For more information about lung cancer, lung health checks and advice on smoking visit:

NHS Lung Cancer Information
www.nhs.uk/conditions/lung-cancer/

NHS Smokefree
www.nhs.uk/smokefree

Cancer Research UK
www.cruk.org/lunghealthchecks
www.cruk.org/about-cancer/lung-cancer
www.cruk.org/smoking

Roy Castle Lung Cancer Foundation
www.roycastle.org/information
www.roycastle.org/help-and-support

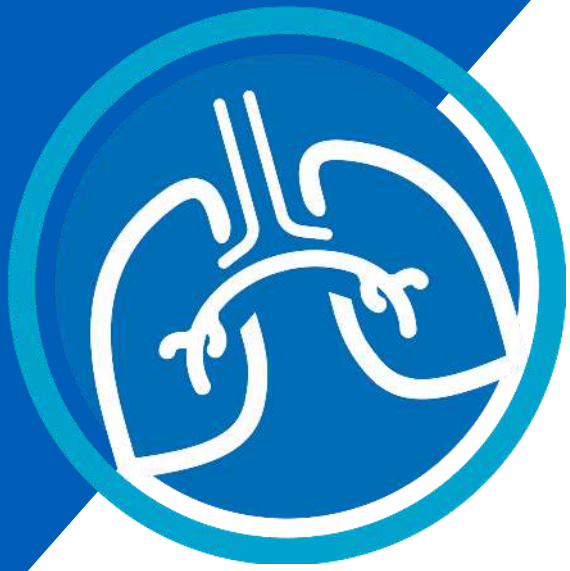
NHS England gateway reference: 000959

Targeted Lung Health Check Programme

NHS

Targeted Lung Health Checks

What you need to know



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A Targeted Lung Health check is different to NHS health checks. Even if you've recently been for an NHS health check, you should still consider attending your Targeted Lung Health Check.

Additional support

If you require this booklet in an alternative format, such as large print, braille, or another language, please contact Humber, Coast and Vale Cancer Alliance.

Email: comms.hcvcanceralliance@nhs.net
Telephone: 07519111434

Health House,
Grange Park Lane,
Willerby,
Hull
HU10 6DT

For more information and support visit lunghealthcheck.org.uk

Why we are offering lung health checks

There are often no signs or symptoms of lung cancer at an early stage. As a result, sadly around 7 in 10 cancer patients are currently being diagnosed too late to be cured.

Targeted Lung Health Checks help find problems early (often before you notice anything is wrong) and at a stage when treatment could be simpler and more successful - ultimately saving more lives.

Most lung cancers grow slowly enough for them to be found at an early stage by a lung scan.

What is a Targeted Lung Health Check?

A Targeted Lung Health Check is a two stage process in which we assess the health of your lungs.

You will have a phone call or meeting with a health professional to evaluate your chances of developing lung cancer.

If you are identified as someone who has a higher chance of developing lung cancer you'll be invited to have a quick scan. The scan will take a detailed image of your lungs for us to review. If a problem is found you'll be referred on for treatment.

Why you've been invited

Those aged from 55 to 74 who smoke or used to smoke have a higher risk of developing lung cancer. We want to check your lungs are working well. It's rare that an issue is found, but if it is we can act quickly and provide treatment. It's your decision if you attend a lung health check or not.

What happens at a Targeted Lung Health check?

There are two parts to the lung health check but not everyone will need a lung scan. This will depend on your results from the initial assessment. Throughout the process you will have plenty of time to chat to the health professionals and ask any questions.

1) Initial assessment

You will have a phone call or meeting with a health professional to discuss your breathing, overall lung health, lifestyle and family and medical history.

There are three possible outcomes:

Offer of a lung scan.
If you have a higher chance of developing lung cancer now or in the future you will be offered a lung scan to check if your lungs are in working order. The health professional will help you to choose whether the scan is right for you.

No problems found.
The health professional may find nothing further to look into. You don't need to have a lung scan.

Referral to your GP.
If problems with your breathing or lungs are found but you do not require a scan, the health professional may refer you on to your GP or another specialist.

In all three cases we will write to your GP to let them know.

2) Lung scan

You will be invited to have a quick scan of your lungs. This is a special CT (Computed Tomography) scan that uses a very low dose of radiation and a computer to take a detailed picture of your lungs.

What happens during the lung scan?

You do not need to do anything to prepare for your scan.

1. During the scan, you will usually lie flat on your back on a bed that moves slowly through the CT scanner. The scanner is shaped like a ring and it rotates around a small section of your body as you pass through it.
2. Specially-trained staff (called radiographers) control the scanner from behind a screen in the CT room. You will be able to see and speak to them during the scan.
3. When a scan is taken, you will need to lie still and follow simple breathing instructions for 10 seconds. This makes sure the pictures are not blurred.
4. The scan is painless and you will be able to eat, drink and drive as normal before and after your scan.

For more information and support visit lunghealthcheck.org.uk

Lung scan - possible results

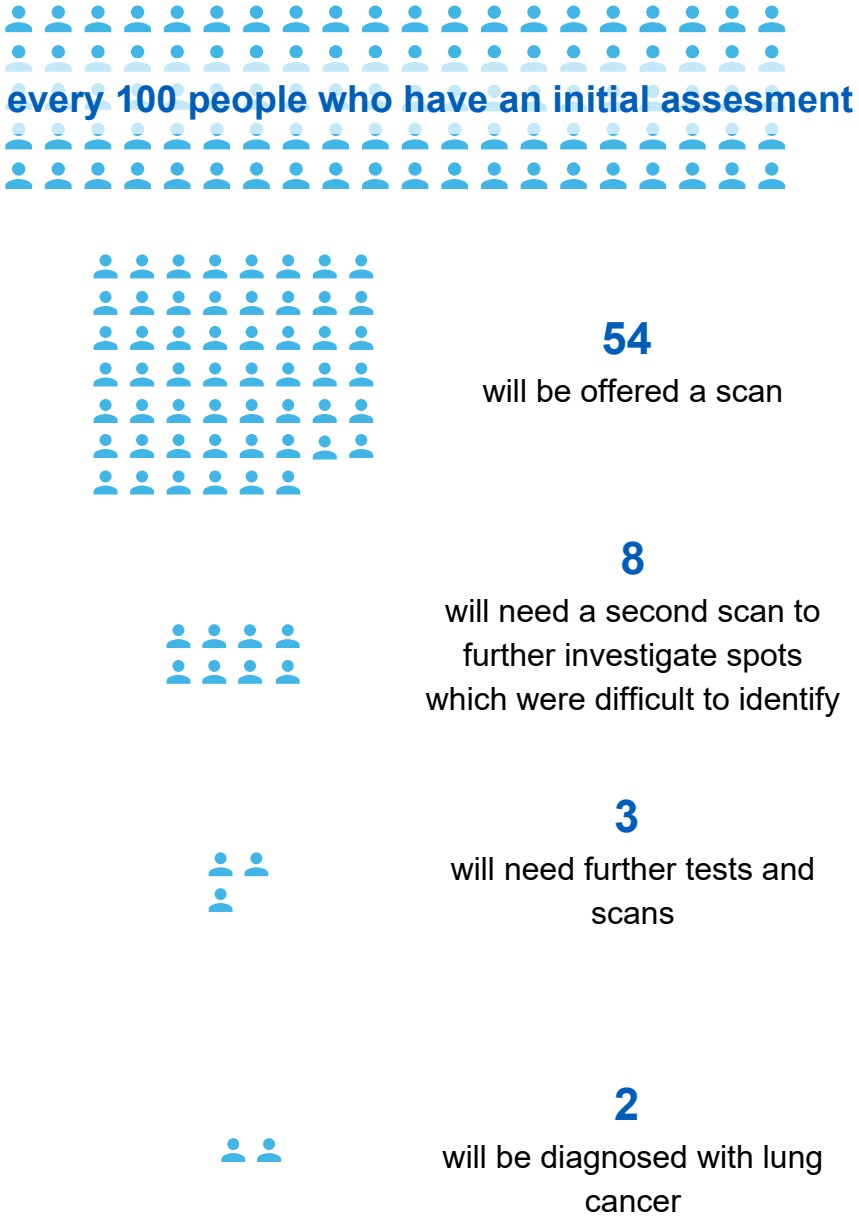
You will get your results from us within four weeks. There are four possible results:

No problems found
This means we saw no signs of lung cancer, or other problems, on the scan. We will write to you with the results and ask you to come back for another scan in two years. However, it is still possible that lung cancer could develop between scans or that the scan may have missed it. If you notice anything that is not normal for you before your next scan, tell your doctor. Please see page 9 for common lung cancer symptoms.

Second scan needed
This usually means there is something on the scan which is hard to identify. It is probably something harmless, but because it could be more serious we will ask you to come for another scan in around three months, just to check.

Further tests needed
This means we've seen something on the scan and you need further tests, which could include a biopsy. We will call you and write to the hospital so you can be seen by a doctor to investigate further.

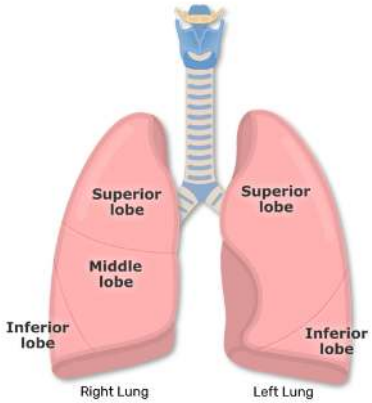
Another problem found
This means there is no sign of lung cancer but there are signs of other problems on the scan that may need treatment or medical advice. We will write to you and your GP and ensure you're referred to the correct specialist or receive any necessary treatment through your GP.



Less than 1 in 500 people will have an operation for suspected cancer but later be told that there was no cancer found.

Why early diagnosis makes a difference

If there is a problem on one bit of the lung, and this is caught early, treatment can focus on just the bit that is affected. If found later the problem may have spread to other areas of the lungs and body making it more difficult to treat.



What you need to know about lung scans

Treatment of early stage lung cancer is often more successful -
You are three times more likely to be diagnosed at an early stage through a lung scan.

Small and early lung cancer can often be removed completely by operation or treated with radiotherapy.

Research suggests screening for lung cancer using CT scans can reduce your risk of dying from the cancer by around 25%.

CT scanners use a small amount of radiation to produce pictures of your lungs -
However, by using the very latest CT scanners, we are able to reduce the amount of radiation needed. The chance of this scan saving your life by detecting an early cancer is far greater than the chance of the scan causing you any harm.

For a very small number of people the scan does not always find a cancer that is there -
This is called a false negative. You could also still develop lung cancer in the future. If you do start to display symptoms at any time please see your doctor.

In some people, the scan picks up something even though they do not have lung cancer -
This is called a false positive result and would mean you need further tests before confirming you don't have cancer.

Scans can pick up lung cancers that will never cause a person harm -
Doctors can not always tell if a cancer will go on to be life threatening, as a result, some people will receive treatment that they do not need.

For more information and support visit lunghealthcheck.org.uk

What is lung cancer?

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

It is when abnormal cells divide in an uncontrolled way to form a tumour in the lung.

There are usually no signs or symptoms in the early stages of lung cancer.

Finding cancer early means treatment is much more likely to be successful.

Most lung cancer grows slowly enough for it to be found at an early stage by a low-dose CT scan.

Helping find lung cancer early is why we have set up the Targeted Lung Health Check.

What are the symptoms of lung cancer?

Lung cancer can start to develop between scans and scans can sometimes miss lung cancer. It is important to look out for anything that is unusual for you, especially:

- A persistent cough or change in your normal cough
- Coughing up blood
- Being short of breath
- Unexplained tiredness or weight loss
- An ache or pain when breathing or coughing
- Appetite loss

If you notice one or more of these symptoms, see your GP as soon as possible. Do not wait for another scan.

What can I do to reduce my risk of lung cancer?

Many people who have been smoking for years and who have tried to quit multiple times have successfully stopped smoking.

If you do smoke and would like to stop, there are friendly, free and local stop smoking services waiting for you to get in touch.

The nurse at your Targeted Lung Health Check can put you in touch with these services, you can ask GP or contact NHS Smokefree on 0300 123 1044 or visit www.nhs.uk/smokefree.

SmokeFree Hull

SmokeFree Hull provides free and confidential stop smoking services across Hull.

A SmokeFree advisor may be available on the day of your lung health check appointment. In the meantime, please contact the SmokeFree team for stop smoking information and support.

Phone: 01482 977617

Email: hullstopsmoking.info@cgl.org.uk
Website: Hullstopsmoking.co.uk

For more information and support visit lunghealthcheck.org.uk