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cancer in the UK

Lung cancer is the 3rd most common

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are diagnosed in a lifetime

1 in 13 males and 1 in 15 females

• losing weight

• feeling tired all the time (fatigue)

• losing your appetite

• infection that doesn't get better

• chest infections that keep coming back or a chest

• having an ache or pain in the chest or shoulder

• coughing up phlegm (sputum) with blood in it

without a problem

• getting out of breath doing the things you used to do

cough

• time - it may sound different or be painful when you

• having a change in a cough you have had for a long

• having a cough most of the time

The most common symptoms of lung cancer are:

Lung cancer symptoms

Lung Cancer

Information used in this booklet was provided by Healthworks Cancer Champions and also taken from Cancer Research UK

For more information visit:

www.healthworksnewcastle.org.uk

www.cancerresearchuk.org/lung

Local support and information

www.gateshead.nhs.uk/services/cancer-services/



Healthworks
the community health charity

72% of those cases are caused by smoking

Lung Cancer Risk

• Many lung cancers do not have a single cause

• Around 7 out of 10 lung cancers are caused by smoking. This includes breathing in other people's cigarette smoke.

• Some substances including asbestos, silica, and diesel exhaust increase the risk of lung cancer.

• Air pollution can cause lung cancer. It causes around 10% of lung cancer cases in the UK and depends upon level of exposure.

• Previous lung diseases can increase your risk of lung cancer. These risks are usually higher in smokers.

• Your risk of lung cancer is higher if you have a close relative (such as a parent or sibling) who has had lung cancer.

You're **four times** more likely to quit with the right support.



When you decide it's time to stop smoking, we will help you find the services and support that are right for you.

www.gateshead.gov.uk/SmokefreeGateshead

79% of lung cancer cases in the UK are preventable



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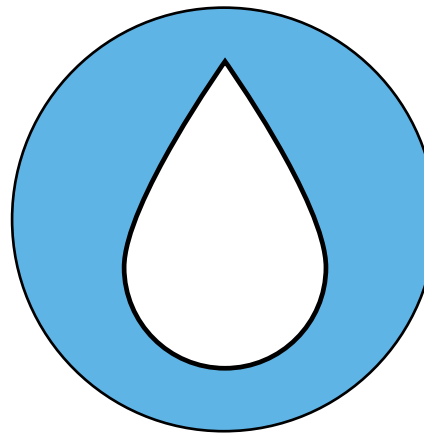
Common symptoms of lung cancer



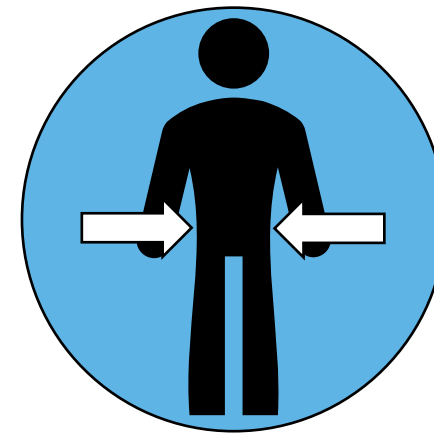
Persistent cough



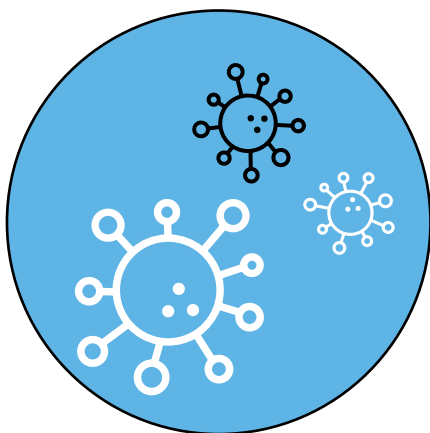
**Shortness of
breath**



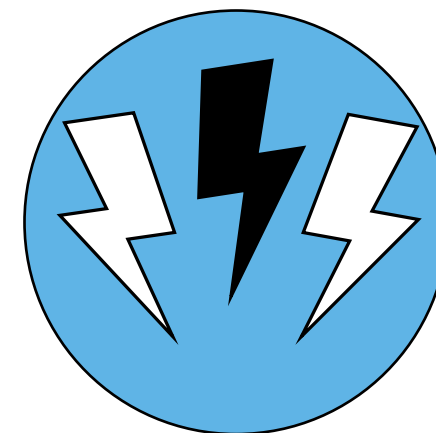
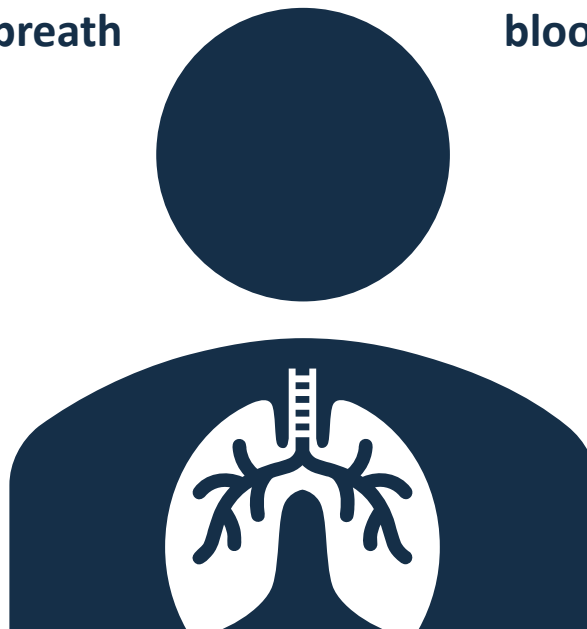
**Coughing up
blood**



**Unexplained
weight loss**



**Repeated respiratory
infection**



**Shoulder, arm,
chest or back pain**