



For Help and Support on stopping smoking

**Contact NHS Smokefree on 0300 123 1044 or
visit: www.nhs.uk/smokefree**

**For FREE advice and FREE Nicotine
Replacement Therapy contact**



[Stop Smoking With LiveWell Dorset | Help To Quit Smoking In Dorset · LiveWell Dorset](#)

 **0800 840 1628**
01305 233 105

Monday - Friday 9am - 6:30pm



**Dorset
Targeted Lung
Health Check
Programme**

[What you need to know](#)



Why are we offering Targeted Lung Health Checks?

Run by specially-trained nurses, lung health checks look at how well people's lungs are working. They can help find any problems early, often before people notice anything is wrong. Finding things early also means that treating a problem is often simpler and more successful.

Why have you been invited?

Lung health checks are being offered in your area to people aged 55 to 74 who smoke or have previously smoked. You have had a phone call from a member of the lung health check team who agreed you should be invited. With this booklet you will have received an appointment to come and see a nurse for a lung health check at your nearest lung health check clinic.



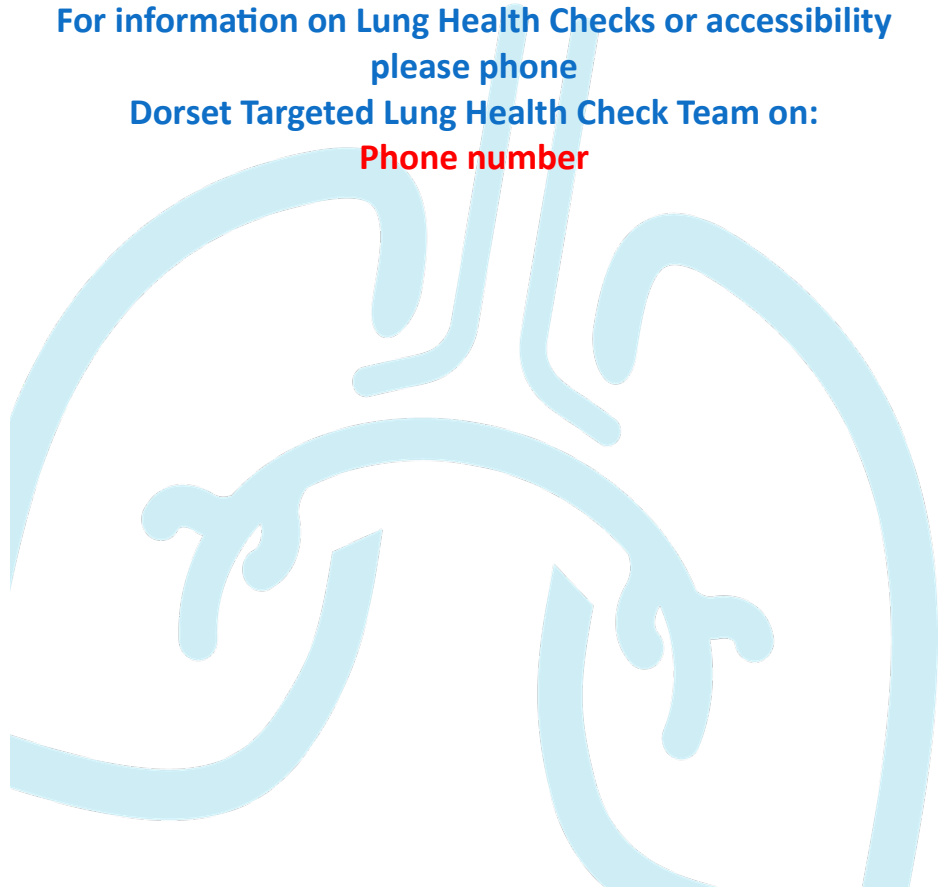
What is a Targeted Lung Health Check?

A Targeted Lung Health Check is an appointment where trained nurses ask questions about the overall health of your lungs, check your breathing and work out whether you have a higher or lower risk of developing lung cancer. Anyone found to have a higher risk will be offered a CT scan of their lungs to look for any abnormalities. Often these scans show normal lungs even for people found to have a higher risk of lung cancer.

Why Early Diagnosis makes a difference

If there is a problem on one part of the lung and this is caught early, treatment can focus solely on the affected part. Small and early Lung Cancer can often be removed completely with an operation or treated with radiotherapy.

**For information on Lung Health Checks or accessibility
please phone
Dorset Targeted Lung Health Check Team on:
Phone number**



What is Lung Cancer?

Lung cancer is one of the most common types of cancer. It is when abnormal cells divide in an uncontrolled way to form a tumour in the lung. There are usually no signs or symptoms in the early stages. Finding cancer early means treatment is much more likely to be successful. Most lung cancers grow slowly enough for it to be found at an early stage by a low dose CT scan.

Symptoms of lung cancer include:

- A persistent cough or change in your normal cough
- Coughing up blood
- Being short of breath
- Unexplained tiredness or weight loss
- An ache or pain when breathing or coughing
- Appetite loss

Please see your GP if you develop any of these symptoms.

What can I do to reduce my risk of Lung Cancer?

Ultimately stopping smoking is the best thing you can do to reduce your risk. Many people who have been smoking for years who have tried to quit in the past have successfully stopped smoking.

If you need support to stop smoking the nurse at your Targeted Lung Health Check will be happy to help. You can also contact live well Dorset directly (see details on back page) or speak to your pharmacist or your GP.

What happens at a Targeted Lung Health Check?

At your lung health check, if you are happy for us to, we would like to check your blood pressure, height and weight. Then we would like to check your breathing with two short tests, spirometry and carbon monoxide measurement. You will be asked to blow into a tube several times for these tests. The nurses helping you will explain more at your appointment.

Possible outcomes from the initial Lung Health Check:

1. **No Problems found** - You will be invited back for another lung health check in approximately 2 years time to monitor the overall health of your lungs.
2. **Referral to your GP**– if any issues are found during your lung health check but you do not need a lung scan, the nurse will ask you to contact your GP surgery to discuss what has been found.
3. **Offer a Lung Scan**– If you are found to have a higher chance of developing Lung cancer now or in the future you will be offered a CT scan of your lungs. The nurse will discuss this with you and help decide whether this is the right option for you.





Low Dose CT Scan

If you require CT Scan on your lungs as a result of your Targeted Lung Health Check, an appointment letter will be sent to you.

The CT scan uses a low dose of radiation and a computer to take a detailed picture of your lungs which a radiographer will report on.

During the scan you will be required to lie flat on your back. The scanner is shaped like a ring and rotates around a small section of your body whilst taking images as you pass through it.


The CT scan takes around 30 minutes.


You will be able to hear and speak to the Radiographers during the scan. They will ask you to follow simple breathing instructions throughout the scan to ensure the images are clear.



Possible Outcomes from the CT Scans

✓ **No problems found**—There are no signs of possible lung cancer or other significant problems on the scan. You will receive a results letter and will be invited back to be scanned in approximately two years time. However if you start to have any symptoms which could be lung cancer (see page 5) before your next scan please see your GP.

 **Further Low Dose CT Scan needed**—This usually means that there is something on the scan which is unclear and likely to be harmless but we need to have another look at it. We will write and ask you to come for another scan in around three months.

 **Abnormality in the lungs needing further tests**—This means that something abnormal has been found in your lungs which needs checking out with further tests. We will call you and refer you to the respiratory consultant for them to explain what has been found and what tests are needed next.

? **Other abnormality found**—There appears to be no signs of lung cancer but some other abnormality has been seen on the scan that may need treatment or medical advice. We will either call you and refer you to an appropriate clinic or write to you and your GP to tell you what was found and advise you what to do next.

Perhaps include website info and [cancermatters wessex website](#)