



**RUTH STRAUSS**  
FOUNDATION

A detailed, artistic illustration of a pair of human lungs in a vibrant red color. The illustration shows the bronchial tree and the intricate network of blood vessels throughout the lung tissue. The trachea is visible at the top center where the two lungs meet.

# **LUNG CANCER AWARENESS MONTH**

## **1<sup>ST</sup> TO 30<sup>TH</sup> NOVEMBER 2022**



Ruth Strauss Foundation

In early 2018 Ruth Strauss, wife of former England cricket captain Sir Andrew Strauss, was diagnosed with a terminal lung cancer that affects non-smokers. Ruth died in December 2018; she was 46 years old and mother to two children, then aged 10 and 13.





## Our Mission



*Ruth's* **Legacy**

### OUR MISSION HAS A DUAL FOCUS:



#### Our Family Mission

To ensure that every family with a child facing the death of a parent is offered the professional emotional support they need to prepare the family for the future.



#### Our Non-Smoking Lung Cancer Mission

To facilitate collaboration and influence research in the fight against non-smoking lung cancers, so that together we find the causes sooner and improve outcomes.





## Our Scientific Advisory Group



Dr. Martin Forster  
Chair



Prof. Sanjay Popat  
Scientific Advisor



Vicki Anderson and Peter Barton  
Scientific Advisors



Prof. Andrew Nicholson  
Scientific Advisor



Dr. Sandra Strauss  
Trustee & Scientific Advisor

<https://ruthstraussfoundation.com/about-us/#our-people>



## The facts: non-smoking lung cancers (NSLC)

1. There are around **48,500** new lung cancer cases in the UK each year, that's around 130 people each day.

2. Around **15%** of lung cancers are in those who have never smoked and this number is increasing, especially in younger people and women.

3. Nearly **6,000** people die of NSLC each year, greater than the numbers who die of cervical cancer (~5200), leukemia (~4500), ovarian cancer (~4200).

4. **8th** most common cause of cancer-related death in the UK and the 7th most prevalent cancer in the world.

5. Late-stage diagnosis rises to nearly **90%** in NSLC according to data from patient organisations.

6. Over **57%** of lung cancers are diagnosed at stage 3 or 4, which is too late for curative treatment.

7. **One in five** cancers are missed on chest X-rays “as chest X-rays are difficult to interpret” but it is the “recommended first test to assess whether a patient may have lung cancer”.

8. **16%** of people diagnosed with a lung cancer survive for 5 years or more. Lung cancer survival has not shown much improvement in the last 40 years in the UK.



# How can you as a primary care professional support early diagnoses of all lung cancers?

1. Recognise that those with a non-smoking history can get lung cancers
2. Recognise that the profile of those with non-smoking lung cancer is often younger, more likely to be a woman, and won't always have the symptom of a persistent cough, as the cancer is more likely to be adenocarcinomas which grow in the outer part of the lung, which means the symptoms are unlikely to be noticeable at an early stage <sup>(i)</sup>
3. Recognise that patients who are non-smokers are more unlikely to consider their symptoms to need investigating for lung cancers due to the strong correlation between smoking history and lung cancers and may put their symptoms down to other causes <sup>(i)</sup>
4. Ask patients about other risk factors such as passive smoking, asbestos exposure, and exposure to environmental pollutants <sup>(ii)</sup>
5. Don't over reassure patients, and use your own clinical judgment when patients do not fall into the two-week urgent referral pathway, involving patients in the decision making
6. Consider the use of CT scans in a patient who has a clear CXR, but symptoms persist, c25% of CXR are normal in those who have lung cancer <sup>(iii)</sup>
7. Validate patient's help-seeking behaviour <sup>(iv)</sup>

 Watch See Through the Symptoms campaign video & visit RSF website





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Visit RSF website for information on non-smoking lung cancers

<https://ruthstraussfoundation.com/non-smoking-lung-cancer/>

