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## ALL ABOUT LUNG CANCER



# KEEP CALM

AND

# MAKE AN APPOINTMENT

## WITH OUR PULMONOLOGIST



**Dr. Sherif Fayed**

Thoracic Oncology  
Specialist



**Dr. Sadir Alrawi**

Director of Surgical  
Oncology Services

In our team we collaborate closely with our american trained Thoracic Surgical colleagues with extensive experience In lung, tracheal and esophageal cancers, reflux disease and complex lung resection using traditional and minimally invasive procedures.



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## EARLY DIAGNOSIS OF LUNG CANCER SAVES LIVES

## Know the facts

Lung Cancer is the most common cancer in the world. In the UK, around 40,000 newcases are diagnosed each year. It is the most common cause of cancer death in the UK, for both men and women.

Everyone is at risk of developing lung cancer. It is known that smokers and ex-smokers have an increased risk of getting lung cancer. However, please remember that people who have never smoked are also at risk of getting this disease.

There are other things that increase the risk of developing lung cancer. For example, contact with chemicals found in the workplace or environment, such as asbestos, radon and diesel exhaust fumes.

Passive smoking (breathing in other people's cigarette smoke) increases the risk of lung cancer, but it is still much less than if you smoke yourself.

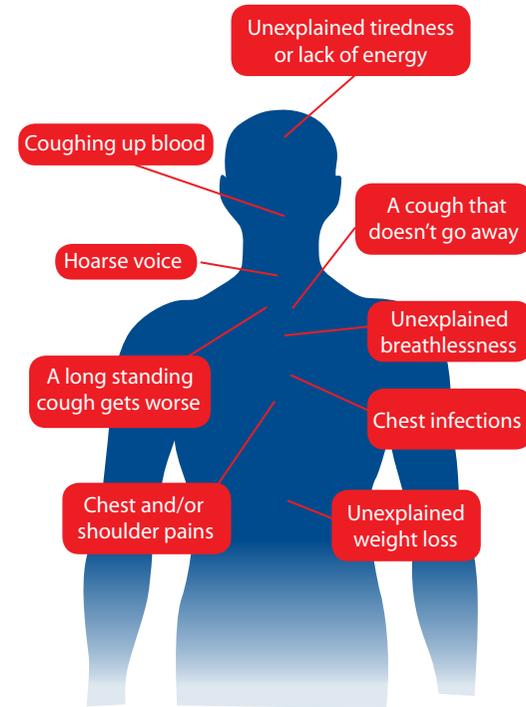
A healthy lifestyle is the most important way for you to prevent lung cancer.

- **Keep physically fit.**
- Have a healthy diet – eat more fruit and vegetables and less salt, sugar and drink less alcohol.
- It is never too late to stop smoking – no matter what age you are, it can make a real difference to your health.

## What to look for?

There are lots of reasons why you might have some of the symptoms below. It may be nothing serious but it's worth getting yourself checked out.

**If you have any of the following symptoms for more than three weeks, make an appointment with your GP today.**



## Getting checked out

Don't delay visiting our Pulmonologist. It is most likely that this will be nothing serious and will put your mind at rest. If it is lung cancer, early diagnosis and treatment could save your life.

Here's what will happen:

1. He will examine you. Make a list of your symptoms so you don't forget anything.
2. He should arrange for you to have a chest x-ray.
3. He will talk through the results with you.
4. If you are diagnosed with lung cancer you will be referred on to a lung cancer team for treatment and care.

*"I had been coughing for a good few weeks and just didn't feel myself, so I went to see my GP. She sent me for a chest x-ray and then I was diagnosed with lung cancer. I'm so glad I did because my lung cancer was caught early."*