



**For Help and Support on stopping smoking**

**Contact NHS Smokefree on 0300 123 1044 or  
visit: [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)**

**For FREE advice and FREE Nicotine  
Replacement Therapy contact**



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 **0800 840 1628**  
**01305 233 105**

Monday - Friday 9am - 6:30pm



**Dorset**



**Lung  
Cancer  
Screening**

**[What you need to know](#)**



## Why we are offering Lung Cancer Screening Assessments?

Lung Cancer Screening assessments can help find problems early, often before people notice anything is wrong. Finding things early also means that treating a problem is often simpler and more successful. Our aim is to identify problems at an early stage when treatment could be simpler and more successful - saving more lives.

## Why have you been invited?

Lung cancer Screening assessments are being offered in your area to people aged 55 to 74 who smoke or have previously smoked. You will receive a phone call from a member of the Lung Cancer Screening team in the coming weeks to check your eligibility and to book your telephone assessment.

## What is a Lung Cancer Screening Assessment?

A Lung Cancer Screening assessment is where trained nurses ask you questions about your smoking history, lifestyle and the overall health of your lungs, to work out whether you have a higher or lower risk of developing Lung Cancer in the future.

Anyone found to have a higher risk will be offered a low dose CT scan of their lungs to look for any abnormalities. Often these scans show normal lungs even for people found to have a higher risk of Lung Cancer however, it can also show incidental findings which if significant, you and your GP will be informed of.



## Why Early Diagnosis makes a difference

If there is a problem on one part of the lung and this is caught early, treatment can focus solely on the affected part. Small and early Lung Cancer can often be removed completely with an operation or treated with radiotherapy.

**For information on Lung Cancer Screening contact the Lung Cancer Screening Team on:  
01305 255589 OR 01305 255235**

You can also visit our web page

<https://www.dchft.nhs.uk/service/lung-health-check/>

Other useful information

<https://cancermatterswessex.nhs.uk>



## What is Lung Cancer?

Lung Cancer is one of the most common types of Cancer. It is when abnormal cells divide in an uncontrolled way to form a tumour in the lung. There are usually no signs or symptoms in the early stages. Finding Cancer early means treatment is much more likely to be successful. Most lung cancers grow slowly enough for it to be found at an early stage by a low dose CT scan.

### Symptoms of lung cancer include:

- A persistent cough or change in your normal cough
- Coughing up blood
- Being short of breath
- Unexplained tiredness or weight loss
- An ache or pain when breathing or coughing
- Appetite loss

Please see your GP if you develop any of these symptoms.

### What can I do to reduce my risk of Lung Cancer?

Ultimately stopping smoking is the best thing you can do to reduce your risk. Many people who have been smoking for years who have tried to quit in the past have successfully stopped smoking.

If you need support to stop smoking the nurse at your Lung Cancer Screening assessment will be happy to help. You can also contact live well Dorset directly ( see details on back page) or speak to your pharmacist or your GP.



**Lung Cancer Screening assessments are offered either over the telephone or face-to-face and take around 10 minutes.**

### What happens at a Lung Cancer Screening Assessment?

At your Lung Cancer Screening assessment, as registered nurse will ask you for your height and weight. They will also ask you questions about your past medical history, lifestyle and family history (if known). The nurse will then inform you whether you are High or Low risk of developing a Lung Cancer in the future.

### If you are:

1. **Low Risk** - You will be invited back for another assessment in approximately 2 years time and every 2 years until you age out of the programme at 75.
2. **High Risk** - if appropriate, you will be offered a low dose CT scan of your lungs within 6 weeks at your local county hospital. The nurse will discuss this with you and help decide whether this is the right option for you.

### CT scan results

Your CT scan results will be sent to you by letter in the post around 4 weeks after your CT scan.

If there are findings which require further investigation, a nurse will contact you to inform you of the next steps.

In all cases we will write to your GP.





### Low Dose CT Scan

If you require CT Scan on your lungs as a result of your Lung Cancer Screening assessment, an appointment letter will be sent to you in the post.

The CT scan uses a low dose of radiation and a computer to take a detailed picture of your lungs which a radiographer will report on.

During the scan you will be required to lie flat on your back. The scanner is shaped like a ring and rotates around a small section of your body whilst taking images as you pass through it.

The CT scan takes around 5-10 minutes. You are able to hear and speak to radiographer and will be asked to perform breathing exercises to ensure the images are clear.



### Possible Outcomes from the CT Scans

**No problems found**—There are no signs of possible Lung Cancer or other significant problems on the scan. You will receive a results letter and will be invited back to be scanned in approximately two years time. However if you start to have any symptoms which could be Lung Cancer (see page 5) before your next scan please see your GP.

**Further Low Dose CT Scan needed**—This usually means that there is something on the scan such as a simple lung nodule which is likely to be harmless but we may need to monitor it by scanning it again in the future. An appointment letter will be sent to you for this.

**Abnormality in the lungs needing further tests**— This means that something abnormal has been found in your lungs which needs checking with further tests. We will refer you to a Respiratory consultant for them to explain what has been found and what tests are needed next.

**Other abnormality found**—There appears to be no signs of Lung Cancer but some other abnormality has been seen on the scan that may need treatment or medical advice. We will refer you to an appropriate clinic and write to you and your GP to tell you what was found and advise you what to do next.

