

Lung Cancer Screening



**easy
read**

Lung Cancer Screening



Lung Cancer Screening is being offered to people in your area, aged between 55 and 74, who smoke or used to smoke.



You have been offered this because we want to make sure your lungs are working as they should be.



Lung Cancer Screening can help find problems early — often before you notice anything is wrong.

Support



You are welcome to have a friend, family member, partner, or support worker with you while you are having your Lung Health Check phone call. If you need a chest scan, you can bring someone with you then as well.

What happens at Lung Cancer Screening?



Everyone invited for Lung Cancer Screening will get an appointment for a Lung Health Check.

This is where a nurse will phone you and ask you some questions about your breathing, your everyday life, your family, and your health.



The Lung Health Check will last about 30 minutes.

You might need to have a chest scan.



Not everyone will need one, though, and after the nurse has asked you all the Lung Health Check questions, they may talk to you about having a chest scan.

This is where people are checked for lung cancer.



Asking questions

We will make sure that you have plenty of time to chat to the nurse and ask any questions you have.



You don't have to wait until the end of your Lung Health Check, you can ask your questions at any time.

Different to NHS health checks



Lung Cancer Screening is different to NHS health checks.

Even if you've recently been for an NHS health check, you should still go to your Lung Cancer Screening appointment.

Your Lung Health Check results

At the end of your Lung Health Check call, the nurse will tell you:



1. No problem has been found

2. You should book an appointment with your doctor



3. You need to have a chest scan



We will suggest that you go for a chest scan if there is a higher chance that you might be at risk of getting lung cancer.

If you aren't sure about going for your chest scan, please tell the nurse and they will help you to choose if the chest scan is right for you.



We will write to your doctor, so they know you have had your Lung Health Check and that you should have a scan of your chest.

What is lung cancer?



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



At the start, there are usually no signs that you have lung cancer. You might not know that you have lung cancer.



Finding cancer earlier means that it can be treated.

We set up Lung Cancer Screening so we can find and treat lung cancer early.



Your body is made up of tiny **cells**.



Lung cancer happens when some of your **cells** grow and form a **tumour** in your lung.



A **tumour** is a lump of cancer **cells**.

What happens during a lung cancer scan?



For Lung Cancer Screening, the scanner will take a picture of your chest.



The picture is very detailed, so we can have a look at your lungs and check they are working as they should be.



You will be asked to lie flat on your back on a bed that moves slowly into a machine called a scanner.

The scanner is shaped like a donut, and it will move around your chest as your body passes through it.



Staff on the mobile scanning unit control the scanner from behind a screen. You can see and speak to them during the scan, even though when the scanner is in use, you'll be the only person in the room.



You will need to lie still for about 10 seconds. The staff will tell you how to breathe during the scan, and the scanner itself will tell you what to do.



You won't feel anything. You will be able to eat, drink, or drive as normal before and after your scan.

Your scan results



We will write to you and your doctor with the results of the scan within four weeks. The results could say:



1. We found nothing wrong

We will ask you to come back for another scan in two years.



Three out of every four people who have a scan have nothing wrong.



2. You need another scan

This usually means that we saw something that we need to check again. Try not to panic, though; support is available for you at any time.



We will ask you to come for another scan. Usually, it will be in three months' time.

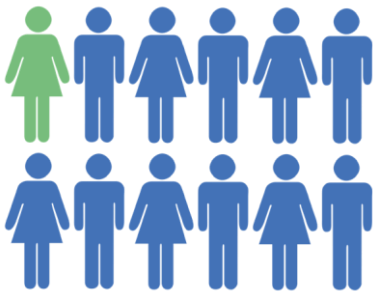


About one in every six people need to go for another scan.



3. Something has been found

This means we have seen something on your scan, and we want you to come for more tests so we can understand what it is and how to help you.



About one in every 12 people that we scan will need to have more tests.



If we do see something on your lungs, we will call you and write to the hospital so you can be seen by a doctor and get the treatment and support you need.

4. Something else is wrong



There is no sign of lung cancer, but the scan result makes us think that you may have another problem.

Because the scan is of your chest, we sometimes see things that aren't in your lungs but in other areas.

You may need to see your doctor or another doctor.



If something is wrong but it isn't with your lungs, you'll be looked after by the right healthcare team, who will support you through any appointments or treatment you may need.



Whatever happens, we will write to you and your doctor with the results.

Choosing to have a scan



It's up to you if you have your scan or not.

Having a scan means that we are more likely to find problems early.



If we find lung cancer early enough:

- It can be cured



- The treatment is simpler



- It is better to find your lung cancer when it is small, before it spreads to the rest of your lungs

Are scans harmful?



Radiation

Radiation can cause harm, but we use a dose of radiation that is very low.



A wrong result

Sometimes, the scan shows that you don't have lung cancer when you do. This doesn't happen very often though.

Sometimes, the scan shows that you may have lung cancer, but you don't.

Instead, it may be something that would never cause you any harm.

You will need to have more tests, which can be worrying, but you will be supported throughout the process.



Signs and symptoms of lung cancer

If you notice anything that isn't normal for you, please tell your doctor. You also need to look out for:



- A cough that you have had for three weeks or longer



- Coughing up blood



- Being short of breath



- Being very tired or losing weight when you shouldn't be



- An ache or pain when you breathe or cough



- Not feeling hungry



If you notice any of these things, you should go and see your doctor.

Support to stop smoking



The best thing you can do to reduce your chances of getting lung cancer is to not smoke.



If you do smoke and would like to stop, you can:



- Speak with your doctor



- Phone NHS Smokefree on **0300 123 1044**



- Go to nhs.uk/smokefree

Local stopsmoking services

If you live in **Sheffield**, talk to **Smokefree Sheffield**:



- Call **0114 553 6296** or **07833 048200** or text 'YSF' to **80800**
- Go to sheffield.yorkshiresmokefree.nhs.uk/

If you live in **Bassetlaw**, talk to **ABL**:



- Call **0115 722 2515**
- Go to yourhealthnotts.co.uk

If you live in **Doncaster**, talk to **Yorkshire Smokefree Doncaster**:



- Call **0800 612 0011** or **0330 660 1166** or text 'YSF' to **80800**
- Go to doncaster.yorkshiresmokefree.nhs.uk

If you live in **Rotherham**, talk to **Rotherham Healthwave**:



- Call **01709 718720**
- Go to rotherham-healthwave.connecthealthcarerotherham.co.uk/stop-smoking/

If you live in **Barnsley**, talk to **Yorkshire Smokefree Barnsley**:



- Call **0800 612 0011** or **0330 660 1166** or text 'YSF' to **80800**
- Go to barnsley.yorkshiresmokefree.nhs.uk

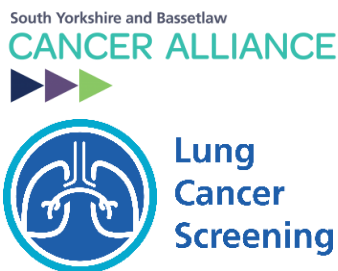
For more information

Here are some contact details if you would like to find out more about lung cancer and Lung Cancer Screening:



NHS Lung Cancer Information

- nhs.uk/conditions/lung-cancer



South Yorkshire and Bassetlaw Lung Cancer Screening

- lungcancerscreeningsyb.co.uk



Cancer Research UK

- cancerresearchuk.org/about-cancer/lung-cancer/getting-diagnosed/screening
- Phone: 0808 800 4040



Roy Castle Lung Cancer Foundation

- roycastle.org
- Phone: 0333 323 7200

Other support

For information about other support organisations that may be helpful to you, please have a look at the details below:

Sheffield:

- sheffieldadvocacyhub.org.uk
- sheffieldmencap.org.uk

Bassetlaw:

- nottshelpyourself.org.uk
- newarkmencap.org.uk

Doncaster:

- choiceforalldoncaster.org.uk
- dialdoncaster.co.uk

Rotherham:

- speakup.org.uk
- ranss.co.uk

Barnsley:

- localmencapbarnsley.org.uk
- dialbarnsley.org.uk

