



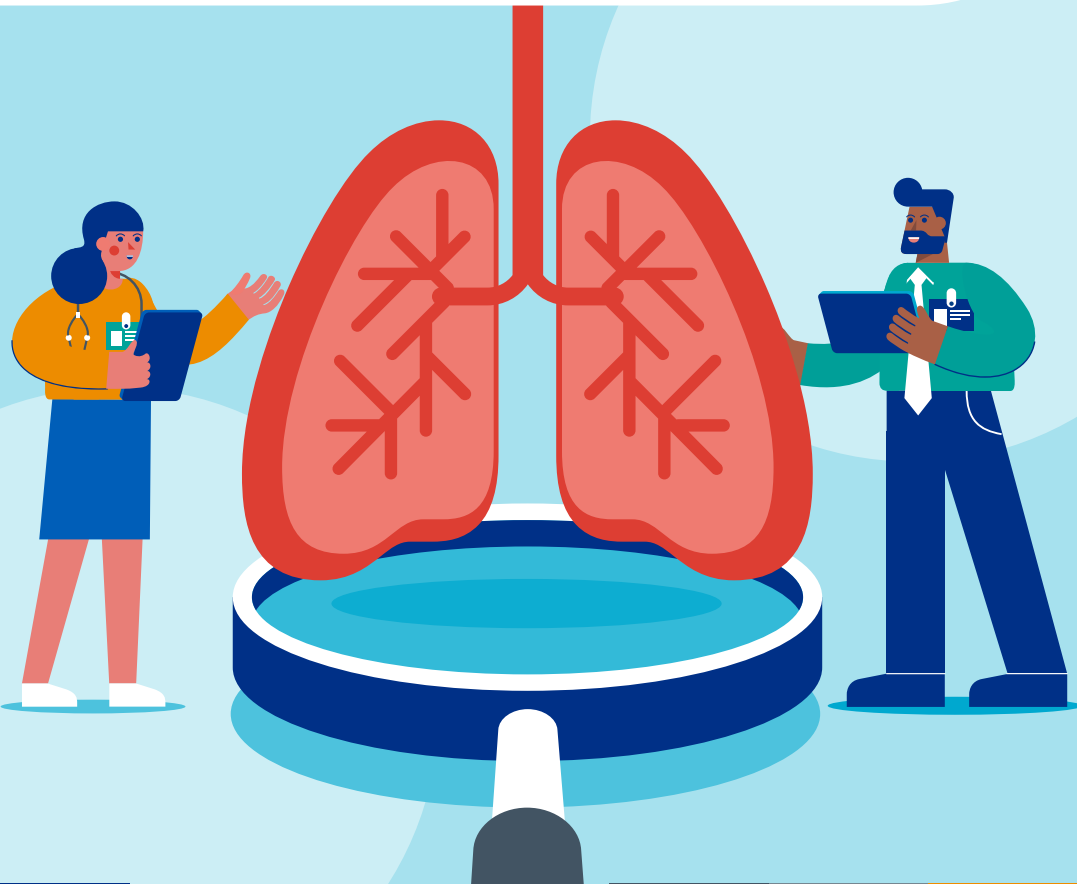
**Targeted Lung
Health Check
Programme**

NHS

**Staffordshire and
Stoke-on-Trent**
Integrated Care Board

Targeted lung health checks

What you need to know





What is a lung health check?

Lung health checks look at how well your lungs are working. They can help to find lung cancer as early as possible.

Why are lung health checks important?

Lung cancer causes more deaths than any other cancer in the UK. There are often no signs or symptoms at an early stage.

Lung health checks find lung cancer early, sometimes before you have symptoms. This can make lung cancer treatment more successful – saving lives.

If lung cancer is found later, it may spread to other areas of the body and be harder to treat.

Who should have a lung health check?

You will be invited for a lung health check if you are aged between 55 and 74, have ever smoked and your GP has this on record. You will get a letter or phone call from your GP or local NHS service to invite you for an appointment.

If you have not been contacted and you meet the criteria above, please contact us on: **01782 671554** or **01782 671553**.

Or you can self-refer by filling out the appointment form here: www.uhnm.nhs.uk/lung-health-check-appointment

Most people will be told they have healthy lungs. However lung health checks can find problems early, often before you notice anything is wrong.



What happens at a lung health check?

Your first appointment will be a phone call with a health professional. They will ask you some questions about your health and lifestyle to find out more about your risk of lung cancer.

You can also have your appointment late at night and at weekends.

After your first appointment call, we will write to your GP with one of these outcomes:

- **No further action** – you are not at high risk of lung cancer and do not need a lung scan.
- **Referral to your GP to discuss this in more detail** – if you have some problems with breathing or your lungs but do not need a scan.
- **Offered a lung scan** – if you are at higher risk of developing lung cancer.

What happens during a lung scan?

A lung scan uses X-rays and a computer to create detailed pictures of your lungs. Sometimes this is called a computer tomography (CT) scan. The scan uses a very low dose of radiation. It will take place in a mobile scanning unit or a hospital.



Specially trained staff carry out the scan. You are not enclosed, and you can see and talk to staff during the scan.

You do not need to prepare for your scan. You can eat, drink, and drive as normal before and afterwards.

Your appointment will last 30 minutes. The actual scan will only take a few minutes and does not hurt.



When will I get my scan results?

You will be sent a letter with your results within four weeks of your scan. The letter will tell you what happens next.

If the scan shows anything concerning, you may be referred for further scans or treatment.

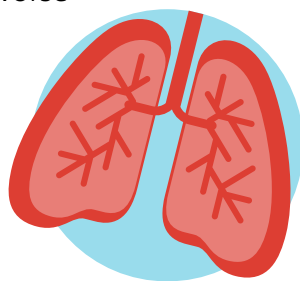
What are the symptoms of lung cancer?

There are usually no signs or symptoms of lung cancer in the early stages. Lung cancer can develop in between scans. Sometimes scans can miss lung cancer.

It's important to look out for anything unusual or that does not go away.

The main symptoms of lung cancer include:

- a cough that does not go away after three weeks
- a cough that has lasted a long time and gets worse
- coughing up blood
- chest infections that keep coming back
- being out of breath
- feeling tired or having low energy
- an ache or pain when you breathe or cough
- loss of appetite or weight loss you cannot explain.



If you notice one or more of these symptoms, contact your GP as soon as you can. Do not wait for your next scan or appointment.

To learn more about lung cancer, lung health checks and advice on stopping smoking visit: <https://www.uhnm.nhs.uk/our-services/lung-health-checks/>

Telephone: 01782 671554 or 01782 671553

Self-referral form: www.uhnm.nhs.uk/lung-health-check-appointment