



**Have you had a cough
for more than 3 weeks?**

Then it is time to tell your doctor.

EasyRead version

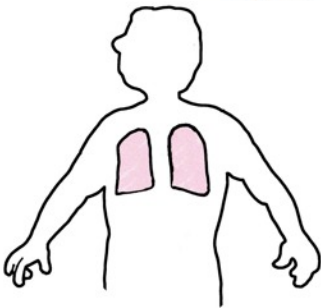
**BE CLEAR
ON CANCER**



This leaflet tells you about lung cancer.



If you have had a cough for more than 3 weeks then you need to tell your doctor.



It is probably nothing serious, but there is a chance that it could be a sign of lung cancer.



This leaflet is an easy read version of another leaflet about lung cancer.



You may like to have someone to support you when you look at this leaflet.

What is lung cancer?



A cough that is not going away could be a sign of lung cancer.



You can get lung cancer at any age but most people who get it are over 50.



Most people get lung cancer because they smoke, but some people just get it anyway.



In England more people die from lung cancer than any other cancer.



If you have got lung cancer, finding out quickly means it is easier to treat and can save your life.

How to spot it



If you have been coughing for more than 3 weeks you need to see your doctor straight away.



You also need to see your doctor if you have any of these:

- A cough that gets worse.



- Chest infections that keep coming back.



- Coughing up blood.



- You have been out of breath often for no reason.



- For some time you have been feeling more tired than usual.



- Been losing weight for no reason.



- A pain in your chest or shoulder that has not gone away.



Why do you need to see your doctor?

Most people do not have lung cancer. But it is best to get it checked out.



If you have got lung cancer, finding out quickly means it is easier to treat and can save your life.



So if you or anyone you know has any of these things wrong with them, get to the doctor as soon as possible.



It will probably not be serious, but it is better to be safe.



If you have not got a doctor you can find one near you on our website:

www.nhs.uk/lungcancer



What will your doctor ask you?

- How long have you had a cough?



- Has your cough changed?



- Have you coughed up any blood?



- Have you had any chest infections?



- Have you been out of breath often for no reason?



- Have you lost weight?



- Have you had any pains?



Before you see your doctor it might help to write down anything that is wrong with you, to show them.



They might ask you to go for an X-ray at your local hospital. This is quick and easy and you do not need to stay in hospital.

Seeing your doctor early could save your life



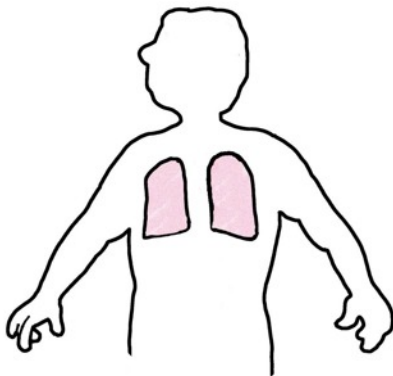
In 2003 Ann went to see her doctor straight away when she had a cough that would not go away.

She says “I am so glad I did, even though they told me I had lung cancer.”



Ann had treatment and says “I am still here and can do all the things I used to do before I had cancer, like swimming and long walks.”

Keeping well



There are things you can do to give you the best chance of not getting lung cancer.

Stop smoking



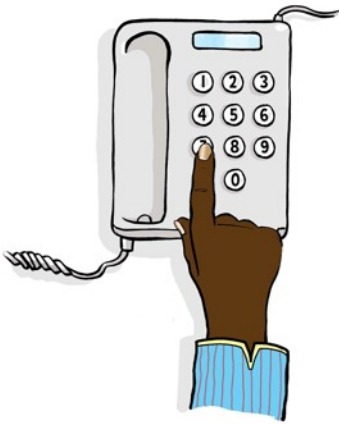
It is never too late to stop smoking. It might stop you getting lung cancer and will make you healthier.



You can get lots of help to stop smoking:

Go to the website:

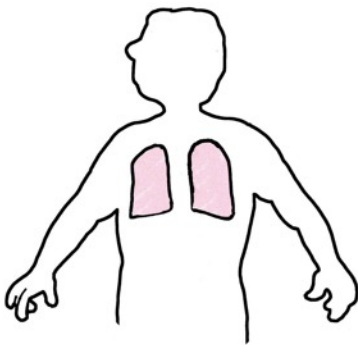
www.smokefree.nhs.uk



Or call:

0800 169 0169

Look after yourself



Keeping fit helps keep your lungs healthy, too.



The more you do, the better. Try:

- swimming

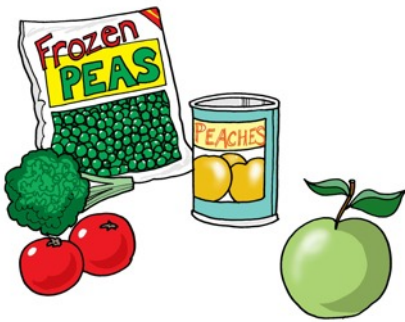


- walking

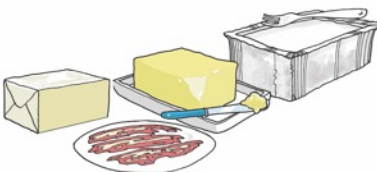


- cycling.

Eat well



- Eat more fruit and veg – your 5-a-day.



- Eat less fatty food.



- Eat less sugary food.



- Eat less meat, like burgers, sausages, bacon and ham.



- Drink less alcohol.



If you want to find out more please go to our website:

www.nhs.uk/lungcancer