

Lung Cancer Progression is not always Halted by Voluntary Exercise

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Abstract

Lung cancer remains a formidable global health challenge, characterized by diverse histological subtypes and varying clinical trajectories. This review comprehensively explores the intricate molecular and cellular mechanisms underlying the progression of lung cancer, encompassing non-small cell lung cancer (NSCLC) and small cell lung cancer (SCLC). By dissecting the key drivers of tumor initiation, metastasis, and treatment resistance, this analysis sheds light on potential therapeutic targets and strategies for improved patient outcomes. The evolution of lung cancer involves a complex interplay of genetic alterations, epigenetic modifications, and dysregulated signaling pathways. Driver mutations, including alterations in EGFR, ALK, ROS1, and BRAF, delineate subgroups within NSCLC, driving tumor initiation and progression. Additionally, genomic instability, immune evasion, and angiogenic signaling contribute to the malignant phenotype.

Metastasis, a hallmark of advanced lung cancer, involves a cascade of events influenced by tumor microenvironment components, including immune cells, fibroblasts, and extracellular matrix elements. The elucidation of molecular mediators and signaling pathways governing metastatic dissemination provides opportunities for targeted intervention and the development of novel therapeutics. Furthermore, the emergence of treatment resistance poses a significant clinical challenge. Molecular mechanisms such as target gene amplification, activation of bypass pathways, and acquired mutations contribute to therapeutic resistance in both NSCLC and SCLC. Understanding these resistance mechanisms is imperative for the design of combination therapies and the development of next-generation treatment strategies.

Immunotherapy, particularly immune checkpoint inhibitors, has revolutionized the treatment landscape for lung cancer. However, patient selection and the identification of predictive biomarkers remain critical for optimizing immunotherapeutic outcomes. Additionally, the integration of targeted therapies, immunotherapies, and conventional treatments in a multimodal approach holds promise for overcoming resistance and improving long-term survival. In conclusion, understanding the complex interplay of genetic, epigenetic, and environmental factors in lung cancer progression and potential targeted therapeutic strategies is essential for advancing patient care.

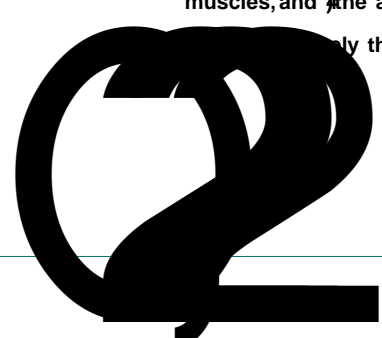
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complex interplay of genetic, epigenetic, and environmental factors. In small cell lung cancer, which accounts for the majority of cases, is characterized by diverse driver mutations, including alterations in genes such as EGFR, ALK, and BRAF. These genetic aberrations confer distinct molecular subtypes, each with its own trajectory of progression and potential targeted therapeutic strategies.

Actual activity safeguards against the turn of events and movement of a wide range of disease types. Mechanistically, exercise alters the tumor microenvironment by targeting four physiological mechanisms: (1) the oxygenation and vascularization of the tumor, (2) cancer metabolism, (3) the production of myokines in activated muscles, and (4) the activation of immune cells that suppress tumor growth. It is likely that two or more of these pathways are activated

simultaneously during exercise and with the contraction of skeletal muscles and development of tumors. For instance, the activation of skeletal muscle practicing muscles or the arrival of the tumor from adrenal organs initiates cytotoxic, or regular executioner cells, individual discharge cytokines (myokines) that direct crosstalk or enact growth suppressive factors, including musclin, irisin, BDNF, and interleukin-6. These factors, have been shown to directly target the tumor, for instance, they can target the metabolic pathways, prevent proliferation, prevent metastasis, or inhibit tumor growth. Myokines, for example, interleukin-6, have been shown to directly target the tumor, for instance, they can target the metabolic pathways, prevent proliferation, prevent metastasis, or inhibit tumor growth.



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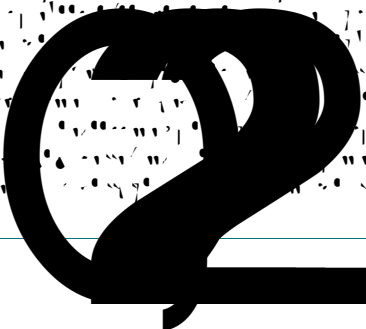
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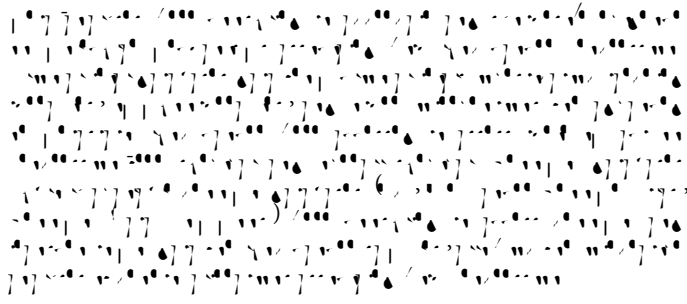


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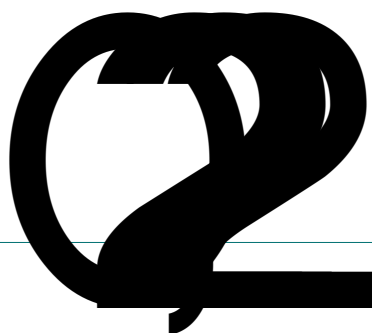
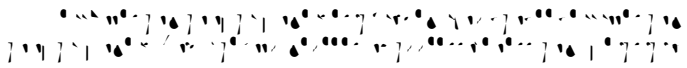
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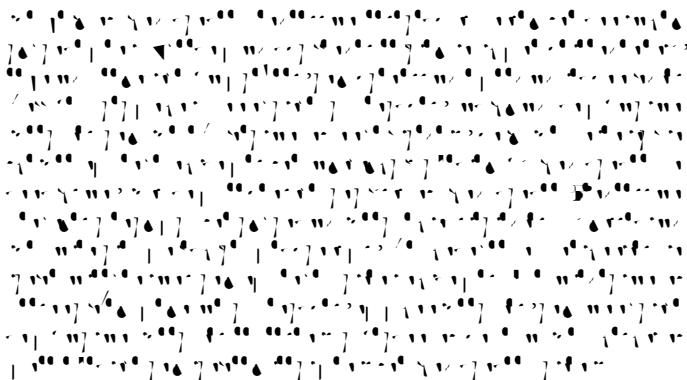
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Acknowledgements

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Conflict of Interest

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