

## LOOKING AFTER OUR LUNGS

Our lungs work hard every day, so it's important we look after them - particularly as we get older.

Lung health checks are a great way to make sure our lungs are working ok. But there are many things we can do to improve our lung health:

- Be more active
- Eat a balanced diet
- Reduce alcohol intake
- Stop smoking.

For more information about how to look after your lungs, visit [lungcheckslsc.co.uk](http://lungcheckslsc.co.uk)



### Jane's story

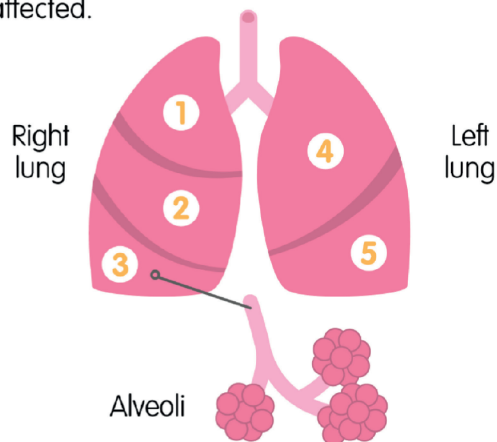


“ I felt quite worried when I received a letter inviting me to have a lung health check because I have been a smoker in the past. But the nurse I saw was very reassuring and not judgemental at all. We had a chat about my general health and then she did a breathing test with me - the results were fine. I was so relieved, and I felt pleased that the lifestyle changes I've made have made a difference to my health. ”

## YOUR LUNGS COULD BE EASIER TO FIX THAN YOU THINK

You have two lungs, made up of 5 sections called lobes.

- Each lobe is made up of thousands of tiny grape-like sacs, called alveoli.
- If there is a problem on one bit of the lung, early treatment can focus just on the bit that is affected.



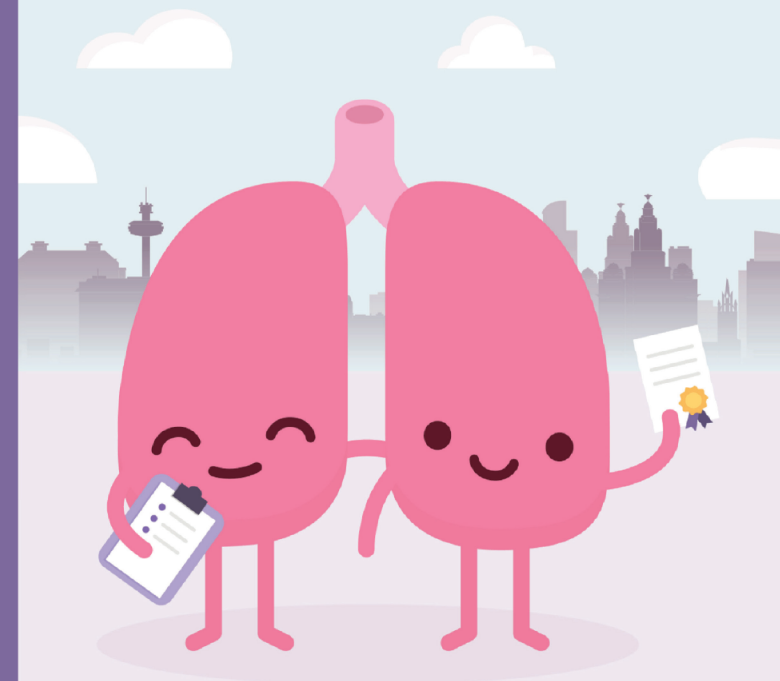
If you have any concerns about your lung health, or are experiencing any symptoms such as a persistent cough, breathlessness, explained weight loss or fatigue, chest pain, or repeat chest infections, do not wait to be invited for a lung health checks.

Please contact your GP immediately and explain all your symptoms.

[roycastle.org](http://roycastle.org)

0800 358 7200

This leaflet is a locally-adapted version of a leaflet originally created by the Department of Behavioural Science and Health at University College London (UCL) in partnership with Resonant Media, which is licensed under CC BY. New design provided by Carbon Creative.



AGED 55-74?  
YOU MAY BE ELIGIBLE  
FOR A FREE  
LUNG HEALTH CHECK

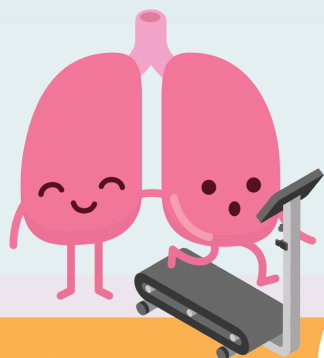
## M.O.T. FOR YOUR LUNGS

A lung health check is a simple check up to find out how well your lungs are working.

Lung health checks are available to people aged 55-74 who smoke or used to smoke.

If you are eligible, you will receive a letter from the NHS, inviting you to attend a lung health check. You are invited whether you feel fine, or not.

If you have any questions about your appointment, are unsure about attending or don't know if you are eligible, please contact your GP or Roy Castle Lung Cancer Foundation on: 0800 358 7200.



### Steve's story



I've been a smoker for almost 40 years, so attending a lung health check made complete sense to me. During my appointment, I was offered a scan which showed some small shadows on my lungs called nodules. They told me these are fairly common, and thankfully it wasn't lung cancer. A second scan showed they had gone, but getting checked out helped put my mind at ease. I would definitely recommend it.

## BENEFITS OF THE LUNG HEALTH CHECK



Paula,  
Lung Health Check  
nurse

## WHAT YOU'LL GET

- 1 You'll have a virtual appointment with a nurse, either over the phone or a video consultation.
- 2 The nurse will ask you some questions about your breathing and about your overall lung health.
- 3 You may be invited to have a spirometry test at a clinic appointment.
- 4 The nurse may also talk to you about having a lung scan to check for early signs of lung cancer.

For more information about Targeted Lung Health Checks, including who is eligible, its benefits and why it's important to attend, please visit:

[roycastle.org/lunghealthchecks](http://roycastle.org/lunghealthchecks)



### Jo's story



I wasn't hesitant about going for a lung health check. It doesn't hurt to have your health checked out. I was surprised to be invited for a CT scan, but the nurse explained this was pretty common.

I was in complete shock when I was diagnosed with lung cancer, but I count myself extremely lucky.

Without this intervention, things could be very different.