



It's never too late to quit smoking

Quitting smoking reduces
your risk of 15 types of cancer,
including lung cancer

QUIT

For free HSE QUIT Support

Visit QUIT.ie

Call us on 1800 201 203 or

FREETEXT 'QUIT' to 50100

nccp

National Cancer
Control Programme

Spot cancer early: Lung Cancer

Your chance of survival
is much better if cancer
is found early



Symptoms of lung cancer can include:

- A new cough lasting for more than 3 weeks
- A long standing cough that has changed
- Chest infections that keep coming back
- Feeling breathless more than is normal for you
- Weight loss that you can't explain
- Feeling very tired all the time

**Phone your GP
if you have any of
these symptoms**

