



Think Lung

You can help. Assure someone their health matters and to talk to their GP about any concerns they may have about symptoms that are not normal for them. Think L.U.N.G.

Listen to a person's concerns. Symptoms that they 'play down' as small or unimportant may in fact be symptoms of lung cancer.

Understand that a person may feel ashamed that they smoke and may be too embarrassed to talk about breathing symptoms.

Note symptoms that are not normal for someone. Have them write these down and contact their GP to discuss.

Give a person encouragement to contact their GP, especially if symptoms persist after a first GP visit. It's important to validate health-seeking behaviour, especially in people at increased risk of lung cancer.



Detect Lung Cancer early

While anybody can develop lung cancer some people are more at risk. Signs of lung cancer can be spotted. Watch out for the person who is at increased risk and shows potential early signs.

Signs of lung cancer

Constant or Changing Cough

Appetite loss/weight loss

New cough

Chest or shoulder pain

Easily breathless

Really tired



Who is at risk

Male and female. Older age, usually greater than 50 years old

Smoker, ex-smoker or exposed to smoke

Socio-economically deprived

Radiation exposure, for example living in area with high radon.

Encourage someone to ring their GP if they are worried about any symptom which is unusual for them.