

# **Lung Health Checks/Lung Cancer Screening**

## **Frequently Asked Questions**

### **About Lung Cancer Screening**

#### **Q. Who is eligible for a Lung Health Check?**

To take part, you need to be:

- A current or ex-smoker
- Aged 55-74
- Registered with a GP

#### **Why have I been invited for a Lung Health Check?**

You have been invited because your GP record shows that you are:

- A current or ex-smoker
- Aged 55-74

We are offering a check to people who might be at higher risk of having lung cancer. Lung Health Checks helps us find lung cancer earlier when we can treat it more simply.

#### **I've never smoked, why have I been invited for a Lung Health Check?**

We use the information from your GP record to find out who to invite for a check. If you have never smoked cigarettes or used another tobacco product, let your GP know.

Lots of people think they are not eligible because they do not think they are smokers or ex-smokers. You can still take part even if:

- You haven't smoked for many years.
- You only smoked for a short amount of time.
- You didn't smoke cigarettes but used another tobacco product. For example, cigars or hookah

#### **I think I'm eligible for a Lung Health Check. Why haven't I been invited?**

There are a few reasons why you might not have been invited to a Lung Health Check:

- We are gradually rolling Lung Health Checks out, so invitations for your GP Practice may not have gone out yet.
- Your GP record does not show that you smoke or used to smoke. Make sure that your GP Practice knows that you smoke now or did in the past.
- You are not aged 55-74.
- You were not aged 55 or older when we invited people from your practice.

If you think you are eligible for a Lung Health Check but have not had an invite, contact your local team:

Newcastle / Gateshead: 0191 282 4888

South Tyneside and Sunderland: 0191 404 1277

Tees Valley (Hartlepool, Middlesbrough, Stockton-on-Tees, Darlington, Redcar and Cleveland): 01642 045566

Durham: 01207 523675

Northumberland and North Tyneside: 0191 293 4204

North Cumbria: 01946 523187

### **Why should I have a Lung Health Check?**

Lung Health Checks save lives.

The main thing we are looking for is lung cancer. Lung cancer often does not have any early symptoms. You might not know that anything is wrong until the cancer has spread. When the cancer has spread, it can be harder to treat.

Lung Health Checks can help us to find lung cancer early. When we find it early, we can treat it more simply and successfully.

### **I feel fine, do I still need to have a Lung Health Check?**

You should have your Lung Health Check even if you feel fine. This is because early lung cancer often doesn't have symptoms. You might still have a problem even if you feel well.

### **What if I don't want to take part?**

We want as many people as possible to have a Lung Health Check. The check is quick, painless, and could save your life. Our teams are friendly and will make you feel at ease. But you don't have to have a check if you don't want one.

You can decide not to take part at any time, even if you have already started.

If you change your mind and would like to take part again just let us know. You can contact your local team:

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**Do I need to stop smoking to take part?**

No, you do not need to stop smoking to take part. We will talk to you about your options for stopping smoking, but we will never judge you for smoking.

**I was invited for a Lung Health Check, but I said no at the time. I've changed my mind. Can I have one now?**

You can have a Lung Health Check if you are still:

- Aged 55-74
- A current or ex-smoker
- Registered with a GP

To have your Lung Health Check, call your local team:

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**How long will a Lung Health Check take?**

Your Lung Health Check appointment will only take between 10 and 20 minutes.

**Do I need to come to hospital for my Lung Health Check?**

No, you don't need to come to hospital for your Lung Health Check. The check is done over the phone unless you need an in-person appointment.

If you need a lung scan, you might come to hospital or to a mobile scanning van. Your local team will discuss this with you.

**I have been given an appointment, but I can't make that time.**

Don't worry if you can't make the time of your appointment. Call the telephone number on your letter and let us know. We will find a time that works for you.

**What is the lung scan/what is a CT scan?**

The lung scan is called a CT scan. CT stands for Computed Tomography. It uses X-rays and a computer to create pictures of the inside of your body.

We use a low dose CT scan. This means the amount of radiation you get is low. It is about the same as the amount of radiation you get normally in a year.

**Will I have a lung scan?**

Not everyone who has a Lung Health Check needs a lung scan. If you need a scan, we will tell you in your Lung Health Check appointment.

We will ask you questions in your Lung Health Check appointment. These questions will help us to work out your risk of having lung cancer.

If you are at low risk, you do not need to have a scan. We might offer you one in the future. This is because your risk can change over time.

If you are at high risk, we will offer you an appointment for a scan.

### **How long will my scan take?**

Your scan will only take a few minutes. Your whole appointment will only take about ten minutes.

### **Will I be closed in when I have my CT scan?**

No, you won't be closed in. The scanner is open at both ends. You will be able to see around you while you have your scan.



### **Can I bring someone with me to my scan?**

Yes, you can bring someone along with you when you have your scan. They can wait in our waiting area just outside the scanner.

### **How long will I have to wait for my results?**

You will get your results within four weeks. Your results will either come as:

- A letter
- A telephone call

Your GP will also get a copy of your results.

### **Are there any risks?**

The risks of taking part are very low.

The scan uses a very low dose of radiation. The dose of radiation is the same as the amount you get normally from the environment over a year.

We might find something on the scan that would never have caused you harm. This can be worrying for you as you wait for test results.

All these risks are very low.

### **Can I have extra support at my appointment?**

Yes, you can have extra support at your appointment. Call us to let us know what support you need.

Support could be:

- Changing your appointment time
- Giving you information in a different way. For example, in a different language
- Getting a translator or interpreter for your appointments
- Bringing someone along with you to your appointment
- Giving you some extra time in your appointments
- Any other support you need to help you to take part

### **Does the mobile unit have wheelchair access?**

Yes, the mobile unit has a small lift. If you are offered a scan, please let us know that you need to use the lift.

### **Is the information available in other languages?**

Yes, we have translated information into several languages already.

<a href="#">Arabic</a>	<a href="#">Czech</a>	<a href="#">Polish</a>	<a href="#">Somali</a>
<a href="#">Bengali</a>	<a href="#">Gujarati</a>	<a href="#">Romanian</a>	<a href="#">Urdu</a>
<a href="#">Chinese</a>	<a href="#">Indian-Punjabi</a>	<a href="#">Slovak</a>	

If you need any information in another language, please call your local team:

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### **I had a scan, but I haven't had my results yet.**

It can take up to four weeks for us to share your results. If it has been four weeks and you haven't heard from us, please call us:

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**North Cumbria: 01946 523187 I'm worried about having a Lung Health Check**

We understand that thinking about lung cancer can be worrying. Our teams are supportive and friendly. We will do everything we can to make you feel relaxed and comfortable.

Remember, it is always better to find out about any problems early so that we can treat them.

If you have any questions, you can call us on:

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**I would rather not know if there were any problems with my lungs**

Some people are worried about finding out that they have lung cancer. This is because they think there is nothing we can do. **That is not true.**

When we find it early, lung cancer can be cured. Even when lung cancer is found later, it can be treated. We are finding lots of new treatments for lung cancer. Treatments are getting better.

Most lung cancers we find through Lung Health Checks are at an early stage. This means that we can treat them more simply and successfully.