



Targeted Lung
Health Check
Programme

NHS

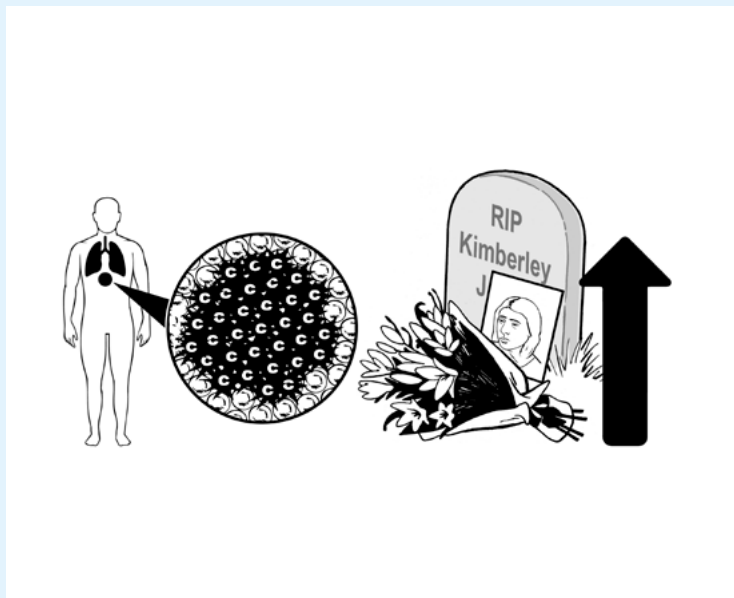
Staffordshire and
Stoke-on-Trent
Integrated Care Board

What you need to know about lung health checks

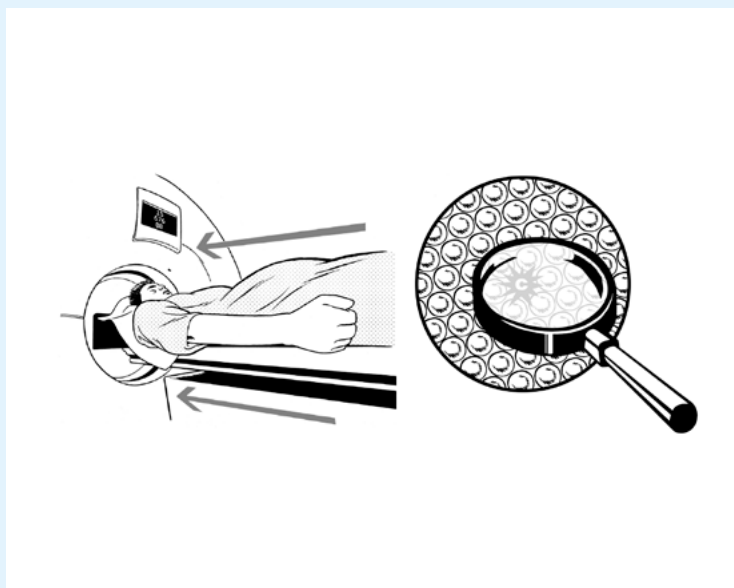
Easy read leaflet



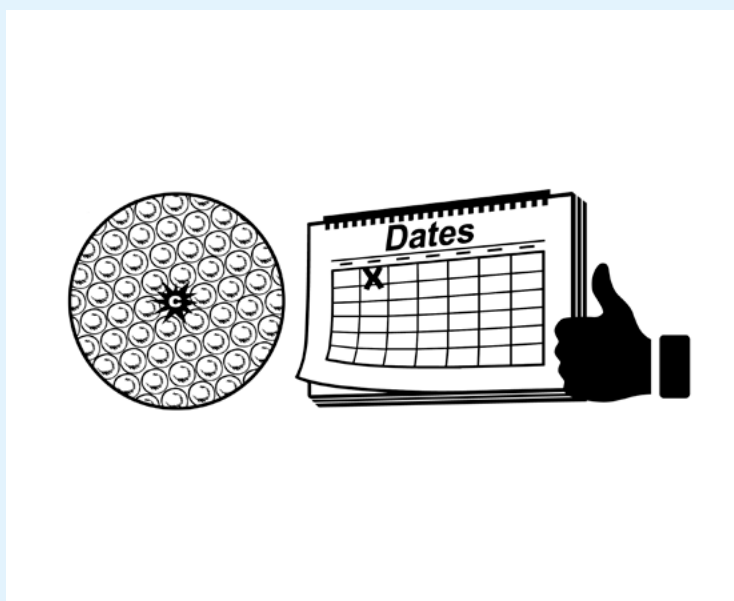
What is this about?



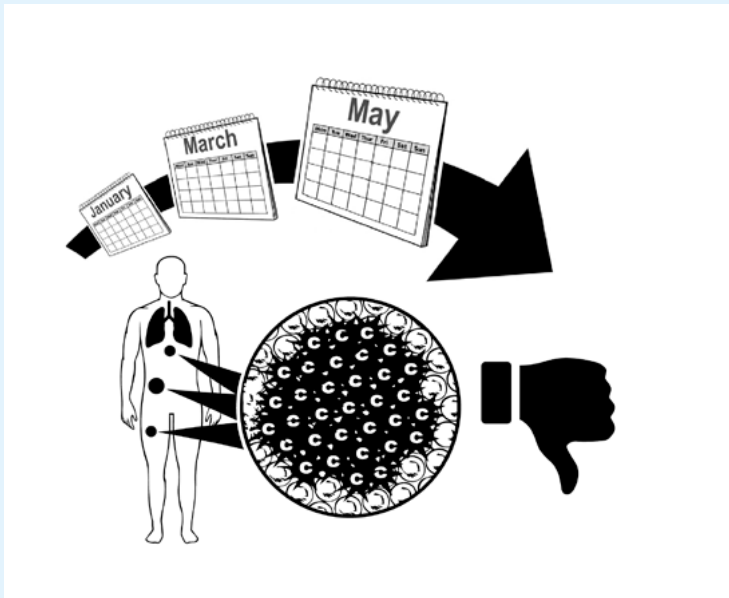
Lung cancer causes more deaths than any other cancer in the UK.



Lung health checks look at how well your lungs are working. They can find problems early, often before you notice anything is wrong.

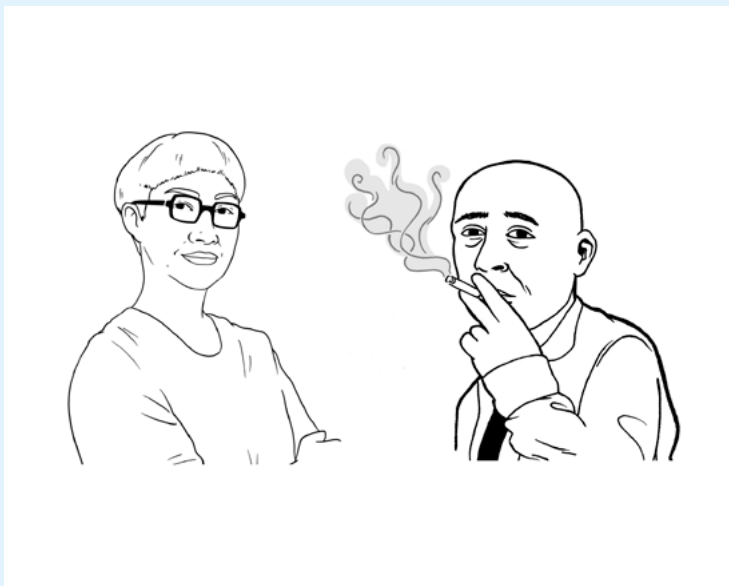


Cancer is easier to treat if it is found early.

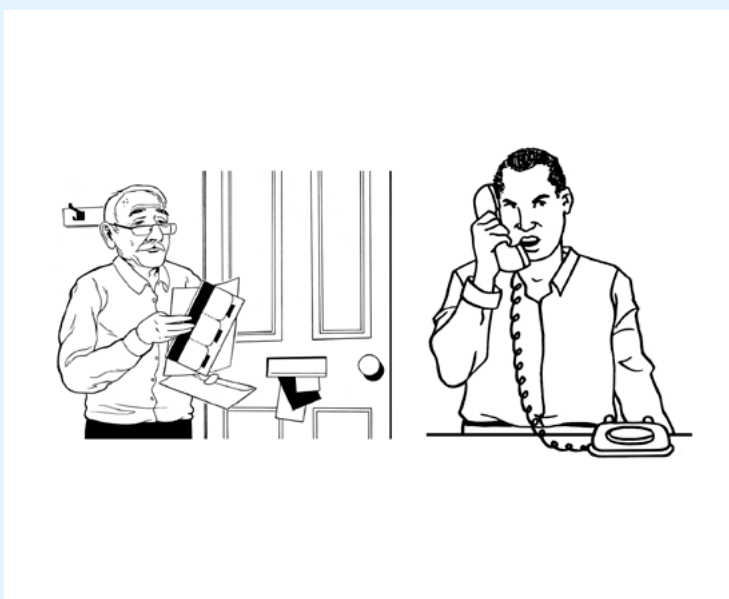


If lung cancer is found later, it may spread to other areas of the body. This would make it harder to treat.

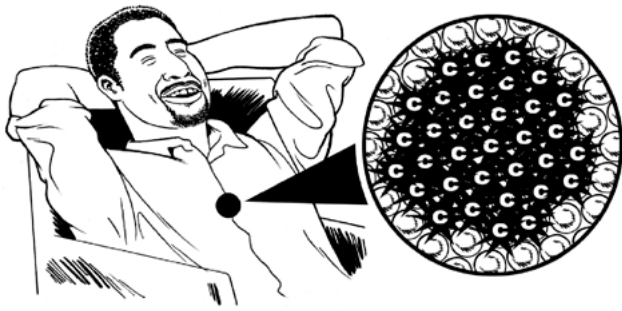
Why do I need a lung health check?



The NHS offers free lung health checks to everyone aged 55 to 74 who has ever smoked.



You will get a letter or phone call, inviting you to make an appointment.

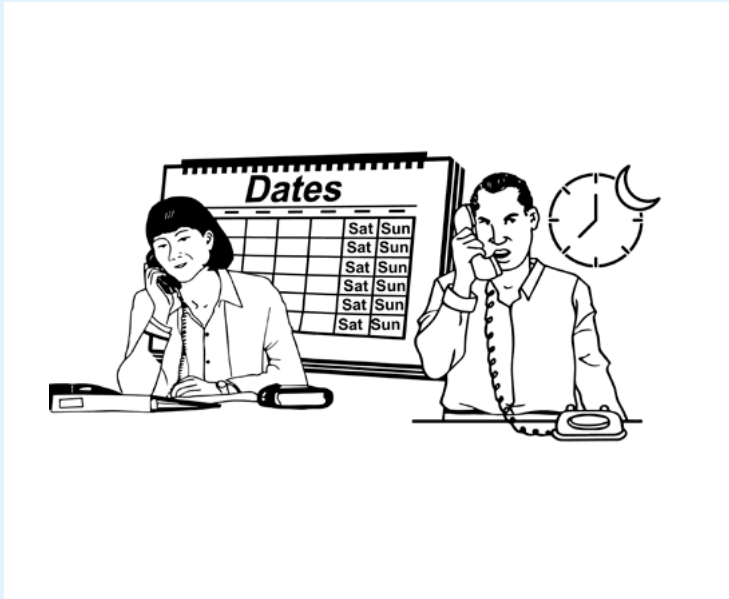


People often do not feel ill when cancer is at an early stage. This is why it is important to go for any health checks you are offered.



Most people will be told they have healthy lungs.

What happens at a lung health check?



First, you will have a phone call with a health professional. If it is better for you to have this call in the evenings or at weekends, we can arrange this.



If you would like to do this in person instead of over the phone, we can arrange this.



They will ask you some questions about your health, **family history** and **lifestyle** (like how much you exercise and if you smoke).



 Low risk

High risk 

We ask these questions so we can work out your **risk** of getting lung cancer. We will write to your **GP** (doctor) to let them know what we found and the next steps.



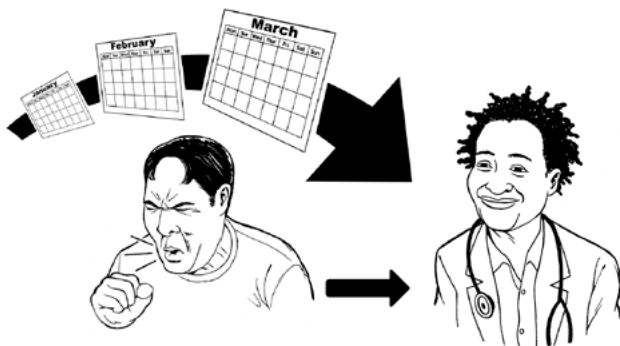
Low risk



High risk

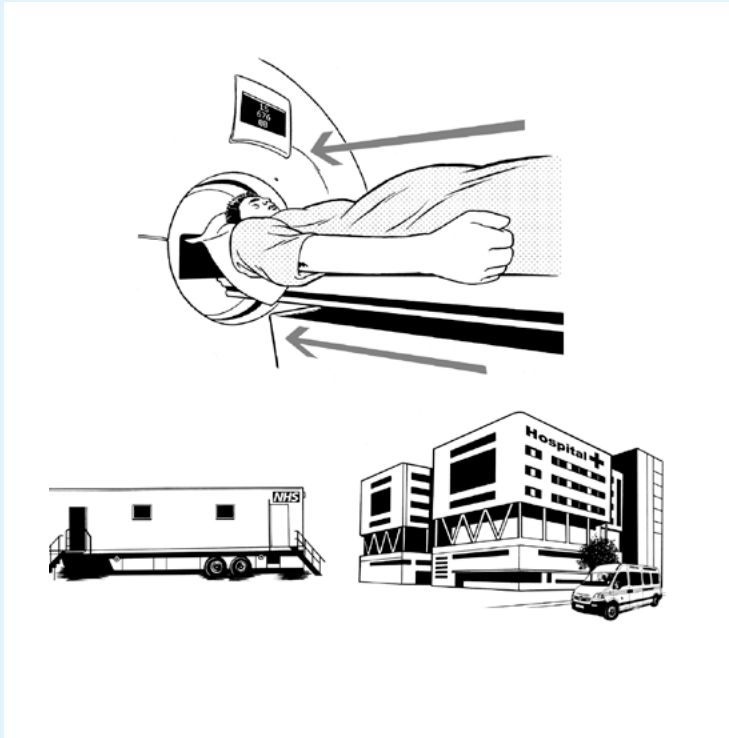
If you have a **low risk** of lung cancer, you will not need a lung scan.

If you have a **high risk** of lung cancer, we will offer you a lung scan.



If you have problems with breathing or your lungs but do not need a scan, your GP will look into this for you.

What happens during and after a lung scan?



A lung scan uses a computer to get a picture of your lungs.

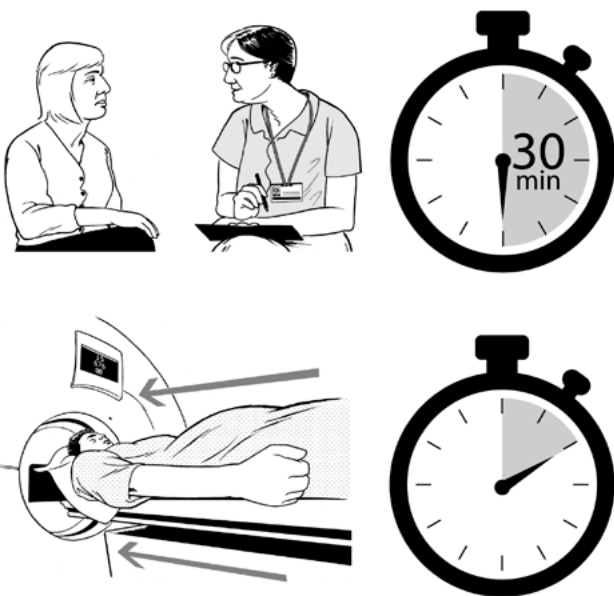
This scan will be done in a mobile scanning unit or a hospital.



The scan does not hurt. You will be able to see and talk to staff while you are having the scan.



You do not need to do anything to prepare for your scan. You can drink, eat, and drive as normal before and after your scan.



The appointment will last 30 minutes (half an hour). The actual scan will only take a few minutes.

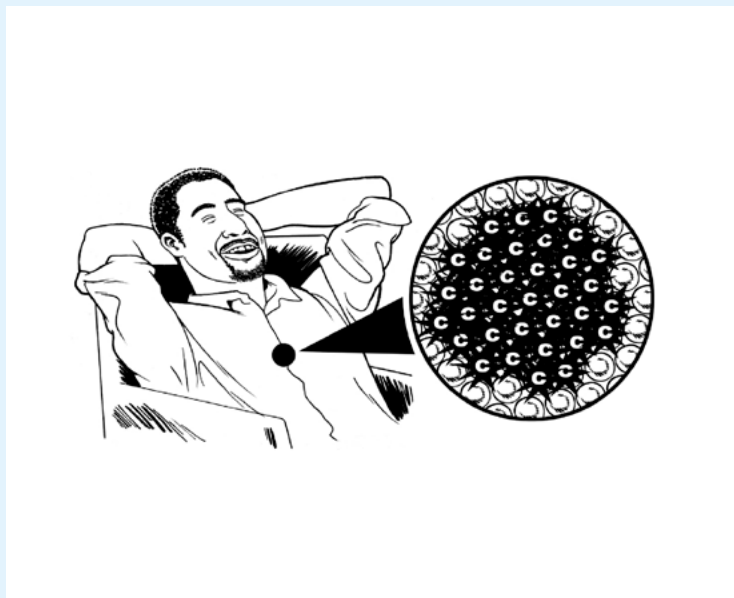


You will be sent a letter with your results within 4 weeks of your scan. The letter will explain what will happen next.

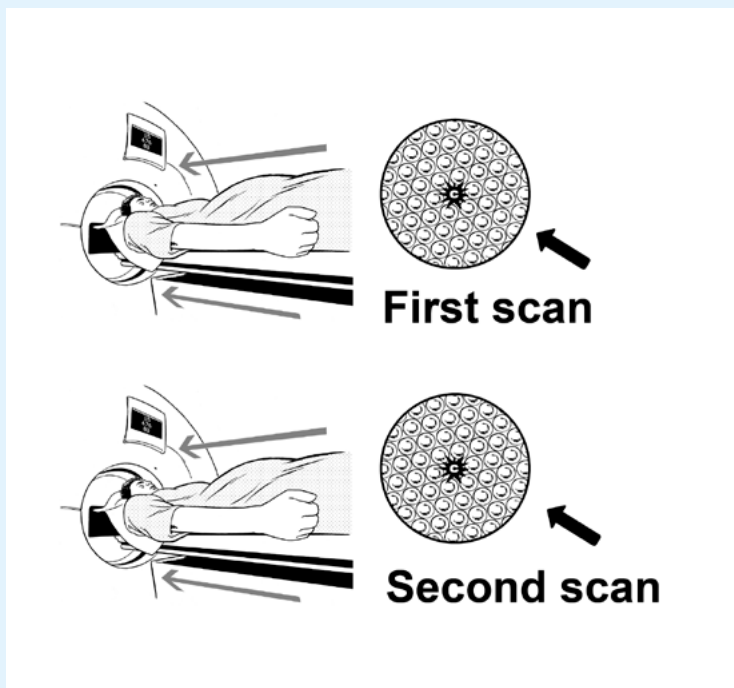


If the scan shows anything unusual, you may be offered more scans or treatment.

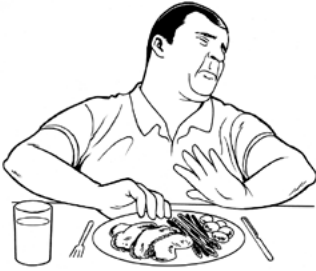
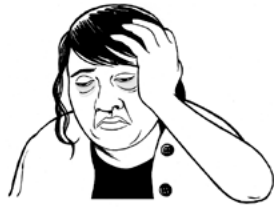
What are the signs of lung cancer?



There are usually no **symptoms** (signs) of lung cancer in the early stages.



Lung cancer can develop in between scans. Sometimes scans can miss lung cancer.



This means it is important to look out for anything unusual or that does not go away.

Things like:

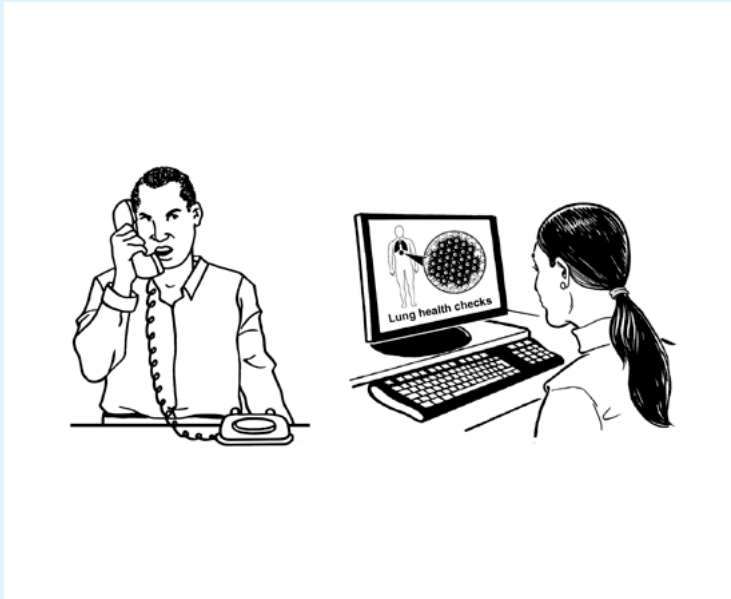
- a cough that has lasted a long time or gets worse
- coughing up blood
- chest infections that keep coming back
- being out of breath
- feeling tired or having low energy
- pain when you breathe or cough
- loss of **appetite** (not feeling hungry)
- losing weight that you cannot explain.



If you notice any of these symptoms, tell your GP as soon as you can.

Do not wait until your next scan or appointment.

How can I find out more?



To find out more about lung cancer, lung health checks and for advice on stopping smoking, visit www.uhnm.nhs.uk/our-services/lung-health-checks

or call us on **01782 671554**

Produced by **NHS Arden and Greater East Midlands Commissioning Support Unit** and **NHS Midlands and Lancashire Commissioning Support Unit**

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