

# Don't forget to mention to your doctor...

When you go to the doctor's, it's easy to forget what you're meant to say. So have a look through these key questions, take your answers with you and share your symptoms with your doctor.

Do you have a cough? If so, how long has it lasted and how is it making you feel?

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Has your cough changed over time?

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Have you repeatedly been getting chest infections?

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continued overleaf...



**Telling my doctor I was breathless definitely wasn't a waste of breath.**

**Steve Ashdown**  
Lung Cancer Survivor

### Worried about someone else?

If someone you know has any of the signs we've mentioned, please pass this leaflet on and encourage them to visit their doctor. It's probably nothing, but if it is lung cancer, seeing their doctor early might just save their life.

### If you're a smoker, help reduce your risk.

We know it's easier said than done, but quitting smoking will significantly reduce your risk of developing lung cancer. There's lots of help available, so you don't need to go it alone. Call the NHS Smoking Helpline on **0800 022 4 332** or visit the NHS Go Smokefree website at **smokefree.nhs.uk**

### Need more information?

You'll find lots more useful facts and helpful advice at **cancerlancashire.org.uk**

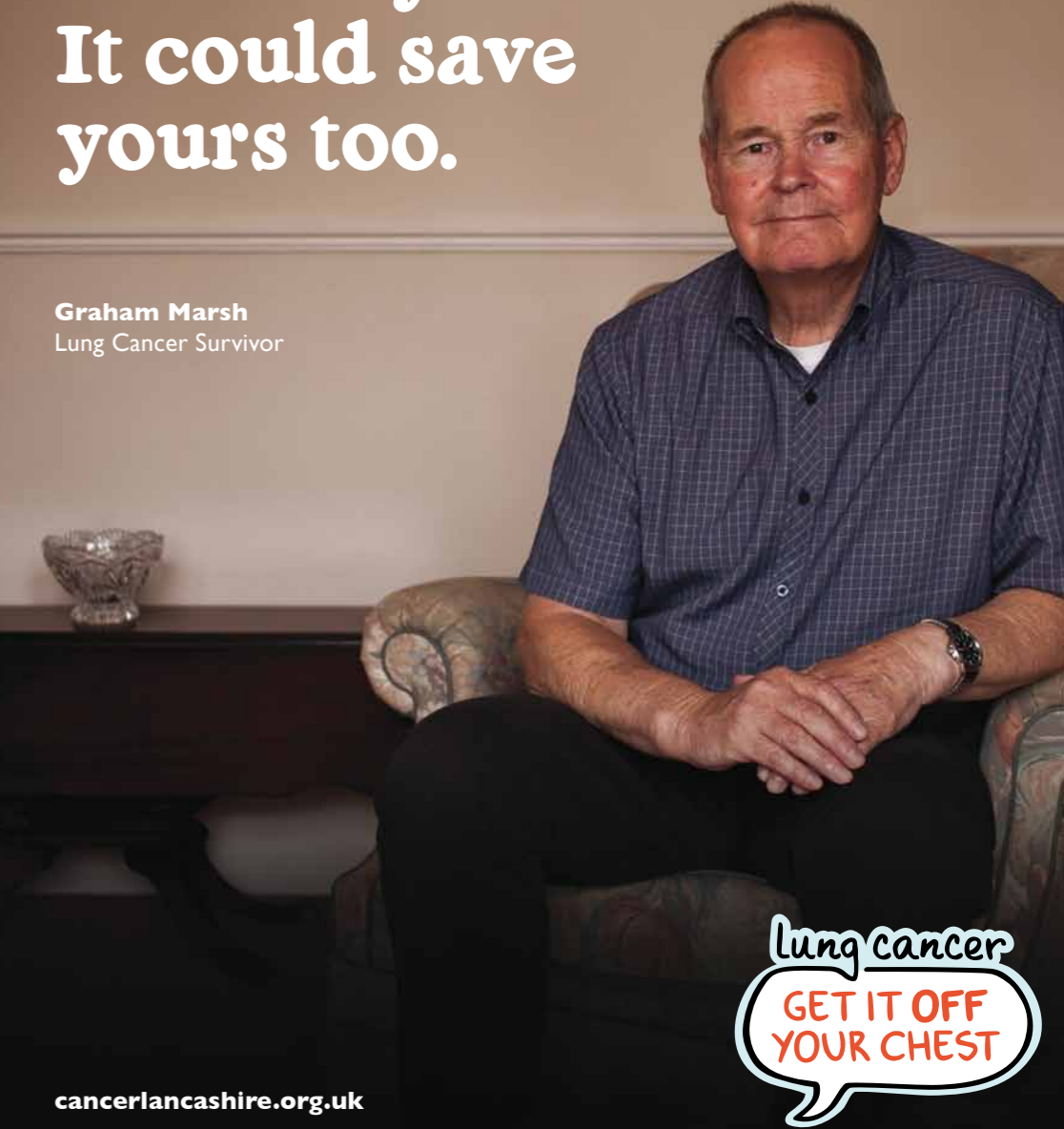


If you spot any signs, get them off your chest. **See your doctor straightaway.**

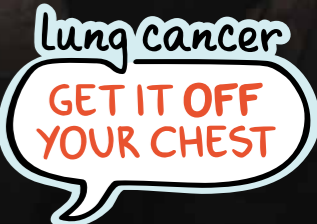
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# Spotting lung cancer early saved my life. It could save yours too.



**Graham Marsh**  
Lung Cancer Survivor



[cancerlancashire.org.uk](http://cancerlancashire.org.uk)

The earlier you spot lung cancer, the more treatable it is.

**Lung cancer kills more people in the UK than any other form of cancer. But the earlier we spot it, the easier it is to treat. In fact, finding it early can increase your chances of living at least 5 years by 71%.**

#### What if I spot the signs?

If you notice any of the signs listed opposite, get them off your chest straightaway. There's probably nothing to worry about, but talking to your doctor will put your mind at rest and could help save your life. If it is lung cancer, the earlier we spot it, the easier it is to treat.

#### Are you over 45?

Lung cancer affects people of all ages, but over 45s are even more at risk. So if you fall in this age bracket, your doctor will be even more interested in hearing from you.

#### Are you a smoker?

Lung cancer is not always caused by smoking, but it does significantly increase the risk. If this applies to you, your doctor will want to see you as soon as you develop any signs.

**Spotting a change in my cough helped my doctor spot lung cancer.**



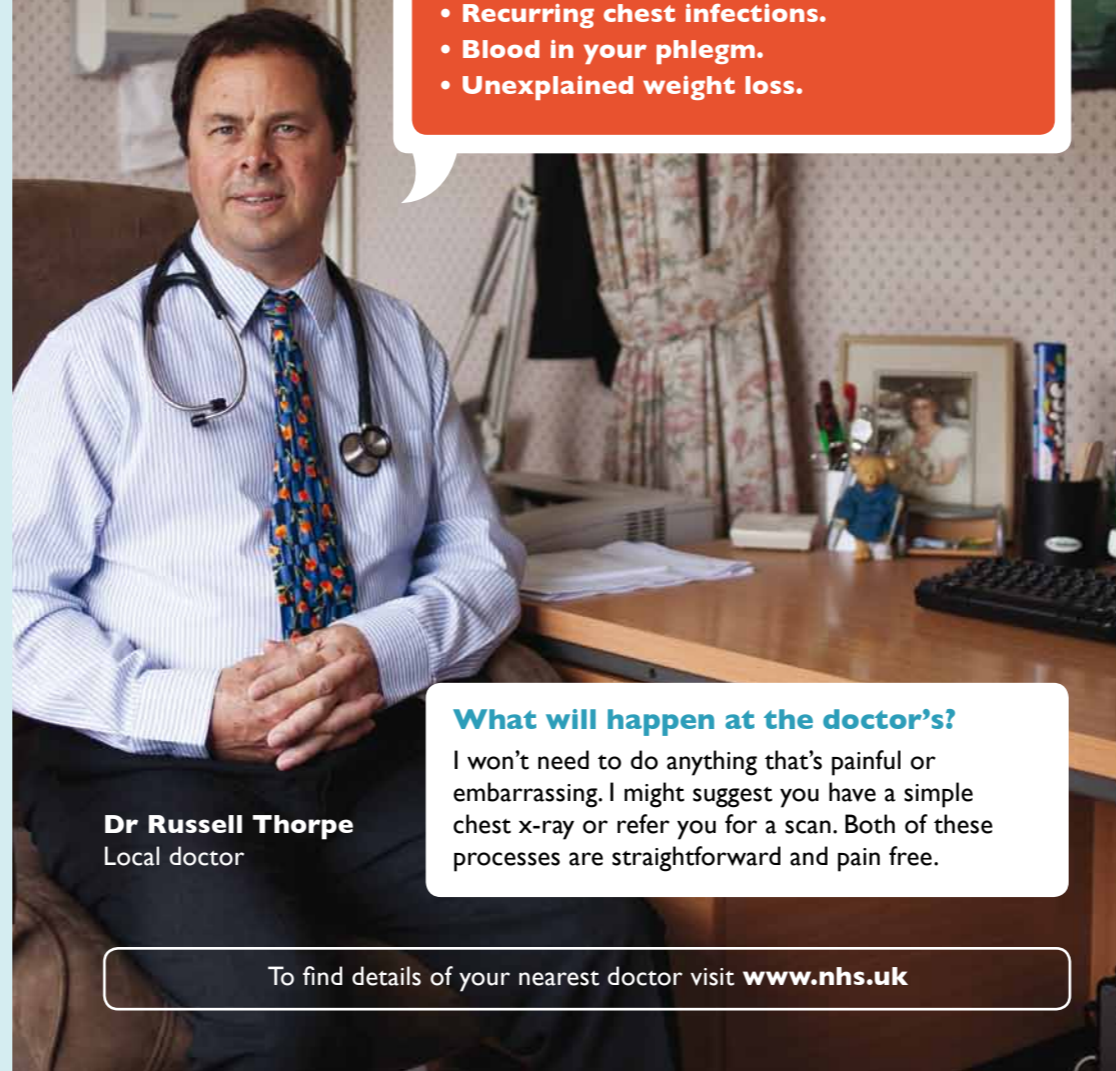
**Shirley Smith**  
Lung Cancer Survivor

If you spot any signs, get them off your chest. **See your doctor straightaway.**

## How do I spot the signs?

If you've had any of these symptoms for 3 weeks or more, get them off your chest and see your doctor straightaway.

- A persistent, unexplained cough.
- A sudden change to an existing cough.
- Being short of breath.
- Persistent chest and shoulder pain.
- Recurring chest infections.
- Blood in your phlegm.
- Unexplained weight loss.



**Dr Russell Thorpe**  
Local doctor

#### What will happen at the doctor's?

I won't need to do anything that's painful or embarrassing. I might suggest you have a simple chest x-ray or refer you for a scan. Both of these processes are straightforward and pain free.

To find details of your nearest doctor visit [www.nhs.uk](http://www.nhs.uk)

## Some more things to discuss with your doctor.

Have you been short of breath? If so, for how long and how is it making you feel?

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Has your shortness of breath become worse over time?

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Have you had chest and shoulder pain, and how is it making you feel?

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Has the pain changed over time?

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