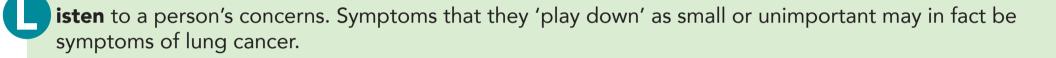




## **Think Lung**

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.



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



ote symptoms that are not normal for someone.



**( 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.

Who is at risk

## Signs of lung cancer

-		
Constant or changing cough, clubbing	Ð	Male and female. Older age, usually greater than 50 years old
A ppetite loss/weight loss		
New cough		Smoker, ex-smoker or exposed to smoke
C hest or shoulder pain		Socio-economically deprived
asily breathless		
	Radiation exposure, for example living in	
R eally tired, raised platelets		<u>area with high radon</u>

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