EFFECTIVENESS OF SURGICAL AND CONSERVATIVE TREATMENT METHODS IN LUNG CANCER

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Introduction

Lung cancer is one of the most widespread oncological diseases in the world with a high mortality rate. According to WHO data, more than 2 million new cases are detected annually, and one out of every five cancer-related deaths is attributed to it. (2)

The main risk factor is tobacco consumption. The disease often progresses with minimal symptoms and is diagnosed late, which reduces survival rates. Metastases spread to lymph nodes, liver, bones, and brain, worsening the prognosis. Therefore, studying the effectiveness of treatment methods is highly relevant.

Aim

To optimize the treatment methods of lung cancer and determine their clinical effectiveness.

Materials and Methods

The study was conducted based on practical observation of 155 patients with lung cancer. Among them, immunotherapy (similar to pembrolizumab) was used in 78 patients, and platinum-based chemotherapy in 77 patients. The

patients' condition, disease progression, and dynamics of side effects were monitored.

According to the results of practical observation, immunotherapy slowed disease progression, increased survival duration, and resulted in fewer side effects. Although chemotherapy effectively reduced tumor size, more adverse effects were recorded. Therefore, 44 patients were switched to immunotherapy, and an improvement in their condition was observed. (3)

Results

In addition, surgical methods (wedge resection, segmental resection, and lobectomy) were considered the most effective in localized stages of lung cancer. Chemotherapy slowed tumor cell division; however, side effects such as nausea, fatigue, and weakness were observed. Radiotherapy and stereotactic radiosurgery were effective in slowing disease progression, especially in patients for whom surgery was not possible. Immunotherapy and targeted therapy methods are considered promising treatment approaches in modern oncology. In patients treated with immune system-activating therapies, an increase in survival duration and a slowdown in disease progression were observed. (1)

Overall, the observations confirmed that combination therapy methods are more effective in the treatment of lung cancer.

Conclusion

The observations showed the effectiveness of both surgical and conservative methods in the treatment of lung cancer. Surgery is most effective in early stages, while conservative therapy improves quality of life in advanced stages.

The combined use of immunotherapy, chemotherapy, and radiotherapy improves prognosis; therefore, selecting an individual treatment strategy based on the patient's condition is important.

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