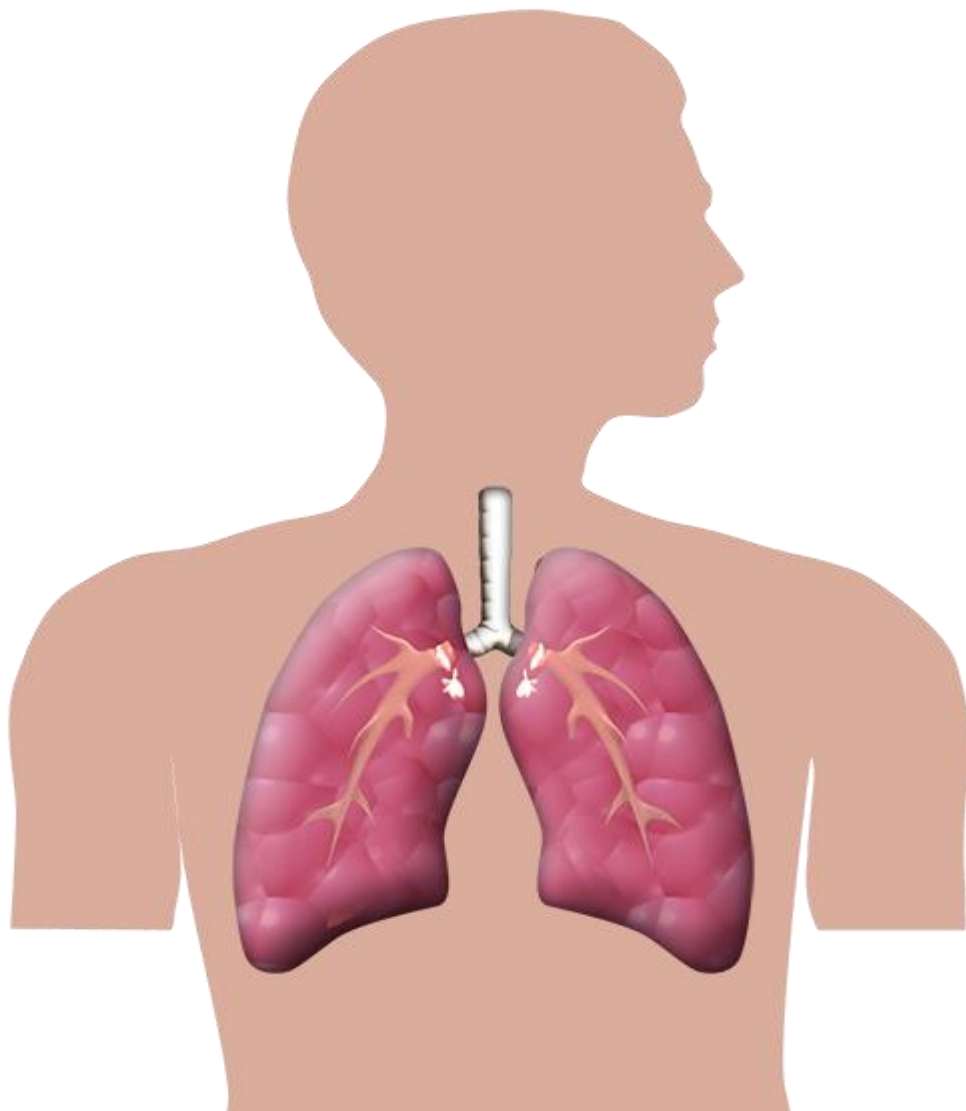




# Your lung health check



# Lung health checks



Lung health checks are offered to people, aged 55 and 75, who smoke or have smoked.



You have been offered this check because we want to find out how well your lungs are working.



A lung health check can help find problems early.

## Bringing friends



You can bring a family member or carer with you to support you.

# What happens at a lung health check



A nurse will telephone you to talk to you about a lung health check. If you would prefer you can ask to see the nurse in person.

Your lung health check will take about 30 minutes.

The nurse will ask some questions about your breathing.



They will ask you about your daily routine, your family and your health.



The nurse may talk to you about having a lung scan.

A lung scan checks for lung cancer.



## Asking questions

We will make sure that you have plenty of time to ask questions.



## Different to NHS health checks

NHS lung health checks are different to other NHS health checks.

Even if you've been for a health check, you should still think about going to your lung health check.

# The result of your lung health check

At the end of the lung health check we will tell you:



## 1. No problem found

We will write to your doctor so they know about the results.

## 2. Go and see your doctor



If we find problems with your breathing or lungs, we will ask you to go and see your doctor.

We will write to your doctor so they know about the results.



## 3. Offered a lung scan

We will suggest you go for a lung cancer scan if we think you might get lung cancer in the future.



A scan is where we take pictures of the inside of your body.

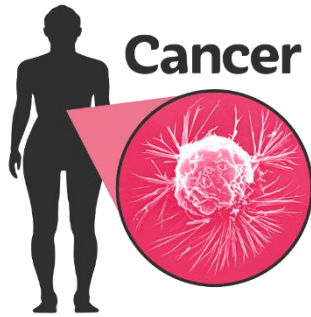


The nurse will help you decide whether the scan is right for you.



We will write to your doctor so they know about the results.

# What is lung cancer?



Lung cancer is one of the most common types of cancer.



At the start, there are usually no signs or symptoms. You might not feel unwell.

You might not know that you have lung cancer.



Finding cancer earlier means that it can be treated.

We set up this lung health check so we can find and treat lung cancer early.



Lung cancer is when some of your cells grow to form a **tumour** in your lung.



A **tumour** is a group of cancer cells.



All of your body is made up of **tiny cells**.



# What happens during a lung cancer scan?



You will lie flat on your back on a bed that moves slowly into a machine called a scanner.



The scanner is shaped like a ring and it will move around your chest as you lie still.  
It can be a bit noisy.



Staff work the scanner from behind a screen. You can see and speak to them during the scan.



You will need to lie still for about 10 seconds. The staff will tell you how to breathe during the scan.



You won't feel anything. You will be able to eat, drink or drive as normal before and after your scan.



# The results of your scan



You will get your results within four weeks. We will write to you and your doctor with the results.

The results may be:



## 1. We found nothing wrong

We will ask you to come back for another scan in two years.



Three out of every four people who have a scan have nothing wrong.



## 2. You need another scan

This usually means that we saw something that we need to check again.



We will write to you and your doctor and ask you to come for another scan.

Usually it will be in 3 months' time.



About 1 in every 6 people need to go for another scan.



### 3. Something wrong

This means we have seen something and we want you to come for more tests.



About 1 in every 12 people that we scan need to go for more tests.



We will call you and write to the hospital so you can be seen by a doctor.

Around half of the people who need more tests will have lung cancer.



## 4. Something else wrong

There is no sign of lung cancer but the scan makes us think that you may have another problem.



You may need to see your doctor or another doctor.



We will write to you and your doctor with the results.

# Choosing to have a scan



It's up to you if you have a scan or not.

Having a scan means that we are more likely to find problems early.



If we find lung cancer early:

- It can be cured



- The treatment is simpler



- You are less likely to die



It is better to find your lung cancer when it is small, before it spreads to the rest of your lungs.

# What is the harm from a scan?



## Radiation

A dose of radiation can cause harm. But we use a dose of radiation that is very low.



## A wrong result

Sometimes the scan does not show that you have lung cancer. This is very uncommon.



Sometimes the scan shows that you may have lung cancer, but you don't.

It could show up something that would not cause you any harm.

This will lead you to having more tests, which can be worrying.

You will be supported throughout the process.

# Signs and symptoms of lung cancer

You need to look out for anything unusual like:



- A cough that doesn't stop



- Coughing up blood



- Being short of breath



- Getting very tired or losing weight



- An ache or pain when you breathe or cough



- Not wanting to eat anything



If you notice any of these things you should go and see your doctor.



# Support to stop smoking



The best thing to reduce your chances of getting lung cancer is to not smoke.

If you do smoke and you would like to stop:



- Speak with your doctor



- Phone NHS Smokefree on **0300 123 1044**



- Go to: [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

# For more information



If you need more information please contact:

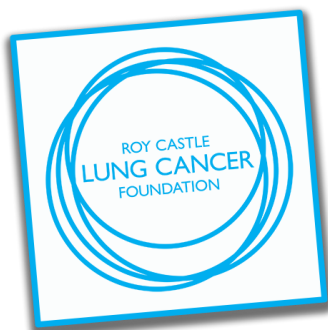
**NHS Lung Cancer Information**  
[www.nhs.uk/conditions/lung-cancer](http://www.nhs.uk/conditions/lung-cancer)



**NHS Smokefree**  
[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)



**Cancer Research UK**  
[www.cruk.org/lunghealthchecks](http://www.cruk.org/lunghealthchecks)  
[www.cruk.org/about-cancer/lung-cancer](http://www.cruk.org/about-cancer/lung-cancer)  
[www.cruk.org/smoking](http://www.cruk.org/smoking)  
Phone: 0808 800 4040



**Roy Castle Lung Cancer Foundation**  
[www.roycastle.org/information](http://www.roycastle.org/information)  
[www.roycastle.org/help-and-support](http://www.roycastle.org/help-and-support)  
Phone: 0333 323 7200