In South Tyneside nearly 200 people are diagnosed with lung cancer every year. This year it could be you or your family that are affected.

Lung cancer is the most common cancer in the world. The number of women diagnosed with lung cancer is increasing.

There is no such thing as a smoker’s cough. A persistent cough means something is wrong and needs to be checked out. Most lung cancers are not detected for 5 years.

90% of all lung cancer is caused by smoking. Stopping smoking before middle age avoids most of this risk.

Lung cancer is known as the silent or invisible cancer because people often don’t realise they have it. The earlier lung cancer is diagnosed the sooner treatment can start, increasing the chance of successful recovery.
LUNG CANCER
There is currently no effective national screening programme for lung cancer in the UK, however smoking is the single greatest risk factor for cancer in the UK. If you would like to talk to someone about stopping smoking you can phone the Stop Smoking team on 0191 283 1145 or freephone: 0800 531 631 7, (Monday - Thursday 9.00am - 5.00pm, Friday 9.00am - 4.30pm, answer machine outside of hours.)

Know your Symptoms

 TICK YOUR SYMPTOMS

- Lasting cough or chest infection
- Unexplained loss of voice or hoarseness
- Noisy breathing wheezing
- Green or blood stained sputum
- Change in cough that persists
- Anaemia - unexplained
- New or different signs or symptoms
- Continuing pain or ache in chest/shoulders
- Energy levels low, tiredness
- Reduced appetite and / or weight loss

There could be other reasons for these signs and symptoms, but if you have ticked ANY make an appointment with your GP or nurse to have them checked out.

NHS South of Tyne and Wear is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public. This information can be made available in another format or language on request. Please contact the Communications and PR Team. Tel: 0191 529 7118 Email: mopil@sotw.nhs.uk. Production date: 30.04.09. Author: Health Improvement Practitioner Community Action. Code: 0409/163

Healthy Communities
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SOUTH TYNESIDE
Empowering Communities
to make Positive Health Changes

South Tynside NHS
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