



*Cancer Screening Programmes*

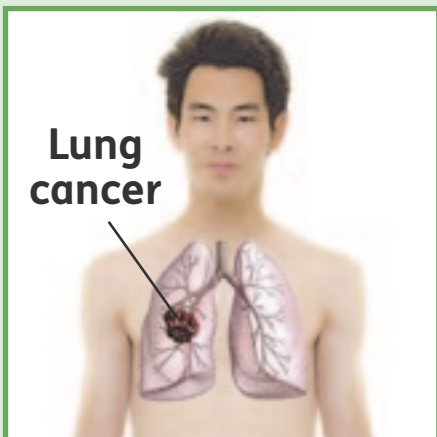
# Lung Cancer





## What is Lung Cancer

Lung cancer is the second most common cancer in the UK.



Lung cancer is when the cells in the Lung begin to grow faster than other cells. These cells can grow and make a lump which is called a tumour.



**If lung cancer is detected earlier it can be cured.**





## What affects your risk of getting Lung Cancer

These are the things you need to know that might affect your risk of getting Lung Cancer.



If you smoke you are at a greater risk of getting lung cancer.



The longer you smoke the higher the risk is.

Starting smoking at a young age makes the risk higher.





The more cigarettes, tobacco, pipe or cigars you smoke the higher the risk of getting Lung Cancer.



If you smoke a pipe or cigar you are at a higher risk of getting Lung Cancer and cancer of the mouth or lip.





## Passive Smoking

Passive smoking (breathing in other people's cigarette smoke) increases the risk of lung cancer.



Some people who are told they have Lung Cancer have never smoked.





## Family History

If your Dad, Mum, Brother or Sister had Lung Cancer then your risk of getting Lung Cancer may be higher.





In the past if you had head or neck cancer you may be at higher risk of getting Lung Cancer.



If you had Lung problems in the past you are at a higher risk of getting Lung Cancer.





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## How to reduce your Risks of getting lung cancer

As soon as you stop smoking, your risk of lung cancer starts to go down.

It is always good to try to stop smoking, keep trying until you stop.



Talk to your GP or practice nurse. They will be able to help and support you while you are giving up.





Do a little bit of exercise  
5 days a week, about  
30 minutes each day.



Try to eat 5 or more  
different fruits and  
vegetables every day.



## What you need to know about Alcohol

Some drinks contain more alcohol than others. People use the word unit to say how much alcohol there is in a drink.



If you have alcohol, try to drink less and stay with the message about units.



Men should not drink more than 3 or 4 units of alcohol a day.

Women should not drink more than 2 or 3 units alcohol a day.



## When to go to the Doctor

You should go to the doctor if you have a cough that doesn't go after three weeks.



Your cough is more severe than usual or you are coughing up blood.



If you are short of breath.

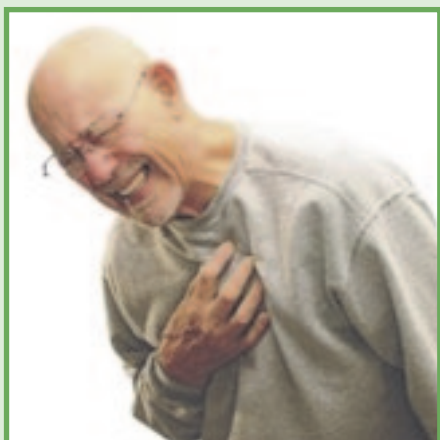




If you are feeling weak or more tired than usual.



Losing weight without knowing why.



If you have a pain in the ribcage or shoulder.





Chest infections that won't go away even with antibiotics.



Hoarseness or swelling of the face and neck you should see your Doctor.



Know your body and the changes to look for.

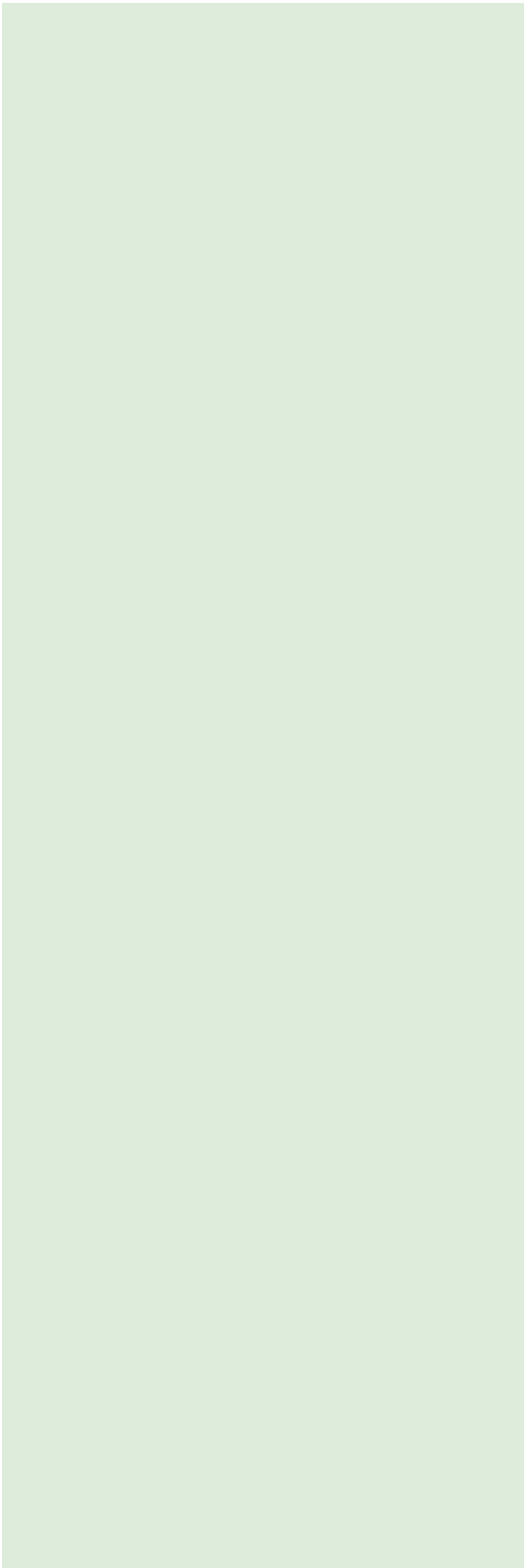


If you notice a change in your body contact your doctor.



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**This booklet is available in other languages and formats**

Lung Cancer

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