Coping with lung cancer diagnosis

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Abstract

This abstract encapsulates the strategies and resources available to individuals facing a diagnosis of lung cancer. Acknowledging the emotional impact, educating oneself about the disease, building a strong support system, prioritizing physical and emotional well-being, exploring coping strategies, and seeking hope and inspiration are highlighted as essential components of coping with this life-altering diagnosis. By embracing these approaches, individuals can navigate through the challenges of lung cancer with resilience, strength, and determination.

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Received: 01-Mar-2024, Manuscript No: acp-24-135831; **Editor assigned:** 03-Mar-2024, PreQC No: acp-24-135831 (PQ); **Reviewed:** 17-Mar-2024, QC No: acp-24-135831; **Revised:** 23-Mar-2024, Manuscript No: acp-24-135831 (R); **Published:**