



Together we will beat cancer

Spot lung cancer early



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 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 ways to reduce your risk.

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



If something
doesn't seem quite
right, tell your doctor.
In most cases it won't be
cancer – but if it is, finding
it early can make a
real difference.

Listen to your body

You know your body best, so don't ignore something that doesn't seem quite right – this might be something new, or a change to a symptom you've had for a while.

The symptoms below can all be caused by something less serious, but it's important to tell your doctor if you notice even one of them:

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

Even if it's not on the list above, if it's not normal for you, get it checked out. In most cases it won't be cancer. But if it is, finding it early can make a real difference.

Cut your risk

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

But it's never too late to quit! Stopping smoking completely is the best way to reduce your risk of lung cancer.

You're around 3 times more likely to stop successfully with support from your **free, local Stop Smoking Service**. They help thousands of people stop every year.

Stopping smoking can also protect friends and family, as second-hand smoke also increases their risk of lung cancer.

What are my other stop smoking options?



Nicotine Replacement Therapy (NRT) such as nicotine patches, gum and nasal spray



Prescription medicine



E-cigarettes

What else effects your risk?

Age: As with most cancers, the risk of lung cancer increases as people get older

Environment: Air pollution increases the risk of lung cancer. But the risk is very small compared to smoking.

Talk to your doctor

Talking to your doctor isn't always easy. Here are our tips to get the most out of your appointment:



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



Be thorough. Mention all your symptoms and don't put it down to 'just getting older', or assume it's part of another health condition. If it's something that's bothering you, then your doctor will want to hear about it.



Stick with it. Don't worry about wasting your doctor's time. Even if you've been to see them already, if your symptoms haven't gone away, they will want to know.



Be prepared. Have a think about the changes, and roughly how long you've had them for. Writing down the things you want to say can help. And you can always bring a trusted friend or family member with you for support.

Early diagnosis saves lives

Remember, when lung cancer is 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 any feedback on this leaflet or if you would like to know 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**.



Patient Information Forum

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