

Your telephone lung health check

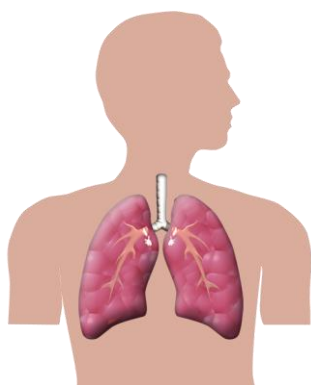


Easy Read

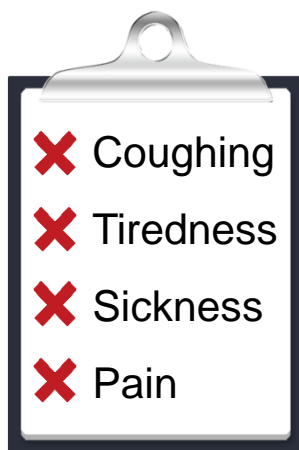
Telephone lung health checks



Lung health checks are being offered to people in your area, aged between 55 and 74, who smoke or used to smoke.



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. Often it can find problems before you notice anything is wrong.



Bringing friends

You might want to have a friend, family member or partner with you when you have your telephone lung health check.

What happens at a lung health check



Your lung health check will take about 30 minutes.



The nurse will ask you some questions about:

- Your breathing.
- Your everyday life, your family and your health.



The nurse may talk to you about having a **lung scan** to check for lung cancer.



We will make sure you have plenty of time to talk to the nurse and ask questions.

The result of your lung health check



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



1. We found nothing wrong

We will write to your doctor to tell them about your health check.



2. You should see a doctor

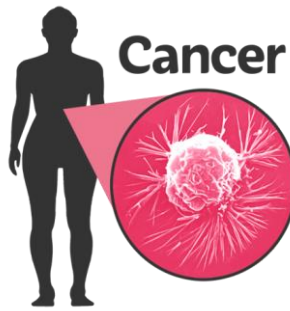
If we find problems with your breathing or lungs, you might need more checks at a hospital.



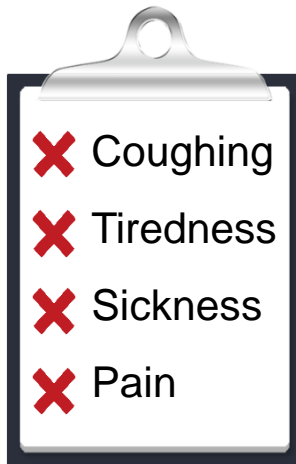
3. You should have a lung scan

If we think you might get lung cancer in the future, you should have a **lung scan**. A scan is where we take pictures of the inside of your body.

About lung cancer



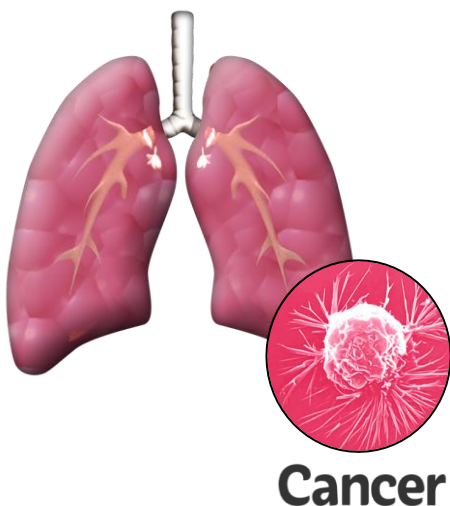
Lung cancer is one of the most common types of cancer.



At the start, there are usually no signs that you have lung cancer. You won't know that you have lung cancer.



Finding cancer earlier means that it can be treated. We do lung health checks so we can find and treat lung cancer early.



All of your body is made up of tiny **cells**. Lung cancer is when some of your cells grow to form a lump of cancer cells (a **tumour**) in your lung.

About lung cancer scans



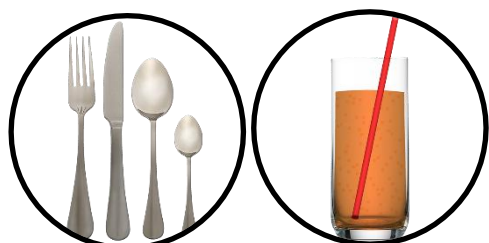
You will lie flat on your back on a bed that moves slowly into a machine called a **scanner**.



Staff control the scanner from behind a screen. You can see and speak to them during the scan. You won't feel anything.



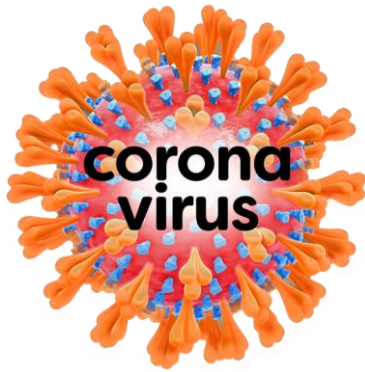
You will need to lie still for about 10 seconds. The staff will tell you how to breathe during the scan.



You will be able to eat, drink and drive as normal after your scan.



Staying safe from COVID-19 (coronavirus)



We are doing everything we can to keep patients and staff safe from COVID-19 (coronavirus).



Your scan will be done in a special van.
It will be parked close to your GP practice.



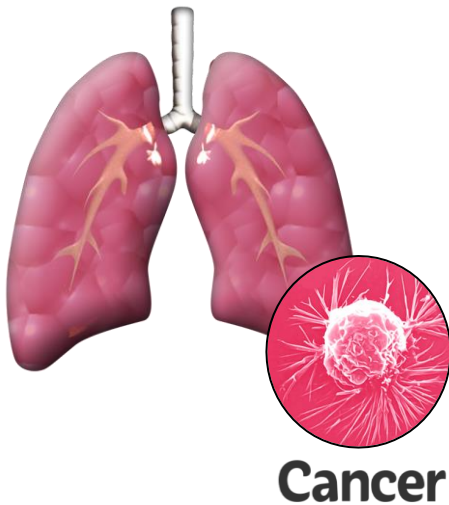
When you come for your scan, please:

- Come on your own if you can.
- Wear a face covering or face mask.
- Call to change your appointment if you have any coronavirus symptoms or have had a positive test result.

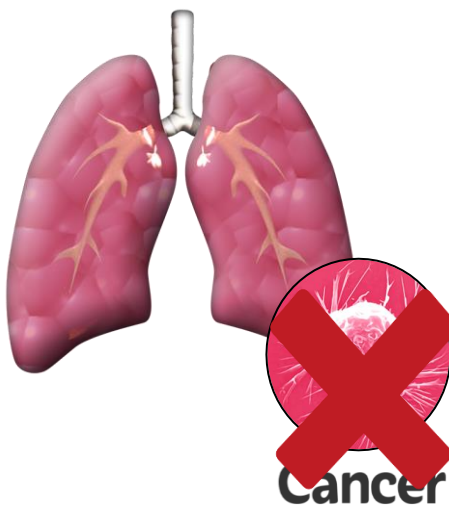
Choosing to have a scan



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.



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



If we find lung cancer early:

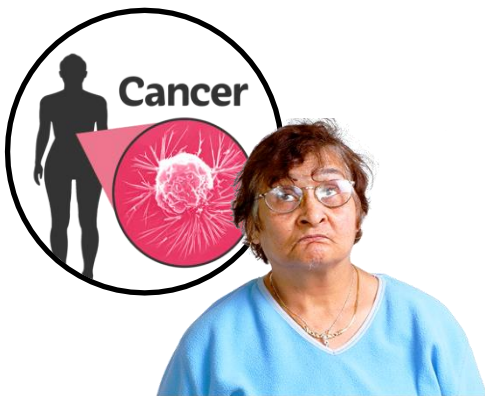
- You are more likely to get better.
- The treatment is simpler.

Possible harm from having a scan



Radiation

The scanner gives out very low levels of radiation. Radiation can cause harm, but the risk to your health is low.



A wrong result

There is a chance that the scan will miss a cancer that is there, but this is very rare.



Sometimes the scan shows that you may have lung cancer, but you don't. This will mean you need more tests, which can be worrying. This is very rare.



Sometimes the scan will pick up something that would never cause you any harm. This will mean you need more tests, which can be worrying. We will support you through this process.

The results of your scan – page 1



You will get your results within 4 weeks.
We will write to you and your doctor with the results of the scan, which may be:



1. We found nothing wrong

We will write to you with the results and ask you to come back for another scan in 2 years.

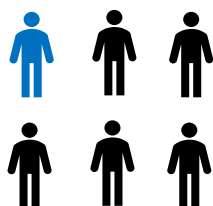


About 3 in 4 people who have a scan have nothing wrong.



2. We found something we need to check, so you need another scan

We will write to you and your doctor asking you to come for another scan. This will usually be in 3 months' time.



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

The results of your scan – page 2



3. We found something wrong, so you need more tests

We will call you and write to the hospital. You will need to see your doctor to find out what is wrong.



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



About 1 in 2 of the people who need more tests will have lung cancer.



4. Something else is wrong

There is no sign of lung cancer, but the scan makes us think that you may have another problem. You might need to see your doctor or another doctor at the hospital to find out what is wrong.

Signs of lung cancer



It's important to look out for signs of lung cancer but also attend health checks as you might not have any signs.



You need to look out for anything unusual, like:

- A cough that lasts several weeks.
- Coughing up blood.
- 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 call your doctor.

Help to stop smoking



Stopping smoking is the best thing you can do to reduce your chance of getting lung cancer.



If you do smoke and would like to stop:

- Speak to the nurse at your lung health check.
- Contact NHS Smokefree

Phone: **0300 123 1044**

Website: **www.nhs.uk/smokefree**

More information



NHS Lung Cancer Information

www.nhs.uk/conditions/lung-cancer



Cancer Research UK

www.cruk.org/lunghealthchecks

www.cruk.org/about-cancer/lung-cancer

www.cruk.org/smoking

Phone: **0808 800 4040**



Roy Castle Lung Cancer Foundation

www.roycastle.org/information

www.roycastle.org/help-and-support

Phone: **0333 323 7200**

Lung health check team for Blackpool and Blackburn with Darwen

Email: elht.lunghealthchecks@nhs.net

Phone: **01254 735672**

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