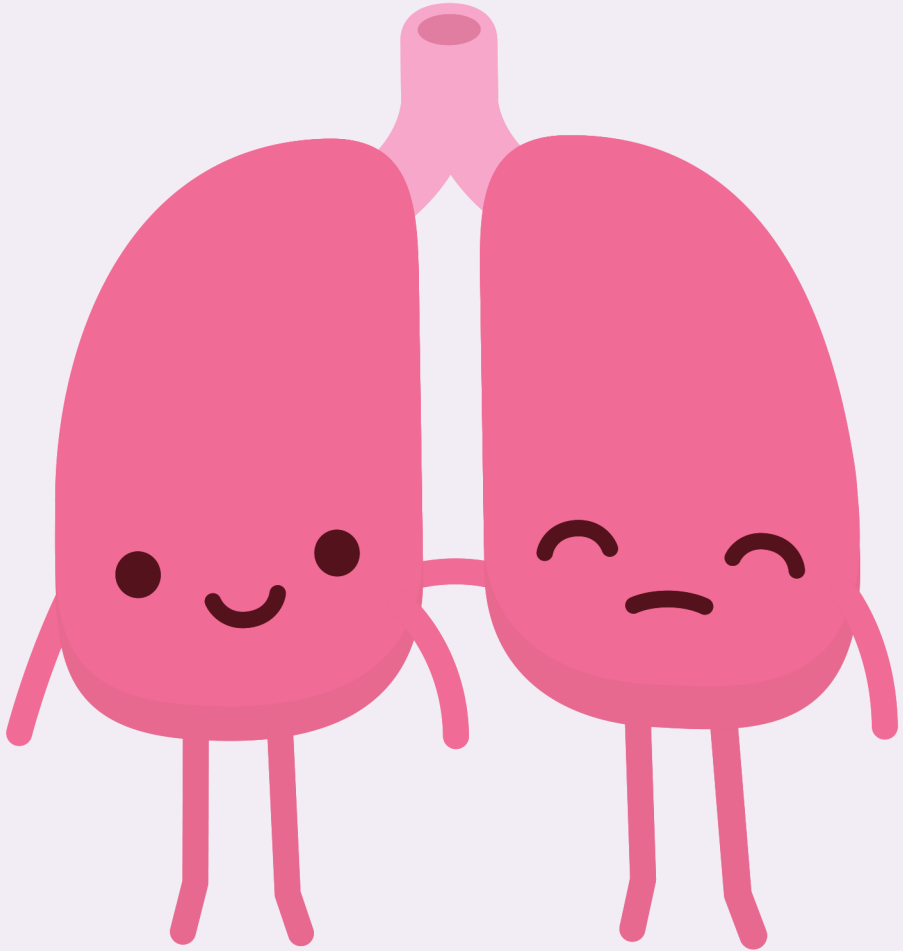




Targeted Lung
Health Check
Programme

NHS

East Kent
Hospitals University
NHS Foundation Trust



INFORMATION ABOUT LUNG NODULES

I have been found to have a lung nodule

• What does this mean?

A lung nodule is a very small area of roundish shadowing seen on a CT scan which measures 3 cm / 1 inch or smaller. It does not cause any symptoms. A person may have several nodules. This is not necessarily more serious than just having one.

• What causes lung nodules?

Lung nodules are very common:

- About 1 in 4 (25%) older people who smoke or who have smoked have nodules.
- About 1 in 10 people who have never smoked may also have nodules.
- Nodules may be caused by scarring from lung infections.
- They are common in people who have had TB in the past.

• Are lung nodules cancerous?

Most nodules are benign (non-cancerous). In a very small number of people the nodule could be an early lung cancer.

• How can we find out the cause?

It is not always easy to know the cause of a nodule just from one CT scan. Because they are very small, doing a biopsy on them (taking a piece of the nodule out and examining it) can be very difficult and risky.

- **Do all nodules grow?**

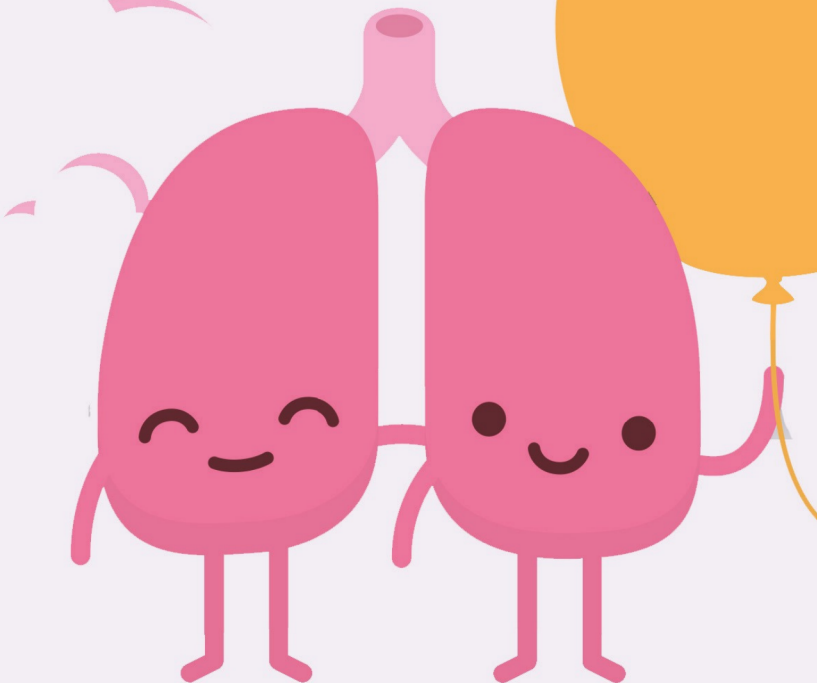
No. Benign (non-cancerous) nodules usually do not grow, but cancerous ones will eventually grow. The best way to assess them is to repeat the CT scan after a period of time.

- **How will I get my results?**

Within four weeks of your follow-up scan, you will receive an outcome letter explaining what your CT scan showed. This will include information around what was found, what it means for you, and next steps. A report of this finding will also be sent to your GP.

If you have not heard after this time, please contact the team on: 01304 222644 or by emailing: ekhuft.targetedlunghealthcheck@nhs.net

Even if the nodule grows, the whole idea of this programme is to find things **before** they cause symptoms / problems.



So what happens next?

A repeat CT scan will be arranged after 3, 6, or 12 months. The Radiology Department will contact you with details of this appointment via text or letter. If you do not hear about this appointment within a month, please contact the THLC team on 01304 222644. Twelve month scans will be arranged nearer to the time.

If your nodule stays the same we may be able to discharge you.

If a nodule grows or changes in any way, a chest specialist may arrange for you to have further tests. This might include a different kind of CT scan or possibly a biopsy.

If you notice any of the below symptoms, please contact your GP. It is very unlikely these symptoms will be due to the nodule, but it is important to let your GP know anyway about your lung health.

- Unexpected persistent cough
- Unexpected persistent breathlessness
- Fatigue lasting four or more weeks
- Persistent or recurrent chest infection
- Unexplained weight loss
- Appetite loss

If you have any further questions, please contact the Targeted Lung Health Check Team on:

01304 222644

Or email: ekhuft.targetedlunghealthcheck@nhs.net

