

Lung Cancer Awareness

Module 5

Aims

- ▶ Increase awareness of what lung cancer is.
- ▶ Understand how it is diagnosed and treated.
- ▶ Learn about the possible signs.
- ▶ Increase awareness of the walk-in chest x-ray service.

The four most common cancers in the UK

Prostate

Breast

Lung

Bowel

What is Lung Cancer?

- ▶ Lung cancer starts in the windpipe (trachea), the main airway (bronchus) or the lung tissue.
- ▶ Cancer that starts in the lung is called primary lung cancer.

There are 2 main types of primary lung cancer:

- non small cell lung cancer
- small cell lung cancer
- ▶ The most common type is non small cell lung cancer. The treatment you need depends on which type you have.
- ▶ If cancer spreads to your lungs from somewhere else in your body, it is called secondary lung cancer.

Who gets Lung Cancer?

- ▶ Lung cancer is more common as you get older. 45 out of 100 people (45%) diagnosed with lung cancer in the UK are aged 75 and older.

In the UK each year:

- ▶ around 25,400 men are diagnosed
- ▶ around 23,800 women are diagnosed
- ▶ More than 60 out of 100 lung cancer cases in the UK (more than 60%) are caused by smoking.

How is it Diagnosed?

- ▶ You usually start by seeing your GP if you have symptoms that could be due to lung cancer. They will ask you about your general health and may also examine you.
- ▶ Your doctor will then decide whether to do tests or refer you to a specialist.

You usually have several tests to check for lung cancer. This might include all or some of the following:

- ▶ a chest x-ray
- ▶ CT or MRI scans
- ▶ a bronchoscopy
- ▶ ultrasound scans
- ▶ biopsies

How is it Treated?

- ▶ A team of health professionals decides what treatment you might need. They also decide what treatment options you have.

The most common treatments for small cell lung cancer are:

- ▶ chemotherapy
- ▶ radiotherapy
- ▶ surgery
- ▶ chemotherapy with radiotherapy (chemoradiotherapy)
- ▶ radiotherapy to the brain (prophylactic cranial irradiation - also called PCI)
- ▶ chemotherapy with or without immunotherapy

The most common treatments for non small cell lung cancer are:

surgery

- ▶ radiotherapy
- ▶ chemotherapy
- ▶ chemotherapy with radiotherapy (chemoradiotherapy)
- ▶ immunotherapy
- ▶ targeted cancer drugs.

Signs and Symptoms

- ▶ Having a new cough or a cough most of the time
- ▶ Getting out of breath doing the things you used to do without a problem
- ▶ Coughing up phlegm (sputum) with blood in it
- ▶ Having an ache or pain in the chest or shoulder
- ▶ Chest infections that keep coming back or a chest infection that doesn't get better
- ▶ Losing your appetite
- ▶ Feeling tired all the time (fatigue)
- ▶ Losing weight.



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Got a Cough? Get a Check!

Over 40s registered with a Leeds GP can visit any of these sites (Monday-Friday) for a chest x-ray without an appointment.

LGI- 9am-4:30pm

Martin Wing Great George Street, LS1 3EX

Seacroft Hospital- 9am-4:30pm

York Road, LS14 6UH

St George's Centre- 9:30am-5pm

**St George's Road Middleton,
LS10 4UZ**

Wharfedale Hospital-

**9am-12pm then 1:30-4pm Newall Carr Road
Otley, LS21 2LY**

St James's Hospital- 8am-5pm

Beckett Street Harehills, LS9 7TF

Chapel Allerton Hospital-

8:45am-4:30pm

Chapeltown Road, LS7 4SA

You can use this free service if you have one or more of the following symptoms.

- Persistent cough (a cough you have had for 3 weeks or more).
- Shortness of breath.
- Unexplained weight loss or appetite.
- Coughing up blood.
- A change in voice.
- A lump in the neck.
- Chest pain.
- Unexplained tiredness.

For more information, visit www.leedsth.nhs.uk/gotacough.
Or call 0113 733 4974

Lung Health Check

- ▶ Major research project, invested in a mobile screening unit.
- ▶ Travels the city providing convenient lung check-ups for local residents.
- ▶ Smokers and former smokers are invited for chest scans, primarily looking for signs of early-stage lung cancer, but also discovering other cancers such as breast, kidney and oesophageal.
- ▶ 15,000 lung scans have taken place on the mobile units.
- ▶ Over 340 lung cancers have been diagnosed since launching in November 2018.
- ▶ This research has pioneered the potential for a National Lung Screening Programme by 2027.



Further Information

Be sure to get information on cancer or screening from reputable sites:

- ▶ Cancer Research UK.
- ▶ Asthma and Lung UK.
- ▶ NHS.
- ▶ LeedsHealth.co.uk.
- ▶ Macmillan.