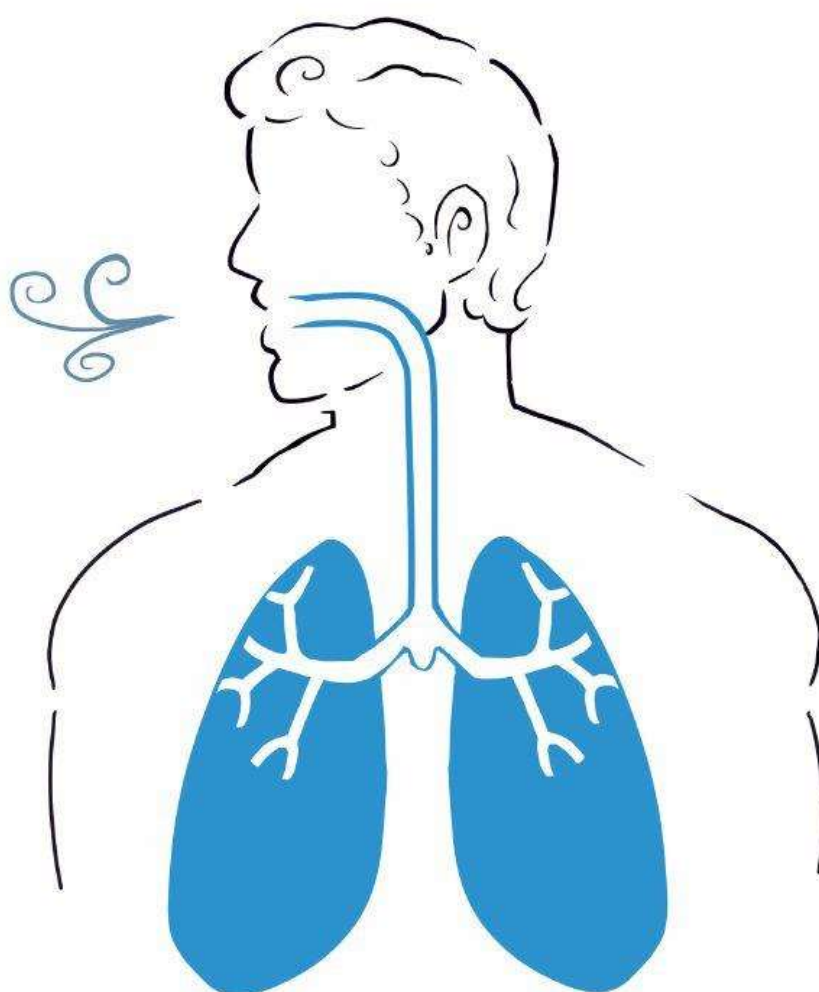




West Hertfordshire
Teaching Hospitals
NHS Trust

The Lung Cancer Screening Programme

What you need to know



An easy read guide

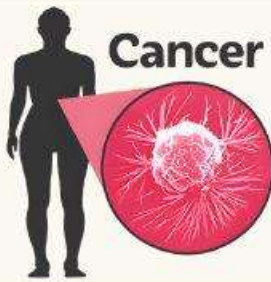
Screening
saves
lives

Help us
help you

What is lung cancer?	3
What is lung cancer screening?	4
Why are we offering lung cancer screening?	5
Lung Health Check	6
Lung scan	8
Lung scan results	11
Choosing to have a lung scan	13
Symptoms of lung cancer	14
Going smokefree	15
More Information	18

What is lung cancer?

3



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



Your body is made up of lots of tiny pieces called cells.

One cell might go wrong. This can make other cells go wrong. When this happens in the lungs it can turn into lung cancer.



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

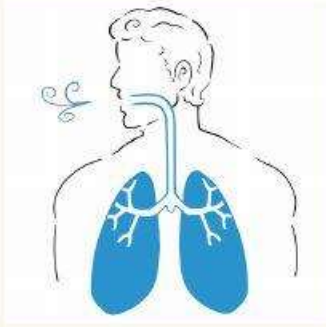
This means lots of lung cancers are found late when it is harder to treat.



Finding lung cancer early means treatment can be easier and more successful. The best way to find lung cancer early is through screening.

Screening saves lives.

What is lung cancer screening?



Lung cancer screening has 2 parts.



1. Lung health check

You talk to a health professional on the phone



They ask questions to see if you have a bigger risk of lung cancer.



2. Lung scan

If you have a bigger risk of lung cancer you are offered a lung scan.

A lung scan takes pictures of your lungs.



You can ask a friend or carer for support.

Why are we offering lung cancer screening?

5



Lung cancer screening helps find problems in your lungs early.

It can help find problems before you notice anything is wrong.



People aged from 55 to 74 who smoke or used to smoke have a bigger risk of lung cancer.

We invite these people for lung cancer screening.



Finding lung cancer early means treatment can be easier and more successful.

Screening saves lives.

1. Lung Health Check

6



You will talk to a health professional on the phone

You talk about:

- Breathing
- How your lungs feel
- Lifestyle
- Family history
- Medical history



After the talk the health professional will tell you what will happen next.

There are 3 possible results.

1. No problems found



The lung health check found you have a lower risk of lung cancer.

You do not need a lung scan.

You may be invited for another lung health check in the future.

If you notice any changes or have any symptoms before your next lung health check go to your GP (*doctor*).

Symptoms are on page 14.

1. Lung Health Check (continued)

7



2. Offer of a lung scan

Your lung health check shows you have a bigger risk of problems with your lungs.

You are offered a lung scan to check for signs of lung cancer.



3. Referral to your GP or local hospital

Your lung health check shows some problems but you do not need a lung scan. The health professional will talk to your GP (*doctor*) or another health professional about your results.

We will tell your GP (*doctor*) the results of your lung health check.

2. Lung scan

For people invited for a lung scan



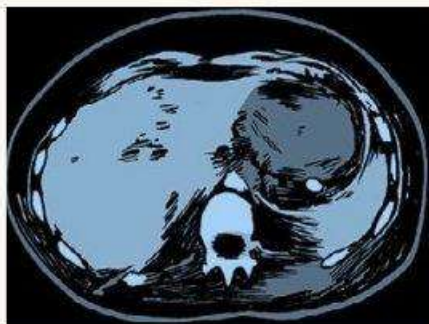
You are invited for a lung scan.

The lung scan is called a low dose CT scan. A CT scan uses a small amount of **radiation**.

The scan takes pictures of your lungs.

Radiation is a type of energy.

Radiation is invisible energy that moves through the air, kind of like light or heat, but we can't see it with our eyes.



We use **radiation** to take pictures (x-rays) of the inside of the body.

A lung scan uses a very small amount of **radiation**. Very small amounts of **radiation** do not normally cause harm.

Sometimes, if you have too much **radiation** this can cause harm. This is rare.

2. Lung scan (continued)

What happens at a lung scan?



A lung scan happens at a mobile unit or in a hospital.



You are asked to remove any jewellery and clothes with metal zips.



You lie on your back and the bed moves through the scanner.



Staff called **radiographers** control the scanner from behind a screen.

You can talk to the staff during the scan.

2. Lung scan (continued)

What happens at a lung scan?



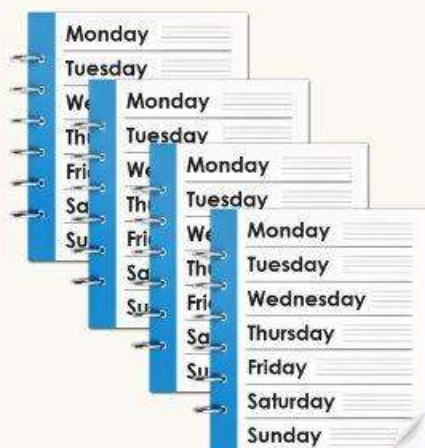
You will be asked to lie still.

You will be asked to breath in slowly and hold your breath for a couple of seconds.

Having a lung scan does not hurt.



Once the scan is finished you get off the bed and leave the unit.



You will get the results of your lung scan within 4 weeks.

There are 4 possible results.

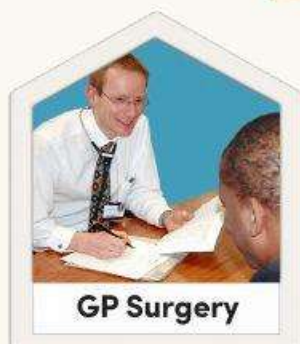


1. No problems found

No signs of lung cancer were found on the lung scan.



We will invite you for another lung scan in 2 years to check everything is still OK.



If you notice any changes or have any symptoms before your next scan go to your GP (*doctor*).

Symptoms are on page 14.



2. You need another scan

This means we saw something that we want to check again.

We will write to you and ask you to come for another scan.

This is usually in 3 or 12 months time.



3. Further tests needed

We saw something on the scan and want to do more tests.

We will phone you and write to the hospital.

We want to see you within 2 weeks.



4. Something else found

The lung scan looks for lung cancer, but sometimes we find other problems. If we find another problem we will write to you and your GP (*doctor*) so you can get more tests or treatment.



It is your choice whether to have lung cancer screening.

Having lung cancer screening means we are more likely to find problems early.



Finding lung cancer early means treatment can be easier and more successful.



Sometimes the lung scan might miss a lung cancer. This is rare. Sometimes we see something on the lung scan and want to do extra tests. This can be very worrying.



At any time during your lung cancer screening you can ask us any questions.

You can also talk to your GP (*doctor*) or a health professional at the GP surgery.



If you have any of these symptoms
go to the GP (*doctor*).



A cough that does not stop

or

Coughing up blood.



Being short of breath

or

An ache or pain when you
breathe or cough.



Being very tired or losing weight
without trying.



Not wanting to eat anything.

Your Guide to Going Smokefree

"It is never too late to quit"

Stopping smoking is the **single most important thing** you can do to protect your lungs.

Facts About Smoking

- ▶ Cigarettes contain at least 40 carcinogenic (cancer-causing) chemicals.
- ▶ Smokers are significantly more likely to develop lung cancer.
- ▶ Stopping smoking halves lung cancer risk within just a few years.
- ▶ Smoking is a leading cause of lung and heart disease.
- ▶ Smoking harms nearly every organ in the body.

Benefits of Quitting

See how your body heals from the moment you stop smoking

Time		What happens to your body
20 mins	♥	Blood pressure & heart rate return to normal Your circulation begins to recover almost immediately.
8 hours	☉	Oxygen levels return to normal Carbon monoxide leaves your blood, and oxygen levels rise.
48 hours	✦	Taste and smell improve Nerve endings begin to regrow, bringing back lost senses.
3 months	▲	Lung function improves by up to 30% Coughing and breathlessness noticeably reduce.
1 year	★	Heart disease risk halved Your risk of a heart attack is now half that of a smoker.
10 years	✓	Lung cancer risk halved Your risk is now half that of someone who continues to smoke.

💡 Tips for Quitting

1

Set a quit date — Choose a date within the next 2 weeks and tell someone.

2

Remove temptations — Clear cigarettes, lighters and ashtrays from your home.

3

Identify your triggers — Stress, alcohol, coffee? Plan how you will handle them.

4

Stay busy — Keep hands and mind occupied, especially in the first weeks.

5

Lean on support — Tell family and friends or join a stop smoking group.

6

Don't give up if you slip — Most people need several attempts. Every try counts.

Combining **cessation medication** with **behavioural support** is far more effective than willpower alone.

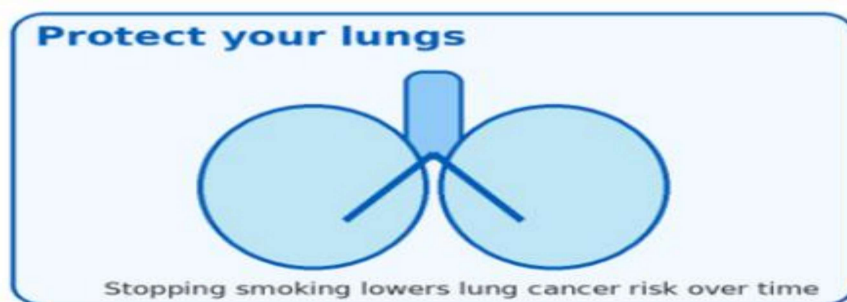
🩹 Stop Smoking Aids

- ▶ **Nicotine patches** — Reduce cravings & withdrawal
- ▶ **Nicotine gum & lozenges** — Discreet, fast-acting NRT
- ▶ **Nicotine inhalator** — Mimics hand-to-mouth habit
- ▶ **E-cigarettes / Vapes** — Effective cigarette alternative
- ▶ **Varenicline (Champix)** — Prescription tablet — see your GP
- ▶ **NHS Quit Smoking App** — Free app for phone or tablet

Face-to-Face Support

- ▶ **Stop Smoking Services** — Specialist quit advisers
- ▶ **Your GP** — Can prescribe quit medication
- ▶ **Local Pharmacy** — Free NRT advice & products

- *If you have already quit smoking, that is a fantastic step, your body is already benefiting.*
- *Keep going and seek support if needed.*
- *Every smoke free day counts...*



☆ Free Support Available to You ☆

 Freephone: 0800 389 3998,  Telephone 01442 453071

✉ Email: healthimprovementservice@hertfordshire.gov.uk

For more information about lung cancer, lung cancer screening and advice on smoking

18



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

Made with support from the
**North East and North Cumbria Learning
Disability and Autism Network**

