

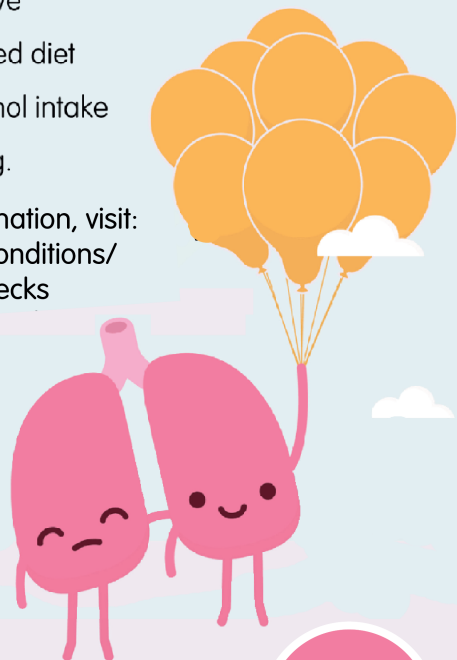
## LOOKING AFTER OUR LUNGS

Our lungs work hard every day, so it's important we look after them - particularly as we get older.

Lung health checks are a great way to make sure our lungs are working ok. But there are many things we can do to improve our lung health:

- Be more active
- Eat a balanced diet
- Reduce alcohol intake
- Stop smoking.

For more information, visit:  
[www.nhs.uk/conditions/lung-health-checks](http://www.nhs.uk/conditions/lung-health-checks)



"I have been so lucky!"

Lois's story

I stopped smoking 20 years ago, I had breast cancer six years ago.

I got the letter and acted on it, my friend has received a letter and is now going.

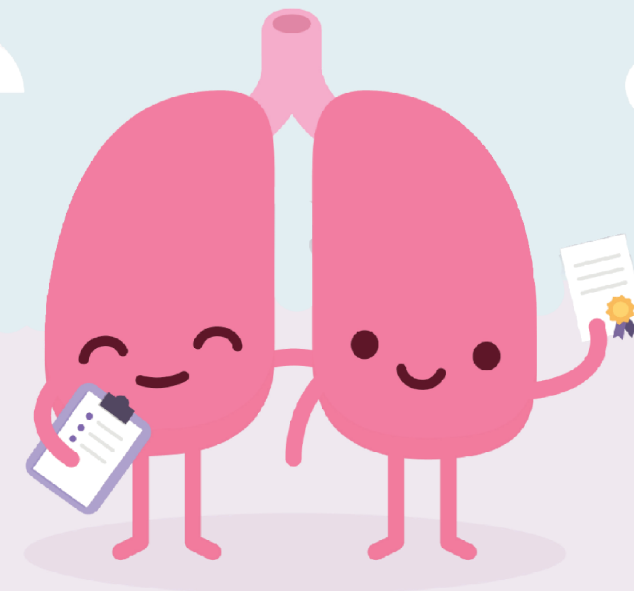
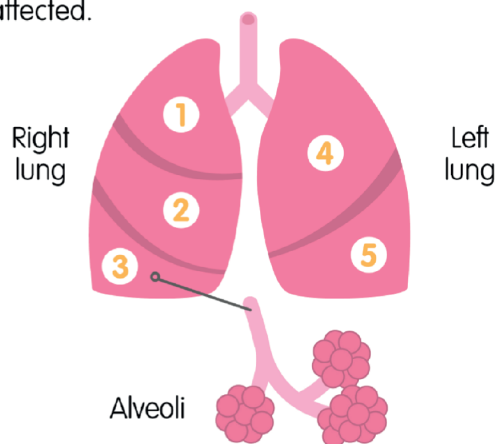
I received the letter in January 2023, and was operated on in March 2023 after receiving my lung cancer diagnosis. I had no symptoms.

I don't need to have any treatments, no chemotherapy because it was found early. A nurse in the hospital in London said how lucky we are to have these invites here.

## YOUR LUNGS COULD BE EASIER TO FIX THAN YOU THINK

You have two lungs, made up of 5 sections called lobes.

- Each lobe is made up of thousands of tiny grape-like sacs, called alveoli.
- If there is a problem on one bit of the lung, early treatment can focus just on the bit that is affected.



AGED 55-74?  
YOU MAY BE ELIGIBLE  
FOR A FREE  
LUNG HEALTH CHECK

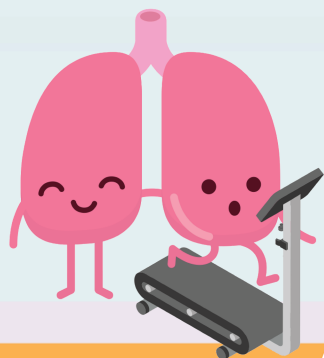
## M.O.T. FOR YOUR LUNGS

A lung health check is a simple check up to find out how well your lungs are working.

Lung health checks are available to people aged 55-74 who smoke or used to smoke.

If you are eligible, you will receive a letter inviting you to attend a lung health check. You are invited whether you feel fine, or not.

If you have not received a letter, or are unsure if you are eligible, speak to your GP. If you are eligible, call: 01304 222 644 to make an appointment.



"If you value your life, go!"

Wendy's story

I stopped smoking six years ago and had no symptoms. I received my invite in March 2023 and had no doubts about going, I had my diagnosis of stage two lung cancer, first lot of chemotherapy and started my first radiotherapy treatment by May 2023.

I am really pleased that I was invited and they found what they found, when they found it. The scary bit is that I had no symptoms. But it is what it is, and I'm getting the treatment.

I can't understand why you wouldn't take up the invitation.

## BENEFITS OF THE LUNG HEALTH CHECK



## WHAT YOU'LL GET

- 1 You will have a phone call or face to face appointment with a nurse.
- 2 The nurse will ask you some questions about your breathing and about your overall lung health.
- 3 The nurse may also talk to you about having a lung scan to check for early signs of lung cancer.
- 4 You'll have plenty of time to chat to a nurse and ask any questions. You can bring a friend, family member or a partner with you on the day.

For more information about Lung Health Checks, visit:

[www.nhs.uk/conditions/lung-health-checks](http://www.nhs.uk/conditions/lung-health-checks)

or call: 01304 222 644



"The letter will save your life!"

David's story

I had no symptoms at all. I had a cough but didn't have a persistent cough like they show on the telly. I picked it up, opened it, I could have screwed it up and put it in the bin. I just thought: "Yeah, well I smoke, it's free, let's go for it."

Got the letter on 19 December, within two months, I had had my operation after being told I had stage one lung cancer.

If I had ignored that letter, where would I be now? Smoking, with cancer growing inside me and feeling awful from undiagnosed heart problem.