

Lung cancer is common, but many people don't spot the signs.

It can develop with very few symptoms, or changes you might think are other health problems.

Whilst smoking is the biggest preventable risk, there are other factors that can allow cancer to develop.

Non-smokers and ex-smokers can get lung cancer.

If you are aware of changes in your health or spot differences in family or friends, don't ignore them.

Lung cancer treatment has significantly improved and the sooner you seek advice the better, whether for reassurance that nothing is wrong, or an earlier diagnosis with more potentially curative treatments.

TAKE IMMEDIATE ACTION AND CONTACT YOUR GP PRACTICE IF YOU HAVE ANY OF THESE SYMPTOMS	BE AWARE AND TAKE ACTION IF THESE SYMPTOMS PERSIST OR GET WORSE	REDUCE YOUR RISK AND KEEP WELL
<p>Persistent cough lasting three weeks or more</p> <p>Coughing up blood or blood in your spit</p> <p>Changes to shape of the ends of your fingers and nails (called clubbing)</p> <p>Chest infection that has not improved following treatment</p>	<p>Feeling breathless for no reason</p> <p>Unexplained tiredness</p> <p>Unexplained chest or shoulder pain</p> <p>Repeated chest infections or chest infections that haven't improved following treatment</p>	<p>If you are a smoker, get help and try to stop</p> <p>Avoid exposure to asbestos</p> <p>Attend a lung health check if offered one</p> <p>If you work with diesel, or hazardous chemicals, follow safety advice</p>

BE AWARE OF HOW WELL YOUR LUNGS WORK FOR YOU  
AND IF YOU NOTICE ANY CHANGES DON'T BE SCARED TO ASK FOR HELP

# WHAT TO DO IF YOU SPOT CHANGES

Take a note of when you noticed them and how long you have had them.

Contact your GP practice or pharmacist.  
Talk through your symptoms and what is worrying you.  
Your first appointment may be by phone or face to face.  
They may ask you to take a test to rule out Covid-19 infection.

Your GP practice may arrange for you to have a chest X-ray and then talk to you about the results.  
If you need more tests, your doctor may send you for a CT scan or make an appointment for you to see a lung (respiratory) specialist.

If you are diagnosed with lung cancer you will be referred for treatment and care.  
Support and information is available to help you at every stage.

If your X-ray and tests are clear, but your symptoms continue for 4 - 6 weeks or get worse and you are still worried, ask for a follow up appointment.

For more information contact our Ask the Nurse Service on: 0800 358 7200  
or email: [lungcancerhelp@roycastle.org](mailto:lungcancerhelp@roycastle.org)

For help stopping smoking visit: [www.healthunlocked.com/quitsupport](http://www.healthunlocked.com/quitsupport)

 ROY CASTLE  
LUNG CANCER  
FOUNDATION  
[www.roycastle.org](http://www.roycastle.org) 0333 323 7200