



CANCER
RESEARCH
UK

KNOW YOUR BODY SPOT CANCER EARLY

LUNG
CANCER



TAKE CHARGE

Whether you've heard about it from a friend or family member, seen it in the news, or are just curious: if you want to know more about spotting the signs of lung cancer, this leaflet is for you.

You'll find out what to look out for, tips for telling your doctor if something's not quite right, and how to cut your risk.

When it comes to your health, remember you're in charge.

If you do spot something unusual, tell your doctor. In most cases it won't be cancer – but if it is, finding it early can make a real difference.



KNOW YOUR BODY

If you get to know what's normal for you, you're more likely to notice a change. It might be something new, or a change to a symptom you've had for a while, like a worsening cough or feeling more short of breath.

The symptoms below can all be caused by something less serious, but it's important to tell your doctor if you notice them, or anything else unusual:

- Feeling short of breath
- Loss of appetite
- Feeling tired for no clear reason
- Losing weight without trying to
- A change in a cough you've had for a while
- A cough that won't go away
- An ache or pain in your chest
- Coughing up blood, even small amounts

Don't just
put it down to a cold
or smoker's cough.
If you notice a change
see your doctor,
they'll want
to know.



CUT YOUR RISK

Although anyone can develop lung cancer, it's far more common in smokers. It's not just cigarettes – other types of tobacco like shisha also increase the risk.

But the good news is, it's never too late to quit!



GET SUPPORT

For the best chance of success, go to your free local Stop Smoking Service www.nhs.uk/smokefree



BEAT YOUR CRAVINGS

Talk to your doctor, nurse or pharmacist about medication that can help. E-cigarettes are also an option, with evidence so far showing they're much less harmful than cigarettes.



KEEP MOTIVATED

Whether it's to live longer or to protect people around you from passive smoke, don't forget why you decided to stop in the first place.

WHAT ELSE AFFECTS YOUR RISK?

- **Age:** As with most cancers, the risk of lung cancer increases as people get older.
- **Occupation:** People who have worked with asbestos and other chemicals, such as silica, have a higher risk.
- **Environment:** Exposure to air pollution and radon, a natural gas, can increase the risk of lung cancer - but don't forget the risk is very small compared to other factors like smoking.
- **Family history and some other medical conditions:** If close family members have had lung cancer, or if you have certain lung conditions, you may be more likely to get the disease.

TALK TO YOUR DOCTOR

When you're worried about your health, telling a doctor can feel tough. Here are our tips for getting the most out of your appointment:



Be thorough. Don't dismiss changes as 'part of getting older' or assume they are down to another health condition you might have – mention them to your doctor.



Be as stubborn as your symptom. Don't worry you're wasting your doctor's time. If your symptoms haven't gone away, make another appointment. Your doctor will want to know.



Be prepared. Have a think about how to describe the changes, and roughly how long you've had them for.



Be open. Tell your doctor anything that's not normal for you, even if it doesn't seem that important.

EARLY DIAGNOSIS SAVES LIVES

What if it is lung cancer? Remember, when it's spotted early, treatment is more likely to be successful. Thanks to research, treatments are kinder and more effective than ever.

WE'RE ONLINE...



Learn more about spotting cancer early, including information about screening across the UK, at cruk.org/spotcancerearly

...AND ON THE PHONE



Our Nurse Helpline is there if you're looking for any information or support. Just call **0808 800 4040**.

To provide feedback on this leaflet or find out more about the sources used to create it, call **020 3469 8333** or email publications@cancer.org.uk

And if you have any questions about Cancer Research UK or would like to support us call **0300 123 1022**.



LET'S BEAT CANCER **SOONER**

