

Some myths about lung cancer

Myth 1: There's no such thing as just a smoker's cough.

Fact: A persistent cough is evidence that something is wrong and needs checking out.

Myth 2: Lung cancer is just a smoker's disease.

Fact: Although the major risk factor of lung cancer is smoking, around one in six people with lung cancer have never smoked.

Myth 3: Lung cancer is a working class male disease.

Fact: Lung cancer can affect anyone and there has been a big increase in the number of women who are affected.

Myth 4: It's only old people who get lung cancer.

Fact: Whether you're in your twenties or nineties, anyone can get lung cancer.

Myth 5: Lung cancer is a death sentence.

Fact: It does not have to be. New treatments are being developed all of the time. If caught early enough it may be curable.

We are here to help you

Macmillan Cancer Support and The Roy Castle Lung Cancer Foundation have produced this leaflet in consultation with lung cancer specialists to help people recognise the symptoms of lung cancer.

Please call either organisation. If needed, our trained staff and volunteers can provide you with further information and support.

Roy Castle Lung Cancer Helpline
Freephone 0800 358 7200

Monday to Friday, 9am to 5pm
patientcare@roycastle.org
www.roycastle.org

Macmillan CancerLine
Freephone 0808 808 2020

Monday to Friday, 9am to 10pm
CancerLine@macmillan.org.uk
www.macmillan.org.uk

lung cancer
awareness

early diagnosis

saves lives

Registered charity no.: 1046854 Registered charity no.: 261017



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What to look for

There are lots of reasons why you might have some of the symptoms below. But it's worth getting yourself checked out because whatever it is, your GP will be able to help.

Chest infections that won't go away, even with antibiotics.

Having a cough for more than three weeks.

Feeling more tired than usual.

More spit or phlegm, especially with blood in it.

Feeling very out of breath.

Losing your voice but no sore throat.

Chest pains.

Swelling in your face or neck.

Losing weight, but not sure why.

If you have any of these symptoms, make an appointment today to see your GP.

Getting checked out

Don't delay visiting your GP. It may be nothing serious, and you'll get peace of mind. If it is lung cancer, it needs treating quickly, because early diagnosis saves lives. Here's what will happen:

Your GP will examine you. Make a list of your symptoms so you don't forget anything.

Your GP may arrange for you to have a chest X-ray.

Your GP will talk through the results with you.

If you need more tests, your GP should make an appointment for you with a chest specialist within two weeks.

If you want to talk to someone before or after seeing your GP, please call us.

Can we help?

Macmillan Cancer Support and The Roy Castle Lung Cancer Foundation work together to offer information and support to people worried about or affected by lung cancer. Phone us free and we can help you:

Find out more about symptoms that can sometimes indicate lung cancer.

Work out what to ask your GP, like How long will I wait for tests or results? Can I be referred to the local specialist lung cancer team?

Find out about how lung cancer is diagnosed.

Learn about different treatments.

Get emotional support for you or your family.

We're here to help. Please get in touch by phone.

Tell your friends too

If you have a friend or relative you're worried about, you might like to pass on this leaflet, or tell them to get checked out by their GP.

This is particularly important for men and women who are smokers, or who used to be, because smokers are at much greater risk of developing lung cancer than non-smokers.

It may well turn out to be nothing serious. But early diagnosis and treatment of lung cancer saves lives, so it makes sense to get the symptoms in this leaflet checked out as soon as possible. Doesn't it?

Visit your GP now or call us free on:

0800 358 7200

Roy Castle Lung Cancer Helpline

0808 808 2020

Macmillan CancerLine

"I visited my GP because I'd been experiencing breathlessness. He sent me for a chest x-ray straight away and then I was diagnosed with lung cancer. I wish I had gone earlier but I didn't want to bother him."

"I had a bad cough for about six months and didn't realise it could be a symptom of lung cancer. If I had I would definitely have done something about it sooner."