

Website / newsletter copy

Targeted Lung Health Check campaign

Lung Health Checks

Lung cancer causes more deaths than any other cancer in the UK. There are often no signs or symptoms at an early stage. However, lung health checks help to find lung cancer early, sometimes before you have symptoms. This can make lung cancer treatment more successful, saving lives.

Most people will be told they have healthy lungs, but lung health checks can find problems early, often before you notice anything is wrong.

The Staffordshire and Stoke-on-Trent Integrated Care System (ICB) has launched a campaign to raise awareness of the importance of lung health checks. The campaign explains what happens during a lung health check appointment telephone call, what happens during a lung scan (if referred) and highlights the symptoms of lung cancer. The campaign is aimed at people aged between 55 and 74 who smoke or have ever smoked.

Who should have a lung health check?

You will be invited for a lung health check if you are aged between 55 and 74, have ever smoked and your GP has this on record. You will get a letter or phone call from your GP or local NHS service to invite you for an appointment.

If you have not been contacted and you meet the criteria above, please contact: 01782 671554 or 01782 671553.

Or you can also self-refer by filling out the [appointment form](#).

Symptoms of lung cancer

There are usually no signs or symptoms of lung cancer in the early stages. Lung cancer can develop in between scans. Sometimes scans can miss lung cancer. It is important to look out for anything unusual or that does not go away.

The main symptoms of lung cancer include:

- a cough that does not go away after three weeks
- a cough that has lasted a long time and gets worse
- coughing up blood
- chest infections that keep coming back
- being out of breath
- feeling tired or having low energy
- an ache or pain when you breathe or cough
- loss of appetite or weight loss you cannot explain.

If you notice one or more of these symptoms, contact your GP as soon as you can. Do not wait for your next scan or appointment. It's probably nothing serious, but finding cancer early makes it more treatable.

To learn more about lung cancer, lung health checks and advice on stopping smoking visit: <https://www.uhnm.nhs.uk/our-services/lung-health-checks/>

For more information

If you have any questions about this toolkit or require more information, please email: ssotics.comms@staffsstoke.icb.nhs.uk