

How to **reduce** your chances of getting lung cancer

Stop Smoking

It is never too late to quit smoking. No matter at what age you stop, you can make a real difference to your health. There's plenty of support and help available from the NHS. Visit www.smokefree.nhs.uk or call 0800 169 0169. For local service information call 0116 295 4141 or visit www.leicestercity.nhs.uk/stop

Look after yourself

By keeping physically active, you help keep your lungs healthy.

Eat healthily

Try to get your 5-a-day. So eat more vegetables and fruit, fish, and wholegrain foods. Eat less fatty foods like cakes and pastries and fewer processed meats like bacon and ham. It's also a good idea reduce your alcohol intake.

Unclear on anything? Visit nhs.uk/lungcancer or for local information visit www.beclearleicester.co.uk

Dr Philip Sawyer



If you've been coughing for 3 weeks, it might not be 'only a cough' so just tell me

**BE CLEAR
ON CANCER**



Dr Terry Bowley

...about **lung cancer**

Lung cancer is the second most common cancer in England and Wales, with an estimated 31,000 new cases diagnosed every year and the most common cause of cancer-related death in both men and women.

The risk of lung cancer gets worse as you get older. Finding it early makes it more treatable, so tell your doctor.

...about how to **spot it**

You need to see a doctor straight away if you have any of the following symptoms:

- A cough that doesn't go away after three weeks
- A cough that has got worse or changes
- Constant chest infections
- Coughing blood
- Unexplained persistent breathlessness
- Unexplained persistent tiredness or lack of energy
- Unexplained persistent weight loss
- Persistent pain in your chest and/or shoulder.

...about how important it is to **see your doctor**

If you notice any of these symptoms, tell your doctor. Early detection makes treatment easier so seeing your doctor quickly could save your life.

The chances are it's nothing serious but if you're at all worried go and see your doctor right away. You're not wasting anyone's time. It is much better to be sure, if only to put your mind at rest. Ignoring the symptoms and putting off a trip to the doctor's could mean you're gambling with your own life.

To find your doctor's contact details, visit www.nhs.uk or for local information go to www.beclearleicester.co.uk