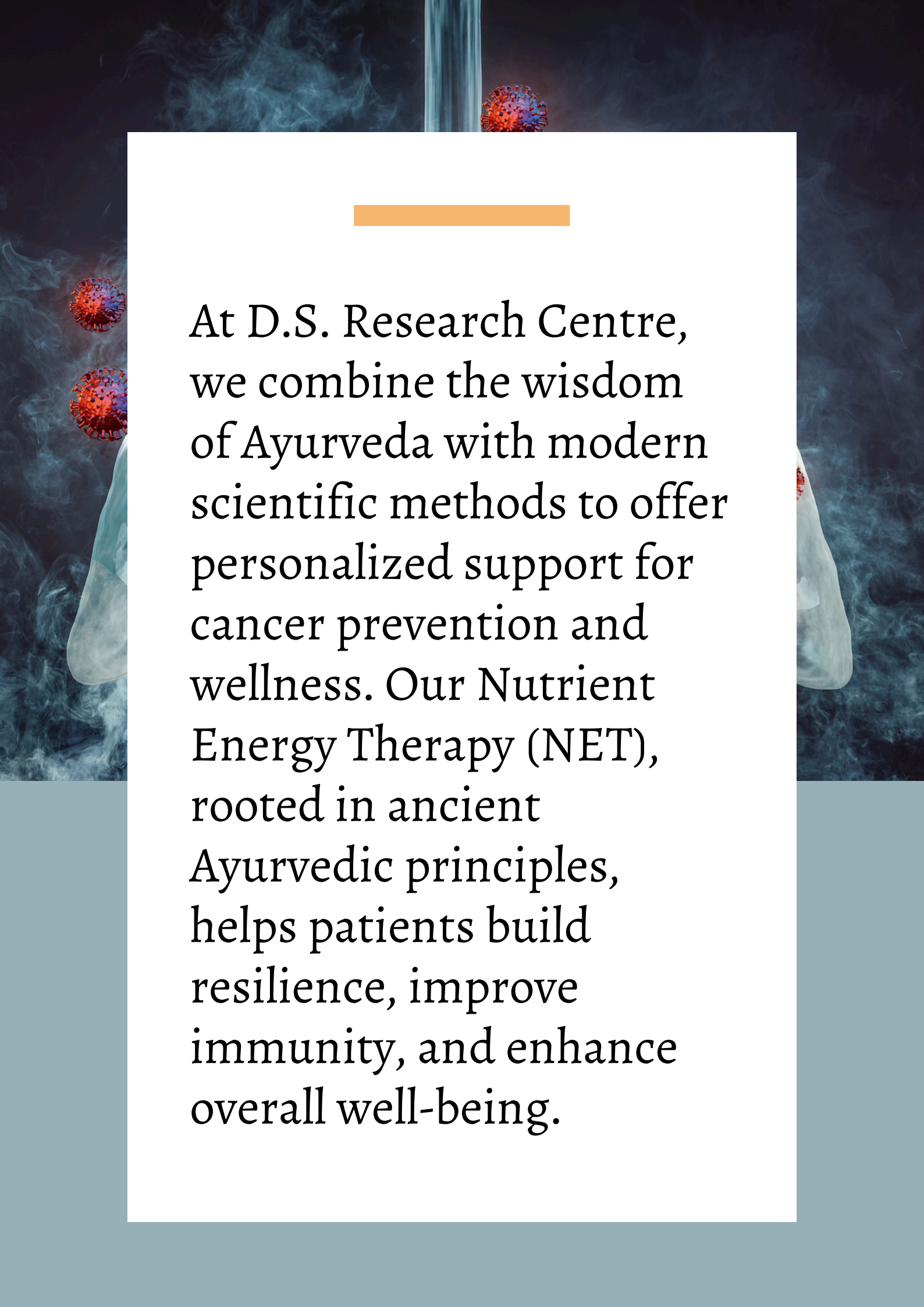
The background features a dark, smoky atmosphere with several red, spherical virus-like particles. A vertical glass tube is visible at the top center. On the left and right sides, the profile of a person's head is partially visible, appearing to be in a contemplative or listening pose.

Living with or preventing lung cancer is a journey best taken with support. Reach out to healthcare professionals and community groups, and stay informed. Awareness empowers individuals and caregivers alike to make proactive choices in cancer prevention and treatment.

The image features a dark green background with a stylized, light blue silhouette of human lungs. A blue awareness ribbon is draped across the right side of the lungs. Two vertical cyan lines are positioned on the left and right sides of the text, framing it.

If You Have Lungs,  
You Can Get Lung  
Cancer.



The background features a dark blue, smoky or ethereal atmosphere. A central vertical element consists of a white rectangular text box with a thin orange horizontal bar above it. To the left and right of the text box, there are several red, spherical particles with a textured, virus-like appearance. The overall aesthetic is scientific and health-oriented.

At D.S. Research Centre,  
we combine the wisdom  
of Ayurveda with modern  
scientific methods to offer  
personalized support for  
cancer prevention and  
wellness. Our Nutrient  
Energy Therapy (NET),  
rooted in ancient  
Ayurvedic principles,  
helps patients build  
resilience, improve  
immunity, and enhance  
overall well-being.





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Medically Reviewed by Dr. Divya S,  
BAMS, MD (Panchakarma)  
D.S. Research Centre

**TALK TO US**  
**8130594141**

For more information, visit our website!

<https://dsresearchcentre.com/newsletter>