



## Ann's Story

It was 16th December 2003 when after some tests I was diagnosed with lung cancer. I felt I led a good healthy life, in fact the morning of my diagnosis I had been for a nice swim at a local outdoor pool.

I was never one to get ill, always very active however when I coughed up a spot of blood after cleaning my teeth I thought I should go along to see my GP.

I had lost my husband to lung cancer in 1976 but I knew that treatment had come a long way since then and tried to be realistic about it. Frankly, I was more distressed about telling my children and it was so hard to break the news to them.

The morning after my diagnosis I was seeing the surgeon and in a matter of weeks I was operated on and half my left lung was removed. I was diagnosed early after visiting my GP with a symptom that was unusual for me. I think myself very lucky that I did not need any further treatment of any kind.

I am delighted that simply by talking about my experience other people may realise that there is life after a lung cancer diagnosis.

## We're here to help

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This information is evidence based using National Clinical Guidelines for the Diagnosis and Treatment of Lung Cancer and The National Awareness and Early Diagnosis Initiative.

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**KEEP  
CALM  
AND  
MAKE AN  
APPOINTMENT  
WITH YOUR GP**

**EARLY DIAGNOSIS OF LUNG  
CANCER SAVES LIVES**



## Know the facts

Lung Cancer is the most common cancer in the world. In the UK, around 40,000 new cases are diagnosed each year. It is the most common cause of cancer death in the UK, for both men and women.

Everyone is at risk of developing lung cancer. It is known that smokers and ex-smokers have an increased risk of getting lung cancer. However, please remember that people who have never smoked are also at risk of getting this disease.

There are other things that increase the risk of developing lung cancer. For example, contact with chemicals found in the workplace or environment, such as asbestos, radon and diesel exhaust fumes.

Passive smoking (breathing in other people's cigarette smoke) increases the risk of lung cancer, but it is still much less than if you smoke yourself.

A healthy lifestyle is the most important way for you to prevent lung cancer.

- Keep physically fit.
- Have a healthy diet - eat more fruit and vegetables and less salt, sugar and drink less alcohol.
- It is never too late to stop smoking - no matter what age you are, it can make a real difference to your health.

## What to look for?

There are lots of reasons why you might have some of the symptoms below. It may be nothing serious but it's worth getting yourself checked out. If you have any of the following symptoms for more than three weeks, make an appointment with your GP today.



## Getting checked out

Don't delay visiting your GP. It is most likely that this will be nothing serious and will put your mind at rest. If it is lung cancer, early diagnosis and treatment could save your life.

Here's what will happen:

1. Your GP will examine you. Make a list of your symptoms so you don't forget anything.
2. Your GP should arrange for you to have a chest x-ray.
3. Your GP will talk through the results with you.
4. If you need more tests, your GP should make an appointment for you to see a chest specialist.
5. If you are diagnosed with lung cancer you will be referred on to a lung cancer team for treatment and care.

*"I had been coughing for a good few weeks and just didn't feel myself, so I went to see my GP. She sent me for a chest x-ray and then I was diagnosed with lung cancer. I'm so glad I did because my lung cancer was caught early."*