



## Think Lung

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

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

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

**N**ote symptoms that are not normal for someone.

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

**C**onstant or changing cough, clubbing

**A**ppetite loss/weight loss

**N**ew cough

**C**hest or shoulder pain

**E**asily breathless

**R**eally tired, raised platelets



### 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.