



Aged 55 to 74? You may be eligible for a free lung health check

Information for patients from NHS Lung Cancer Screening

MOT 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 to 74 who smoke or used to smoke.

If you are eligible, you will receive an invitation to attend a lung health check. You are invited if you feel fine, or not.

If you have not been invited, or are unsure if you are eligible, call 01304 222 644 to make an appointment.



Wendy's story: "If you value your life, go!"

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

- Talk through your questions and feel reassured.
- Free to attend.
- Appointments that work for you.

- No judgements on smoking.
- Tips to improve your lung health.
- "These free lung health checks are a great way to give hard-working lungs an M.O.T."

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 will 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.

Lung Health Checks

For more information about Lung Health Checks, scan the QR code or call 01304 222644



<https://www.kentandmedway.icb.nhs.uk/your-health/local-services/kent-and-medway-cancer-alliance/lung-checks>

David's story: "The letter will save your life!"

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 is free, let's go for it."

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

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

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 **Targeted lung health checks: NHS Kent and Medway**.

(<https://www.kentandmedway.icb.nhs.uk/your-health/local-services/kent-and-medway-cancer-alliance/lung-checks>)

Lois's story: "I have been so lucky"

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

I got the invitation and acted on it, my friend has received an invite and is now going.

I received the invite 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.

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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