

LUNG CANCER CLINIC

Know the facts:

Lung Cancer is the most common cancer in the world. In the UK, around 40,000 newcases 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 our pulmonologist today; shortness of breath, spitting up small amounts of blood, unexplained weight loss, back pain, loss of appetite, and a general fatigue.

Getting checked out:

Don't delay visiting our Pulmonologist. 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:

- He will examine you. Make a list of your symptoms so you don't forget anything.
- He should arrange for you to have a chest x-ray.
- He will talk through the results with you.
- If you are diagnosed with lung cancer you will be referred on to a lung cancer team for treatment and care.