

NHS

Targeted Lung
Health Check
Programme

**BREATHE
FREELY**



WHY ARE HEALTHY LUNGS IMPORTANT?

Your guide to looking after your lungs

NHS

Southend

Clinical Commissioning Group

HOW CAN I LOOK AFTER MY LUNGS?



Page 4 - **Being more active**

Even 10 minutes a day can make all the difference



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Help with making healthier choices where you can



Page 12 - **Stopping smoking**

This is not easy but the right support is out there



Page 19 - **Making sure you have your vaccinations**

This will apply if you have a long term condition or are over 50 years old



Page 20 - **Knowing the warning signs and symptoms of lung conditions, including Chronic Obstructive Pulmonary Disease (COPD) and lung cancer**

Early diagnosis can help with treatment and management

There is plenty more advice in this booklet and it is just as important if you already have a lung condition.

With help and support you can manage your condition and help improve your overall lung health, even by making small changes.

For more information if you are living with a lung condition visit www.blf.org.uk or call the British Lung Foundation helpline 03000 030 555.

For more information on the NHS Targeted Lung Health Checks Programme please visit www.lhch.nhs.uk/lung-health-check

WHY SHOULD I TAKE CARE OF MY LUNGS?



Your lungs are the part of your body that work hard every day so you can breathe.



They carry oxygen from the air into your blood and release carbon dioxide from your blood into the air. Your body's cells need this oxygen to work properly.



They really don't get much rest - in one day you can breathe up to 25,000 times!



Your lungs have a natural defence system to keep out dirt and germs but several things can damage this, meaning they can't do their job as well.



The good news is there are plenty of things you can do to help your lungs work properly. This leaflet should give you the advice you need to care for your lungs in the best way possible.



HOW CAN BEING MORE ACTIVE HELP MY LUNGS?

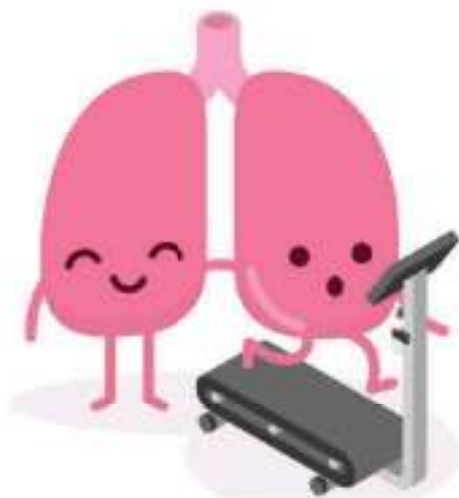
Being active is one of the best things you can do to take care of your lungs.


Not only does it make your lungs feel stronger and help deliver oxygen better throughout your body, it can also help reduce your risk of long-term lung conditions such as Chronic Obstructive Pulmonary disease (COPD). Being active can help you control your weight also. This is important can can affect you lung function.

Sounds good? All you need to do is find the right level of physical activity for you to feel the positive effects throughout your life...

Increasing your activity levels can:

- give you more energy
- lower high blood pressure
- strengthen the muscles you use to breathe
- strengthen your heart and improve circulation
- reduce the risk of conditions like arthritis, diabetes, heart disease, stroke and cancer
- reduce your risk of falling by improving your strength and balance
- reduce stress levels and help to reduce anxiety and depression.





What if I already live with a lung health problem?

If you have a lung condition, being active is just as important as it can benefit your overall lung health.

Physical activity can help improve your breathing, reduce symptoms and improve your quality of life. You might even be able to do things you thought you could no longer do.

Becoming more active is easier than you think!

There are many different things you can do to be more active and different levels suit different people.

Even if you feel unfit and often get breathless when being active now, it is all about finding what is right for you to begin with. You don't have to run a marathon; small amounts of activity such as taking the dog for a walk and gardening can still have a huge impact. You might be surprised at how positively it will affect your life.

HOW ACTIVE SHOULD I BE?

For adults we recommend that you are physically active for 150 minutes (2 hours and 30 minutes) of a week. You can break this down into:



30 minutes
a day for
5 days



You could start by doing **10 minutes** at a time (once/twice a day) and build this up until you reach **150 minutes**

! **Remember:** Even small amounts of physical activity will be of benefit. Start by trying to do more than you usually do. This could be:

- Getting off the bus a stop earlier and walk a bit further
- Using the stairs rather than a lift or escalator
- Trying to walk more when going on short journeys
- Doing some gardening or DIY.

! **Remember:** If you are not used to being active:

- 150 minutes a week may seem too much. Just try your best to be as active as possible and slowly build this up at a steady pace, only doing activities you feel comfortable with. If you feel you need further advice before doing this, you can talk to your GP.
- You should avoid doing any vigorous activity at first, where you breathe hard and fast and struggle to say more than a few words without pausing for breath.

It doesn't have to be too difficult:

STEP 1
Get your heart
rate up

STEP 2
Make your lungs
work a bit harder

STEP 3
Improve your
overall lung health



HOW CAN EATING A BALANCED DIET HELP MY LUNGS?

A balanced diet is very important for everybody. The essential nutrients in healthy foods and fluids can help you to feel as fit as you can. This is especially important if you have an existing lung condition as it helps to prevent infections and keep your lungs as healthy as possible.

Eating a balanced diet, as well as being active will also help you to maintain a healthy weight. This is really important for your lung health as being overweight can make your breathing more difficult, making it harder for you to be active.

Ways in which to improve your diet:

-  Try to replace snacks with fruit and add vegetables to meals where possible aiming to eat 5 portions each day
-  Choose low fat dairy products, but be careful as these can be high in sugars
-  Try to replace eating red meat with more lean meats including skinless chicken, turkey and fish. You can also have red meat with fat trimmed off, which is healthier
-  Choose wholegrain carbohydrates where possible including wholemeal bread, rice and pasta
-  Try to lower your salt intake by not adding salt at the table and reducing the amount you add to food when cooking, so that you have no more than one teaspoon of salt a day
-  Try to drink water regularly throughout the day. Remember that many drinks have sugar in them, even when it says 'no added sugar'
-  Try to avoid sugar and sugary foods

You should also try and keep an eye on the amount of alcohol you drink. Guidelines are now the same for men and women. Both are advised not to regularly drink more than 14 units of alcohol per week. If you do, you are putting yourself at risk of long-term damage to your health. This includes conditions such as liver disease, cancer, heart disease, stroke, dementia and osteoporosis (thinning of the bones).

This is what **14 units** looks like:



6 pints of
4% beer



6 glasses of
175ml 13% wine

175ml glasses of wine

It's important that you don't save up your units and have these all in one drinking session. Its best to spread this evenly across the week and have regular drink free days.

Alcohol is also very high in calories and this can lead to you becoming overweight which is bad for your lung health. You'd probably think twice about eating an extra burger and chips during the day, but if you drink four pints of lager you'd be consuming about the same amount of calories – around 720.

For more information please visit www.drinkaware.co.uk.

How do I know if I am a healthy weight?

To check your body weight you can use body mass index (BMI). Your BMI shows if you are a healthy weight for your height. For an adult aged 18 and over, a healthy weight should be maintained with a BMI between 19 and 25.

To calculate your BMI go to www.nhs.uk and search for 'BMI healthy weight calculator'



Southend services that can help:

Everyone Health Adult Weight Management

- We offer a FREE 12 week programme for those with a BMI of plus 30 or 27.5 if you have any additional conditions or are from an ethnic minority group.
- 45 minutes Nutrition Workshop with a qualified Nutritionist who will provide lots of options to understand food choices and to help you find tasty, small changes to help you lose weight for good.
- 45 minutes physical activity, with a personal trainer.
- We can offer some residents free access to 12 weeks of Slimming World or Weight Watchers.
- We encourage a balanced approach including both what you eat and helping you to move more, as well as helping you to track your progress and we'll be there every step of the way, and to cheer on every pound you lose.
- Everyone is followed up at 6 and 12 months after completing the programme.

We take self-referrals or GP referrals, please call us on: [0333 005 0095](tel:03330050095) or email: eh.southend@nhs.net to book your space. You can also sign up via our website: www.southend.everyonehealth.co.uk/self-referral

Everyone Health Health Trainer

- Free 6 - 8 sessions one to one either face to face or virtual
- With this service you'll be assigned your own Health Trainer who will help you to set realistic health related goals and offer support and understanding every step of the way.
- Your Health Trainer will find out what changes you could make, however big or small, to improve your health and put together a tailored plan just for you.
- They can help with many elements of health, such as healthy eating, losing weight, stopping smoking and physical activity.

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Southend services that can help:

Everyone Health Physical Activity

- Exercise has a huge range of benefits, from improving your mood to helping avoid life-limiting conditions.
- We have a range of exercise classes on offer. We've made sure that some of the excises are chair based to accommodate all. We also offer FREE Pier Walks and Seafront walks if you prefer to exercise outdoors.
- This service is FREE for anyone who is inactive (doing less than 30 minutes of physical activity a week).
- Exercising on a regular basis helps manage your weight, which not only improves your physical appearance, but will help reduce your risk of type 2 diabetes, heart attack, strokes and some cancers. It will also help lower your blood cholesterol and blood pressure levels.
- You'll develop stronger bones, muscles and joints, you'll be stable on your feet whilst also lower your risk of developing osteoporosis.
- The endorphins from exercise will give you more energy, help you sleep better, make you feel happier and more relaxed.

We take self-referrals or GP referrals, please call us on: **0333 005 0095** or email: eh.southend@nhs.net to book your space. You can also sign up via our website: www.southend.everyonehealth.co.uk/self-referral



HOW DOES BECOMING SMOKEFREE HELP MY LUNGS, NO MATTER HOW LONG I'VE SMOKED?

You may think that if you already smoke tobacco cigarettes or other products such as shisha that there is no point in stopping smoking as the damage to your lungs is already done.

However, the best thing you can do is stop now and you can still make a difference to your lung health. You can slow down the damage that smoking causes to your lungs and ease your symptoms. Here are some examples of how smoking can damage your lungs:

- Your airways become inflamed
- Your large airways will produce more mucus, which can cause you to have a chronic cough and produce phlegm most of the time
- Continuing to smoke can mean you become very short of breath, even at rest.

Becoming smokefree is not easy, but there are lots of local services available to offer the right support that will help you to quit smoking, this time for good. Even if you have not been successful before, it's important that you saw the need to try. Remember, each quit attempt is a step further towards becoming smokefree.



Useful tips you can try

1

Think about why you smoke? Why do you want to give up? Write this down so you can remember why you are giving up.

2

Remove anything around you that reminds you of smoking such as ashtrays and lighters.

3

Call yourself a non-smoker, you soon will be!

4

Get the support of friends and family by telling them you're dedicated to quitting.

5

Keep track of how much money you're saving and plan how you will spend it.

6

Prepare for possible withdrawal symptoms and how you will cope.

7

Remember cravings only last 2 to 3 minutes so distract yourself and it will be gone before you know it.

8

Don't let a slip up stop you. Just put it down to experience and start again.

9

Challenge yourself to quit by a certain date and stick to it.

10

Avoid other people smoking. This can be as bad as smoking yourself and will make it harder to quit.

What support is right for you?

There are many support options available with different choices working better for different people.

It is very important you choose what you feel most comfortable with and this will give you more chance of quitting for good. Getting help from professionals, friends and family members will make it easier to cut down and quit, and studies have shown **people who use stop smoking services and stop smoking medications are three times more likely to succeed than those who don't.**

Your support options:

All these support options can help you quit in different ways, it's completely up to you how and when you use them. You may want to use one, a combination or all of these options.



Smokefree Southend



Public Health Southend Stop Smoking Advisors can offer free advice and will help to signpost you to the most effective quit pathway.

Contact the team by calling: 01702 212 000

Or email: southessex.stopsmoking@nhs.net

Smokefree Southend webpage:

www.southend.gov.uk/StopSmoking

Southend Pharmacies That Can Help:

Shoeburyness

Shoebury Pharmacy Ltd, Campfield Road, Shoeburyness, Essex, SS3 9BX

Thorpe Bay

Bansals Pharmacy, 178 The Broadway, SS1 3ES

Howells and Harrison Ltd - 128/135 The Broadway, SS1 3EX

Southend-on-Sea

Boots - Unit 2 The Royals, Southend-on-Sea, Essex, SS1 1DE

Boots - Unit G48, Victoria Shopping Centre, Southend-on-Sea, Essex, SS2 5SP

Chemist at Southend 75 Queensway, Southend-on-Sea, Essex, SS1 2AB

Howells and Harrison 235 Woodgrange Drive, Southend-on-Sea, Essex, SS1 25G

Murray Miller Ltd 526 Sutton Road, Southend-on-Sea, Essex, SS2 5PW

Ray's Pharmacy 47 Sutton Road, Southend-On-Sea, Essex, SS2 5PB

Vinods Pharmacy 227 Hamstel Road, Southend-on-Sea, SS2 4LB

Westcliff-on-Sea

Boots 179 - 181 Hamlet Ct Rd, Westcliff-on-Sea, SS0 7EL

Kalsons Chemists 138 Hobblythick Lane, Westcliff-on-Sea SS0 0RJ

Haveela Pharmacy 138 - 195 North Road, Westcliff-on-Sea, SS7AE

Leigh-on-Sea

Belfair's Pharmacy 327 Eastwood Road North, Leigh-on-Sea, Essex, SS9 4LT

Morrisons Pharmacy Western Approches, Eastwood, Leigh-on-Sea, Essex, SS2 6SH

For more information about the stop smoking services in the local area call us on: **01702 212 000**

For further details on Southend stop Smoking Service, visit: www.southend.gov.uk/StopSmoking

Myth: Nicotine causes cancer. THE FACTS: This is incorrect.

Nicotine does not cause cancer. It is the other toxic chemicals cigarettes, such as tar and carbon monoxide that damage your health. Products like Nicotine Replacement Therapy and e-cigarettes provide nicotine your body is craving.

What medication is available?

Nicotine replacement therapy, otherwise known as 'NRT', comes in all shapes and sizes and helps to reduce symptoms so you can give up smoking more easily.

You can get patches, gum, nose and mouth sprays, all of which release nicotine into your bloodstream without you needing to smoke. As well as NRT, there are two other stop smoking medications available on the NHS to help you quit.

As well as NRT, there is another medication called Bupropion, also known as Zyban. Studies have shown that Zyban is effective with high success rates in helping people give up smoking. Zyban can only be prescribed by a GP.

Smokefree Southend

? Smokefree Southend would like to share the following links that offer helpful advice, email, telephone support including Apps that can keep you on track:

NHS Better Health Quit Smoking App: <https://bit.ly/35B7ju5>

NHS Smokefree Quit Support Group on Facebook: <https://bit.ly/31KGowW>

NHS Smokefree email support, for once your Quit is up and running:
www.quitnow.smokefree.nhs.uk

Or call the free National Smokefree Helpline on:
0300 123 1044 (England only). Talk to a trained advisor for advice and support.

Smokefree Southend

? Remember, there's only one you! The Smokefree Southend Team provides free advice, support and information to any smoker who lives or works in Southend-on-Sea. Stop Smoking specialist advisors are located within your local GP surgeries, participating pharmacies and vape shops in Southend.

Quit power

You are three times more likely to stop smoking with the right support and medication. A lone quitter with no support has about a 3% chance of success, so don't delay and plan your quit today!

Smokefree Southend can signpost you to:

- Your practice nurse or health care assistant at your local surgery
- A pharmacy that offers stop smoking support
- A vape shop that offers stop smoking support

GP surgery support

You can book stop smoking support at your local surgery. Make sure you book with the Practice nurse or HCA, who is trained as a stop smoking specialist.

You can discuss your options and then you will receive a prescription for your chosen medication. Normal prescription fees will apply unless you are exempt.

Vape shop support

The Office for Health Improvement and Disparities 'state', that e-cigarettes and vaping are 95% less harmful than smoking.

Smokefree Southend are working with commissioned vape shops. Vaping is a very effective method to quit smoking and is increasingly popular with stop smoking services in England. Visit our webpage to find out the location of our stop smoking support vape stores:
www.southend.gov.uk/StopSmoking

They provide the same support as the pharmacy scheme which also includes weekly carbon monoxide testing (when safe to do so). For more information, visit: www.nhs.uk/better-health/quit-smoking

Pharmacy support

A similar service is also available at local participating pharmacies. You will be required to pay a one-off standard prescription charge (unless you are exempt e.g. over 60, pregnant) on the first week of a 10 week programme.

The service will pay for the remainder 9 weeks of the programme on the basis that you attend the Pharmacy each week, and that you remain smoke free by following the 'not a single puff' pathway. Visit:
www.southend.gov.uk/healthier-lifestyles/stop-smoking-1/3



5 WHAT SIGNS OR SYMPTOMS SHOULD I LOOK OUT FOR?

Recognising the signs of a lung condition early on can be helpful.

It means you are more likely to be able to treat it earlier and in more serious cases such as lung cancer, increase chances of survival.

Common symptoms you can look out for:

Having a cough most of the time, that lasts for 3 weeks or more

A change in a cough that you have had for a long time

Weight loss

Loss of appetite

Being more breathless than usual and increasing breathlessness when exercising and moving around

Chest tightness

An ache or pain in the chest or shoulder

Frequent chest infections

Coughing up blood

Hoarseness

Wheezing

If I notice a problem what should I do?

If you are worried about any of the symptoms above, see your GP as soon as possible.



WHAT VACCINATIONS SHOULD I HAVE TO HELP MY LUNGS?

Flu (influenza) and pneumonia

Who is it for?

If you are over 50 or have a long-term condition (particularly a lung condition).

What do they do?

Flu can easily lead to chest infections or even pneumonia, especially if you have a lung condition. This annual injection protects you against the flu for one year, but does not protect you against colds or other viruses. The pneumonia injection protects you against the most common kind of pneumonia and is a one off injection.

For more information on vaccinations, please ask your GP or practice nurse.

Coronavirus vaccinations

The coronavirus (COVID-19) vaccine is safe and effective. It gives you the best protection against coronavirus.

Who can get the COVID-19 vaccine?

The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus.

In England, the vaccine is being offered in some hospitals and pharmacies, at local centres run by GPs and at larger vaccination centres. More centres are opening all the time. It's being given to:

- people at high risk from coronavirus (clinically extremely vulnerable)
- people who live or work in care homes
- health and social care workers
- people with a condition that puts them at higher risk (clinically vulnerable)
- people with a learning disability
- people who are a main carer for someone at high risk from coronavirus

The order in which people will be offered the vaccine is based on advice from the Joint Committee on Vaccination and Immunisation (JCVI). You do not need to wait to be contacted by the NHS. You can book your appointment here: www.nhs.uk/conditions/coronavirus-covid-19



Healthwatch Southend



The staff at Healthwatch can help you to find out more about what information, services and activities are available to help you manage your health needs so that you are one step closer to better lung health.

Contact the team by calling: 01702 416320

Or email: info@healthwatchsouthend.co.uk

Livewell website Directory of services for Southend residents:
www.livewellsouthend.com/kb5/southendonsea/directory/home.page