

Drop the cigarettes, drop your lung cancer risk

SOT

Nishanth Vallumsetla [NEE-shawnth // val-um-SET-lah], pulmonology and critical care physician at OSF HealthCare in Urbana, Illinois

“Once you quit smoking, your risk of lung cancer keeps going down. About 15 years after quitting smoking, your risk becomes equal to any other person.” (:10)

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“Unfortunately, lung cancers often do not present with symptoms. But when patients do present with symptoms, they usually have an unrelenting cough. They can cough up blood.” (:12)

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“You can diagnose cancers early in asymptomatic patients so you can get them to treatment early. They have more choices like radiation, surgery, immunotherapy or chemotherapy. And it can be potentially curable.” (:16)

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“False positive is a finding on a CAT scan that might look like cancer, but after you biopsy it, it might not be cancer.” (:08)

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“It’s excellent technology. It’s minimally invasive. You get the procedure done. You usually go home on the same day. Recovery time is minimal. You can get back to your work within 24 hours.” (:10)