



GIG
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Gwiriad Iechyd yr Ysgyfaint
Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board
Lung Health Check



Easy
Read

About your lung health check



You can get this booklet in different ways, like a standard one or in Welsh. Get these on our website by scanning the QR code or following this link:

www.ctmuhb.nhs.wales/services/lung-health-checks



Easy Read



This is an Easy Read version of some hard information. It may not include all of the information but will tell you about the important parts.



This Easy Read information uses easier words and pictures. You may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker.



These are words that some people will find hard. When you see a bold word, we will explain it in the next sentence.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

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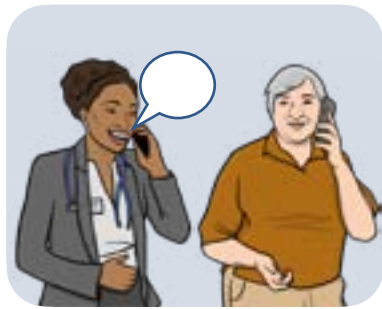
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About this booklet



This booklet is from the NHS in Wales. It is about getting a **lung** health check.



Your **lungs** are inside your chest. We use our lungs to breathe.



We do lung health checks to find and treat **lung cancer** before it gets too serious.



Lung cancer happens when the small **cells** in your lungs start growing out of control.

Our bodies are made of millions of tiny **cells**.



A lung health check can find cancer in your lungs before there are any signs that it is there.



Getting a lung health check can lower your chance of dying from lung cancer.

Who can have a lung health check

We are offering free lung health checks to people who are all of these things:



- Patients at some doctor's (GP) surgeries in the Rhondda.



- Aged 60 to 74.



- Who smoke or used to smoke.



No one has to have a lung health check. It is your choice.

How the lung health checks work



You will get a letter asking if you want a lung health check.



If you choose to have a lung health check, you will have an appointment on the telephone where you will be asked some questions.



We might then ask you to have a lung scan. It is quick and will not hurt.



If we give you a lung scan, we will contact you and your doctor when we have the results.

The telephone appointment



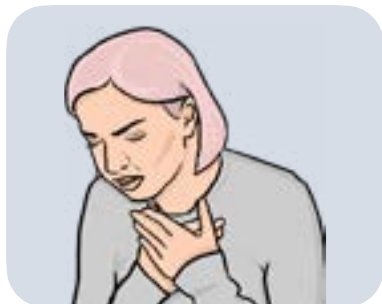
You will get a letter that tells you the time and date of your telephone appointment.



Someone you know can be with you for the telephone appointment. They can help you answer the questions.



If you cannot do the telephone appointment, please contact us using the details in the letter.



At the telephone appointment, you will be asked questions about:

- Your breathing.



- What you do in your everyday life.



You will also be asked about the care and medicine you have or have had in the past.

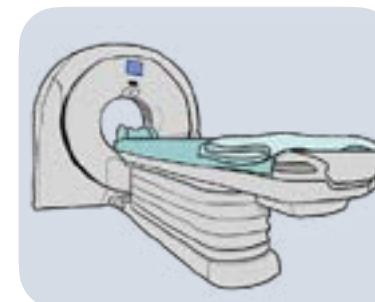


We will use your answers to see if you need to have a lung scan.



Usually, only 1 out of every 3 people who have a telephone appointment needs to have a lung cancer scan.

The lung scan



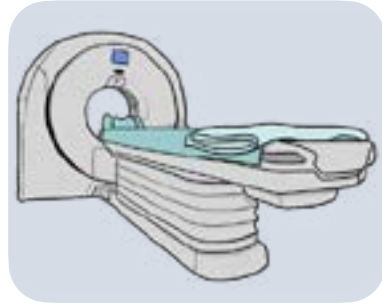
The lung scan uses an **X-ray** machine and a computer to take a picture of your lungs.



An **X-ray** is a special type of camera that can take pictures of inside your body.



You usually lie flat on your back on a bed to have your scan.



The scanner is shaped like a ring and goes around a small part of your body as you pass through it.

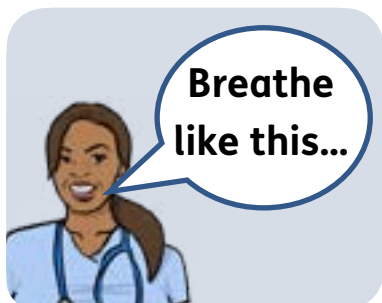


Trained staff will be in the room behind a screen. You will be able to see and speak to them.



You will need to:

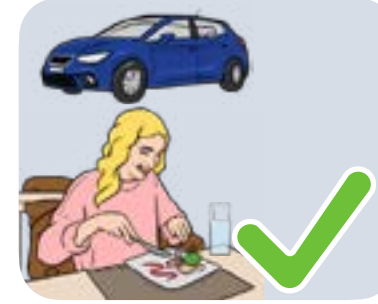
- Lie still.



- Follow instructions about how to breathe for 10 seconds.

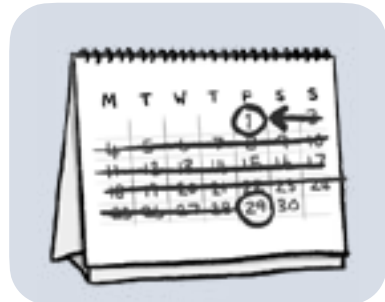


This is so the scanner can take clear pictures.



You can eat, drink or drive before and after your scan.

Results of your lung scan



You will get your results about 4 weeks after your lung scan.

There are 3 possible results you can get:



1. No signs of lung cancer.



2. You need to have another scan in a few months.



3. You need to have some more tests.



1. No signs of lung cancer

Most people will have no signs of lung cancer on their scans.

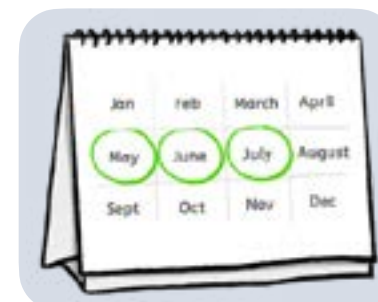
2. You need to have another scan in a few months



It is common to find small changes in your lungs called 'nodules'.



They are usually harmless but could turn into cancer over time.



We will ask you to come for another scan after 3 months to check on the nodules.

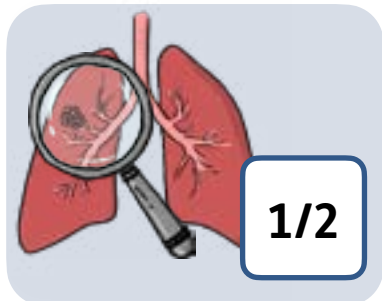
3. You need to have some more tests



This means we have seen something on your scan and we need to do more tests.



We will call you and give you an appointment at Royal Glamorgan Hospital.

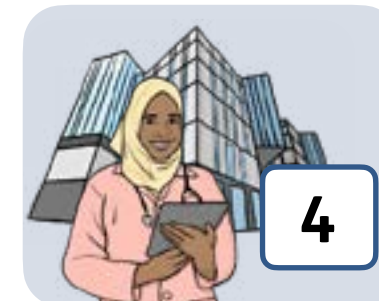


We find that about half the people who come for more tests have lung cancer.

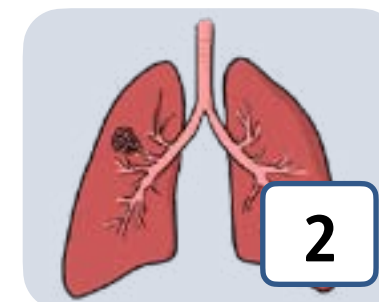
Normally, out of 100 people who have the lung scan:



- 16 people will have to have another scan after 3 months.



- 4 people will need to have more tests.



- 2 people will have lung cancer.

Why you should have a lung health check



Lung health checks can save lives.



Lung cancer can be found at an early stage.



When we find cancer early it means that the treatment:

- May be simpler.
- Is more likely to work.

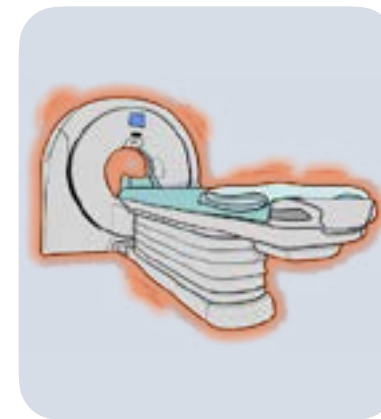


The risks of having a lung health check



A **risk** is when you do something without knowing what is going to happen.

These are some possible risks of having a lung health check:

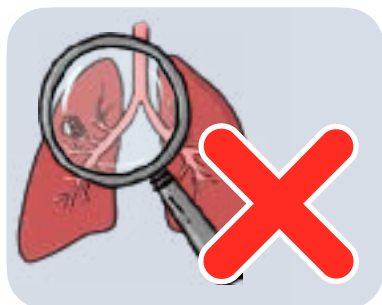


1. **The scan will use radiation to take a picture of your lungs**

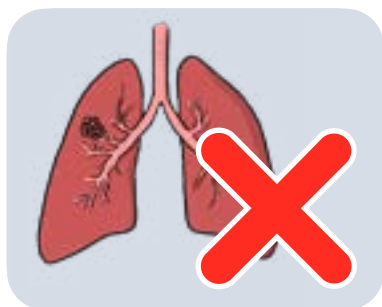
Radiation is energy waves that can harm your body.



If you have a scan, the chance of saving your life is much higher than the chance of being harmed by radiation.



2. Lung health checks do not find all lung cancers



3. Some people who need more tests after their lung cancer scan will not have lung cancer



4. Scans might find lung cancer that would never be harmful



Doctors cannot always tell if cancer is going to be dangerous.



This means some people might have tests and treatment that they do not need.

How to lower your chance of getting lung cancer

Stop smoking



Stopping smoking is the best way to improve your health.



It is never too late to stop smoking.



If you want to stop, we are here to help.



You are more likely to stop for good with support from the free NHS Help Me Quit service.



You can ask about the free NHS Help Me Quit service at your phone appointment or you can contact them by:



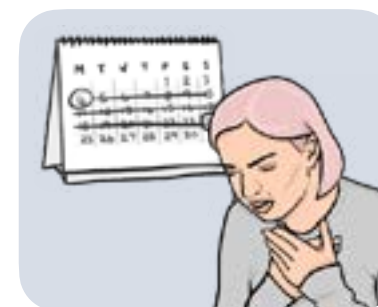
- Phone: 0800 085 2219



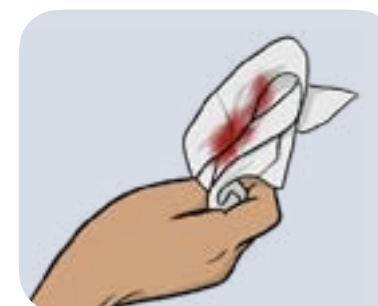
- Website:
www.helpmequit.wales

How to look out for lung cancer

It is important to look out for any signs that you might have lung cancer, like:



- A new cough that lasts for more than 3 weeks, or a change in your usual cough.



- Coughing up blood.



- Being tired or losing weight for no reason.



- Having an ache or pain when you breathe or cough.



Another sign that you might have lung cancer is not wanting to eat anything.



If you have any of these signs, you should see your doctor as soon as possible.



You can take this booklet with you to the doctor's appointment.

To find out more



You can look at our website here:
[www.ctmuhb.nhs.wales/services/
lung-health-checks](http://www.ctmuhb.nhs.wales/services/lung-health-checks)



You can also scan this QR code with your phone to go to our website.

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