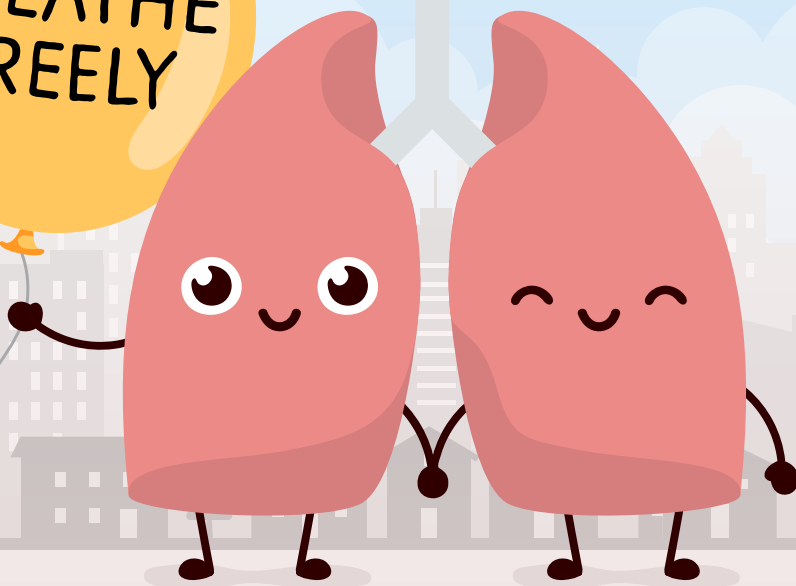




Lung  
Cancer  
Screening



Somerset, Wiltshire,  
Avon and Gloucestershire  
Cancer Alliance



# WHY ARE HEALTHY LUNGS IMPORTANT

Your guide to looking after your lungs



Bath & North East Somerset  
Community Health Services



# WHY SHOULD I TAKE CARE OF MY LUNGS



Your lungs are the part of your body that work hard every day so you can breathe.



They carry oxygen from the air into your blood and release carbon dioxide from your blood into the air. Your body's cells need this oxygen to work properly.

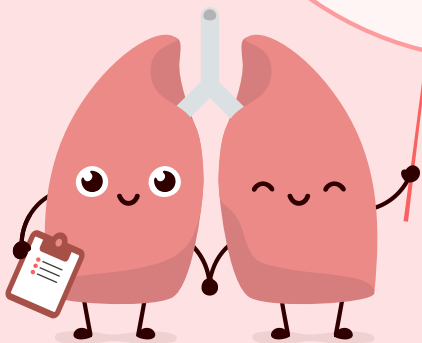


They really don't get much rest – in one day you can breathe up to 25,000 times!



Your lungs have a natural defence system to keep out dirt and germs but several things can damage this, meaning they can't do their job as well.

The good news is there are plenty of things you can do to help your lungs work properly. This leaflet should give you the advice you need to care for your lungs in the best way possible.



## I have not been offered a CT scan. What does this mean?

**Either**, our records show you have had a CT scan of your chest within the last year. If you have had this done then it is likely that any serious lung disease including lung cancer would have been picked up. The small harms associated with a having CT scan, (e.g. radiation dose although it is very low), are likely to outweigh any benefits of having a further CT scan now.

**OR Good news!** Your lung risk score is below the risk threshold where we can refer you for a CT scan. Current research within the UK Lung Cancer Screening trial suggests that, at your current risk score, if you have a CT scan it would not have a high chance of finding an early lung cancer.

The small harms associated with having a CT scan are likely to outweigh any benefits, (e.g. radiation dose, although it is very low).

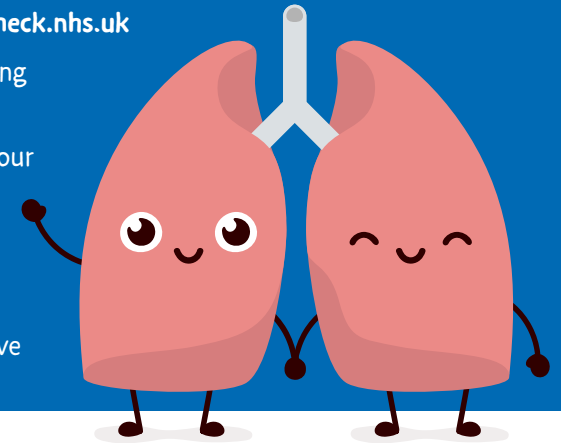
### What you should do now:

You can reduce your risk of lung cancer and any other lung disease by following the advice you were given during your telephone appointment and found in the 'healthy lungs' section of our website: <https://swaglunghealthcheck.nhs.uk>

At present you have no worrying lung symptoms, which is good.

If in future you are worried about your lungs or you do get any worrying lung symptoms it is important to go and see your GP early.

The earlier you go the better your chance of treatment/cure if you have anything seriously wrong.



Thank you for attending this appointment. Today we gave you good news but also some very helpful information for the future.

For more support, please visit:  
[www.swaglunghealthcheck.nhs.uk](http://www.swaglunghealthcheck.nhs.uk)

1



# HOW CAN BEING MORE HEALTHY HELP MY LUNGS

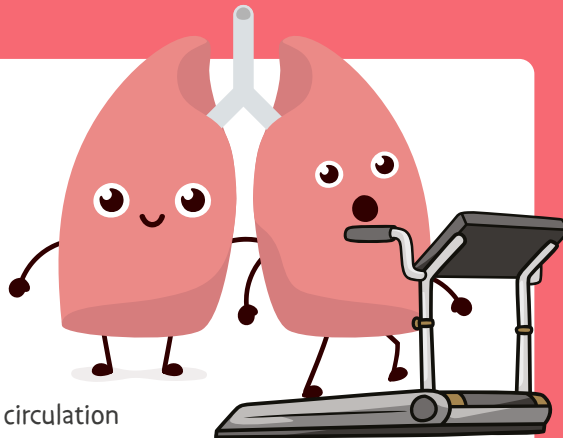
Being active is one of the best things you can do to take care of your lungs.

Not only does it make your lungs feel stronger and help deliver oxygen better throughout your body, it can also help reduce your risk of long-term lung conditions such as Chronic Obstructive Pulmonary disease (COPD). Being active can help you control your weight also. This is important and can affect you lung function.

Sounds good? All you need to do is find the right level of physical activity for you to feel the positive effects throughout your life .

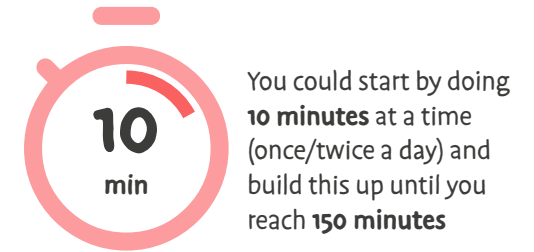
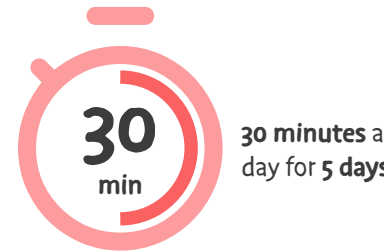
## Increasing your activity levels can:

- give you more energy
- lower high blood pressure
- strengthen the muscles you use to breathe
- strengthen your heart and improve circulation
- reduce the risk of conditions like arthritis, diabetes, heart disease, stroke and cancer
- reduce your risk of falling by improving your strength and balance
- reduce stress levels and help to reduce anxiety and depression.



# HOW ACTIVE SHOULD I BE?

For adults we recommend that you are physically active for 150 minutes (2 hours and 30 minutes) of a week. You can break this down into:



**Remember:** Even small amounts of physical activity will be of benefit. Start by trying to do more than you usually do. This could be:

- Getting off the bus a stop earlier and walk a bit further
- Using the stairs rather than a lift or escalator
- Trying to walk more when going on short journeys
- Doing some gardening or DIY.

**Remember:** If you are not used to being active:

- 150 minutes a week may seem too much. Just try your best to be as active as possible and slowly build this up at a steady pace, only doing activities you feel comfortable with. If you feel you need further advice before doing this, you can talk to your GP.
- You should avoid doing any vigorous activity at first, where you breathe hard and fast and struggle to say more than a few words without pausing for breath.

**It doesn't have to be too difficult:**

STEP 1  
Get your heart rate up

STEP 2  
Make your lungs work a bit harder

STEP 3  
Improve your overall lung health

2



# HOW CAN EATING A BALANCED DIET HELP MY LUNGS

A balanced diet is very important for everybody.

The essential nutrients in healthy foods and fluids can help you feel as fit as you can. This is especially important if you have an existing lung condition as it helps to prevent infections and keep your lungs as healthy as possible.

Eating a balanced diet, as well as being active will also help you maintain a healthy weight. This is really important for your lung health as being overweight can make your breathing more difficult, making it harder for you to be active.

## Ways in which to improve your diet:



Try to replace snacks with fruit and add vegetables to meals where possible aiming to eat 5 portions each day



Choose wholegrain carbohydrates where possible including wholemeal bread, rice and pasta



Choose low fat dairy one teaspoon of salt a day products, but be careful as these can be high in sugars



Try to lower your salt intake by not adding salt at the table and reducing the amount you add to food when cooking, so that you have no more than one teaspoon of salt a day



Try to replace eating red meat with more lean meats, including skinless chicken, turkey and fish. You can also have red meat with fat trimmed off, which is healthier



Try to drink water regularly throughout the day. Remember that many drinks have sugar in them, even when it says 'no added sugar'



Try to avoid sugar and sugary foods

You should also try and keep an eye on the amount of alcohol you drink. Guidelines are now the same for men and women. Both are advised not to regularly drink more than 14 units of alcohol per week. If you do, you are putting yourself at risk of long-term damage to your health. This includes conditions such as liver disease, cancer, heart disease, stroke, dementia and osteoporosis (thinning of the bones).

This is what 14 units looks like:



6 pints of 4% beer



6 glasses of 175ml 13% wine

**It's important that you don't save up your units and have these all in one drinking session. Its best to spread this evenly across the week and have regular drink free days.**

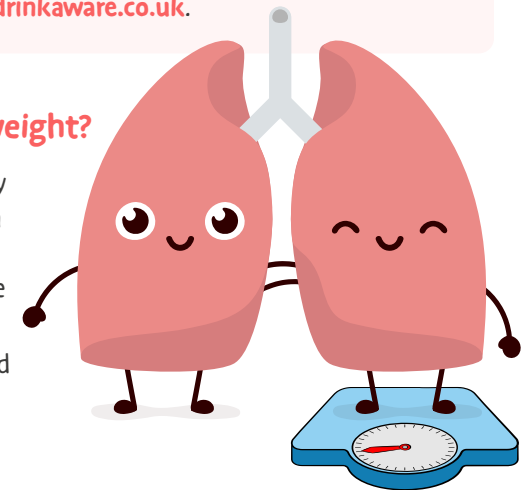
Alcohol is also very high in calories and this can lead to you becoming overweight which is bad for your lung health. You'd probably think twice about eating an extra burger and chips during the day, but if you drink four pints of lager you'd be consuming about the same amount of calories - around 720.

For more information please visit [www.drinkaware.co.uk](http://www.drinkaware.co.uk).

## How do I know if I am a healthy weight?

To check your body weight you can use body mass index BMI. Your BMI shows if you are a healthy weight for your height. For an adult aged 18 and over, a healthy weight should be maintained with a BMI between 19 and 25.

To calculate your BMI go to [www.nhs.uk](http://www.nhs.uk) and search for "BMI healthy weight calculator"



# BaNES Stop Smoking Service



We can support you to stop smoking for good!

### What we offer:

- ♥ One to one behaviour change support with a stop smoking practitioner
- ♥ Help to manage cravings and withdrawal symptoms with stop smoking aids (e.g. patches, gum, vapes & tablets on prescription\*)
- ♥ One-off advice to quit vaping
- ♥ Face to face or telephone appointments available



### Who can stop smoking with us:

- ♥ If you live, work or have a GP in the BaNES area and aged 12 and over
- ♥ Smoker of tobacco products

### What do I do now?

Visit: [banes.everyonehealth.co.uk](http://banes.everyonehealth.co.uk)

Email: [eh.banes@nhs.net](mailto:eh.banes@nhs.net)

Tel: 0300 247 0050

\*Medical suitability applies



Bath & North East  
Somerset Council

Improving People's Lives

everyonehealth  
because everyone matters



# SmokeFree Bristol

# Bristol, quitting is possible

Quit smoking for good with SmokeFree Bristol



To get free support today:  
Visit [bristol.gov.uk/smoke-free-bristol](http://bristol.gov.uk/smoke-free-bristol)  
Text **QUIT** to **66777**  
Or call **0800 772 3437**



# Are you ready to Quit Smoking?

Healthy Lifestyles Gloucestershire  
are committed to helping you  
quit for good

FREE 1:1 personalised support  
Nicotine Replacement Therapy

You are **4 times more likely**  
**to quit** with support from  
our practitioners

Call us free today

0800 755 5533  
www.HLSGLOS.org

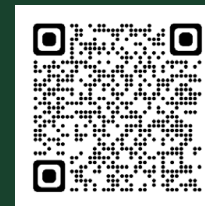


## Smokefree Service

It's normal to make several attempts at quitting, we  
understand how difficult it is to stop smoking.

We offer the most effective way of kicking it for good,  
reach out to Smokefree today and quit!

Tel: 01275 546 744  /BetterHealthNS  
email: [smoke.free@n-somerset.gov.uk](mailto:smoke.free@n-somerset.gov.uk)



**Smokefree  
Somerset**

Take care of  
your body,  
it's the **only**  
one you have.

Speak to a Stop Smoking Practitioner  
and start your smoke-free journey today.



Contact our **free stop smoking service** to find the best solution for you to quit smoking for good.

Scan the QR code or visit our website:  
🌐 [www.smokefreesomerset.org.uk](http://www.smokefreesomerset.org.uk)  
✉ [smokefree@somerset.gov.uk](mailto:smokefree@somerset.gov.uk)  
☎ 01823 356222



**ONE YOU**  
SOUTH GLOUCESTERSHIRE

**WE CAN HELP  
YOU QUIT  
FOR GOOD!**

Thousands have quit for good with our help and studies show that you're up to three times more likely to successfully quit with a combination of stop smoking medicine and specialist support from your local Stop Smoking Service.

- 📱 Text your name and the word **"READY"** to **80011**
- ☎ **01454 865337**
- 🌐 [www.oneyou.southglos.gov.uk](http://www.oneyou.southglos.gov.uk)  
for more information



**BECAUSE LIFE'S BETTER SMOKEFREE**

**Triple your chances  
of quitting with  
free support from  
Smokefree Wiltshire.**

**We'll be with you  
every step of the way.**



[www.wiltshire.gov.uk/smokefree](http://www.wiltshire.gov.uk/smokefree)

Call: 0300 003 4566 (OPTION 1)



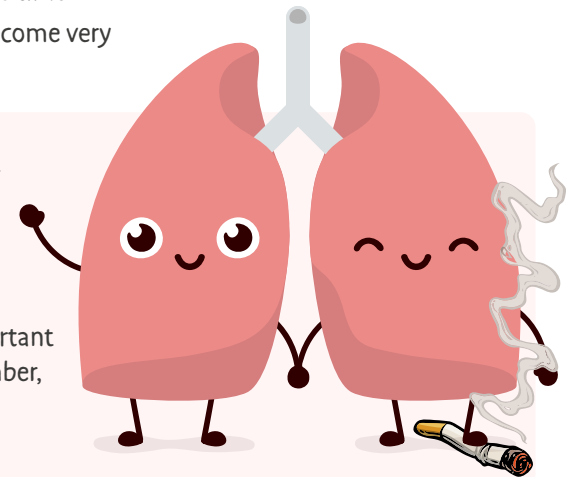
## HOW DOES BECOMING SMOKE- FREE HELP MY LUNGS, NO MATTER HOW LONG I'VE SMOKED?

You may think that if you already smoke tobacco cigarettes or other products such as shisha that there is no point in stopping smoking as the damage to your lungs is already done.

**However, the best thing you can do is stop now and you can still make a difference to your lung health.** You can slow down the damage that smoking causes to your lungs and ease your symptoms. Here are some examples of how smoking can damage your lungs:

- Your airways become inflamed
- Your large airways will produce more mucus, which can cause you to have a chronic cough and produce phlegm most of the time
- Continuing to smoke can mean you become very short of breath, even at rest.

Becoming smokefree is not easy, but there are lots of local services available to offer the right support that will help you to quit smoking, this time for good. Even if you have not been successful before, it's important that you saw the need to try. Remember, each quit attempt is a step further towards becoming smokefree.



## Did you know

Stopping smoking not only improves your physical health but is also proven to boost your mental health and wellbeing.

### Benefits to your health

As soon as you stop smoking the benefits begin:

- Heart rate and blood pressure, which are abnormally high while smoking, begin to return to normal.
- **After 8 hours** – Harmful carbon monoxide levels in your blood will have reduced by half.
- **After 48 hours** – All carbon monoxide in your blood is removed and your sense of taste and smell improves.
- **After 72 hours** – Your energy levels will be increasing and bronchial tubes relaxing.
- **After 2 to 12 weeks** – Your circulation will have improved through your heart and muscles.
- **After 3 to 9 months** – Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.
- **After 1 year** – Your risk of stroke is reduced to half that of a smoker and within five years it will be the same as a never smoker.
- **After 10 years** – Your risk of death from lung cancer will have halved compared with a smoker's and your risk of heart attack is equal to that of a never smoker.

Benefits to oral health begin the moment your circulation improves including gum health, fresher breath, and better sense of taste.

- Skin becomes clearer and is better protected against premature aging and wrinkles
- Fertility levels improve and risk of erectile dysfunction is lowered

### Benefits to your wealth

Smoking is expensive and prices will continue to rise. If you're smoking 20 cigarettes a day, you're likely to be spending in excess of £4,000 a year (based on current prices at time of publication).

There are hidden costs too if you develop smoking-related illness or disability resulting in absence from work and increased insurance premiums.

### Benefits to your family

Stopping smoking means it's less likely that your children will become smokers. You will reduce the chances of your children suffering from bronchitis, pneumonia, asthma attacks, meningitis and ear infections.

Second-hand smoke is also a risk to pets. Living in a house with a smoker puts pets at greater risk of many health problems such as eye infections, allergies and respiratory issues including nasal and lung cancer.

## Useful tips you can try

1

Think about why you smoke? Why do you want to give up? Write this down so you can remember why you are giving up.

2

Remove anything around you that reminds you of smoking such as ashtrays and lighters.

3

Call yourself a non-smoker, you soon will be!

4

Get the support of friends and family by telling them you're dedicated to quitting.

5

Keep track of how much money you're saving and plan how you will spend it.

6

Prepare for possible withdrawal symptoms and how you will cope.

7

Remember cravings only last 2 to 3 minutes so distract yourself and it will be gone before you know it.

8

Don't let a slip up stop you. Just put it down to experience and start again.

9

Challenge yourself to quit by a certain date and stick to it.

10

Avoid other people smoking. This can be as bad as smoking yourself and will make it harder to quit



## WHAT SIGNS OR SYMPTOMS SHOULD I LOOK OUT FOR?

Recognising the signs of a lung condition early on can be helpful.

It means you are more likely to be able to treat it earlier and in more serious cases such as lung cancer, increase chances of survival.

### Common symptoms you can look out for:

Having a cough most of the time, that lasts for 3 weeks or more

A change in a cough that you have had for a long time

Weight loss

Loss of appetite

Being more breathless than usual and increasing breathlessness when exercising and moving around

Chest tightness

An ache or pain in the chest or shoulder

Frequent chest infections

Coughing up blood

Hoarseness

Wheezing

### If I notice a problem what should I do?

If you are worried about any of the symptoms above, see your GP as soon as possible.



For more information about lung cancer, lung health checks and advice on smoking visit:

**NHS Lung Cancer Information**

[www.nhs.uk/conditions/lung-cancer](http://www.nhs.uk/conditions/lung-cancer)

**NHS Smokefree**

[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

**Cancer Research UK**

[www.cruk.org/lunghealthchecks](http://www.cruk.org/lunghealthchecks)

[www.cruk.org/about-cancer/lung-cancer](http://www.cruk.org/about-cancer/lung-cancer)

[www.cruk.org/smoking](http://www.cruk.org/smoking)

**Roy Castle Lung Cancer Foundation**

[www.roycastle.org/information](http://www.roycastle.org/information)

[www.roycastle.org/help-and-support](http://www.roycastle.org/help-and-support)

**Asthma + Lung UK**

[www.asthmaandlung.org.uk/symptoms-tests-treatments/tests/lung-health-checks](http://www.asthmaandlung.org.uk/symptoms-tests-treatments/tests/lung-health-checks)

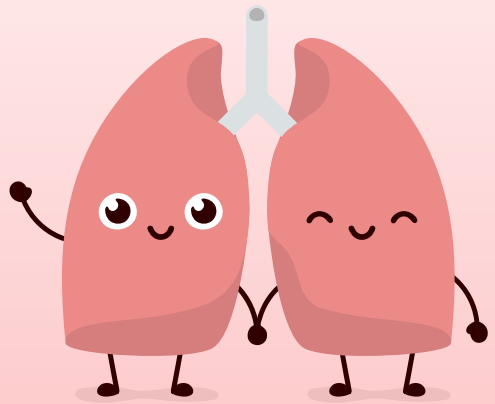
### Local info on stop smoking services/contact info etc.

Please contact the bookings team on **0117 233 8127**

Or email: [inl.swag.lcs@nhs.net](mailto:inl.swag.lcs@nhs.net)

## If I have more questions who can I contact?

Please visit our website:  
[www.swaglunghealthcheck.nhs.uk](http://www.swaglunghealthcheck.nhs.uk)  
or contact the Lung Cancer  
Screening Team via the phone  
number below.



If you have any further questions please contact the  
Lung Cancer Screening Team on:

**0117 233 8127**

**[inl.swag.lcs@nhs.net](mailto:inl.swag.lcs@nhs.net)**

[www.swaglunghealthcheck.nhs.uk](http://www.swaglunghealthcheck.nhs.uk)

With thanks to Liverpool, Knowsley & Halton Lung Cancer Screening  
Programme for curating the leaflet