**TAKE A DEEP BREATH**

In recent years smoking level of humans has increased, because of stress and they try to find an escape way by smoking. Today, even twelve years old kids smoking all around the world without feeling any fear, but smoking may lead to one of the most effective cancer type, lung cancer. Lung cancer is the uncontrolled growth of abnormal cells in the lung. Most people think that smoking will make them relief, however I strongly believe that they are not aware of the danger of this cancer type.

First of all, lung cancer is responsible for 1.3 million deaths worldwide annually and, is the most common cause of cancer-related death in men and the second most common in women. The first frequent cause of lung cancer is long-term exposure to tobacco smoke and the other reasons of lung cancer are air pollution, genetic factors and radon gas. If you are in love of your life you have to learn how to quit smoking as soon as possible.

Secondly, most of the patient of lung cancer said that they were unaware until all of the symptoms show up, but they are know that, even if they have take some tests or cures there was not an exact solution. According to Dr. Suzan Akkaya, a psychologist in Marmara University, most of the lung cancer sufferers there are a big chance to live in today’s world, if they diagnosed early. Most of the cancer types separated into phases and your phase is not higher than two it means that you can have an operation to save your life.

Finally, if you lack of hope, all you need is searching or connecting with some survivors. For example, Kat Bird was diagnosed in 2008, but she was lucky because her phase was two and she had operated by gifted doctors and she is getting better and better day by day. Her biggest fear was dying from this disease like her mother, but she took lots of tests in each year after her mother death. You are not hopeless at all, if you know how to challenge with it.

In a nutshell, lung cancer can be deadly if it is not diagnosed early. However this type of cancer can be treated. Treatment may take a long time, but if you do not lose your hope and stay happy you can beat it very easily. You do not need to be afraid of lung cancer if you know how to fight with it.