



Targeted Lung
Health Check
Programme



Living Well



Why you were invited to the Lung Health Check



There are around 48,500 new lung cancer cases in the UK every year, that's more than 130 every day. This makes lung cancer the 3rd most common cancer in the UK, accounting for 13% of all new cancer cases (2016-2018).

Sadly, there are around 35,100 lung cancer deaths in the UK every year, that's 96 every day. It is the most common cause of cancer death in the UK, accounting for 21% of all cancer deaths (2018). This is because very often the signs and symptoms of lung cancer go unnoticed or develop later in the disease process.

Lung health checks (LHC) are being offered in your area to people aged from 55 to 74 who smoke or used to smoke. Finding lung cancer early means it is much more likely to be cured.

We are doing these lung health checks to help find lung cancer early.



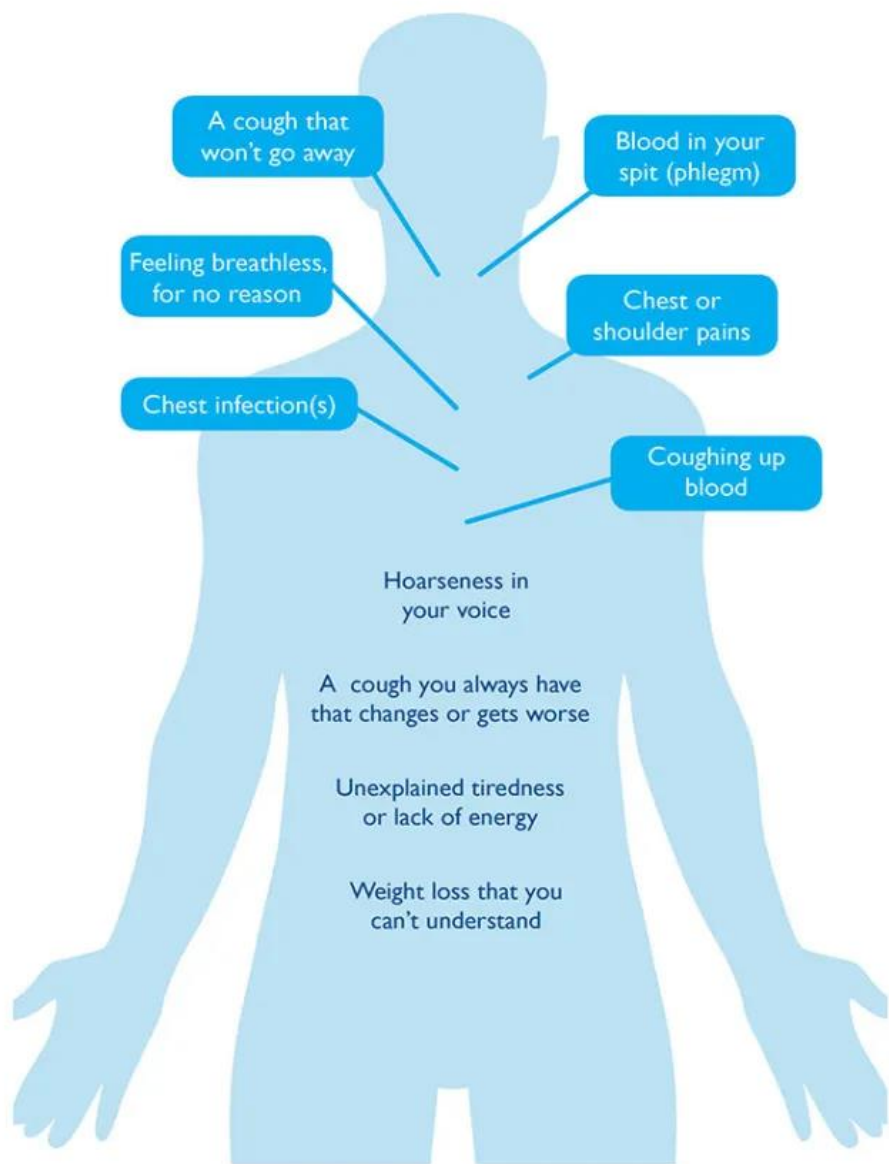
Signs of Lung cancer



Not all lung cancers may be picked up as part of the programme or symptoms may develop in between your lung health check review. It is important you are aware of these, so they do not go unnoticed.

- Persistent cough that lasts three weeks or more
- Breathlessness
- Repeat chest infections
- Chest and/or shoulder pain
- Loss of appetite and/or unexplained weight loss
- Change in a long-term cough, or a cough that gets worse
- Coughing up blood
- Unexplained fatigue or lack of energy
- Hoarseness
- Finger clubbing (changes to the shape of your fingers and fingernails)
- Blood clots.

If you notice any of these signs or symptoms, please contact your GP Practice. It is likely to be nothing of any concern, but it is always safer to check.



A cough that won't go away

Blood in your spit (phlegm)

Feeling breathless, for no reason

Chest or shoulder pains

Chest infection(s)

Coughing up blood

Hoarseness in your voice

A cough you always have that changes or gets worse

Unexplained tiredness or lack of energy

Weight loss that you can't understand



What can I do to reduce my risk of lung cancer?

The single best thing you can do to prevent lung cancer is not to smoke.

Most people who smoke started when they were a young age. They tried their first cigarettes because of peer pressure or because their parents smoked, so it seemed very normal. However, once people start smoking it's very hard to stop!

Why do some people find it harder than others to quit?

Tobacco smoke contains over 5,000 chemicals, including nicotine. Nicotine is highly addictive, and smokers will develop a level of physical dependence to their use of tobacco. Nicotine is thought to be as addictive as heroin and cocaine.

The tobacco industry has designed and modified cigarettes, adding additional chemicals, to make them as addictive as possible. Because of this physical addiction, some people may find it takes a long time to stop for good.

Getting help isn't failing....

You are three times more likely to stop smoking if you get help. There is lots of free support available, including stop smoking aids and nicotine vaping.



Contact NHS Smokefree on **0300 123 1044** or visit www.nhs.uk/smokefree. Or ask your pharmacist or GP Practice about free local support available.

For more information about stop smoking services in Nottinghamshire area: <https://yourhealthnotts.co.uk> or **0115 772 2515**

For more information about stop smoking services in Nottingham City: <https://ncgpa.org.uk> or **0115 824 0583**



Keep a Healthy Weight



Being overweight is the second biggest cause of cancer!

Healthier diets could prevent around 1 in 20 cancers.

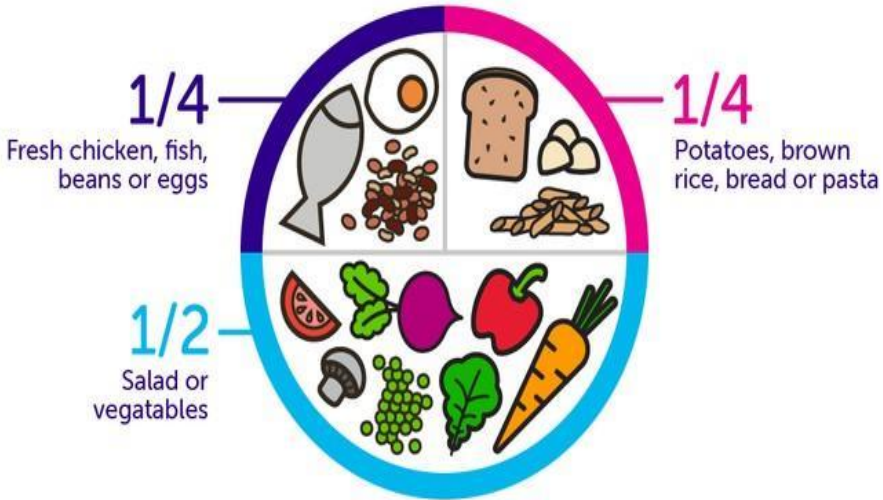
Being overweight doesn't mean that you'll *definitely* develop cancer, but it can increase your risk score for developing cancer. This risk will decrease if you are a healthy weight.

Being a healthy weight has lots of benefits, including reducing the risk of cancer and other health problems.



Healthy Eating

Having healthy food and drink can reduce your risk of cancer. Aim to have plenty of fruit and vegetables, foods high in fibre and healthy proteins. Cut down on processed and red meat, and high calorie foods and drinks.



Eat more fruit and vegetables

Fruit and vegetables are the main parts of a healthy diet, so they are a good place to start. When serving a meal, start with veggies and salad, and aim for this to fill at least half of your plate.

Up your fibre intake

Having a diet with lots of foods high in fibre, particularly wholegrains, can reduce your risk of bowel cancer and help keep you feeling fuller for longer. Try having wholegrain versions of your usual carbs, like wholegrain bread, brown pasta or brown rice. And if you're reaching for a snack, you could swap crisps for plain popcorn.

Eat less processed and red meat

Eating processed and red meat can increase the risk of bowel cancer. Have more meat free days and swap to healthier proteins. Try using pulses, including lentils and beans, fresh chicken or fresh fish in the place of meat in your favourite dishes.

Dairy

Dairy or dairy alternatives can be eaten as part of healthy and balanced diet. The British Dietetic Association recommends you aim for 3 portions of dairy foods a day.

Dairy is a good source of proteins, calcium and other vitamins. Nonetheless the amount of fat and sugar can vary quite a bit between products. Try to choose low sugar, low fat options where possible.

Occasional foods are things that we can enjoy every now and then but shouldn't make up a big part of our everyday diet. These foods might be slightly different for everyone but are things like cake, chocolate, biscuits, and crisps. One way to think about a healthy diet is with 'everyday foods' and 'occasional foods'. This isn't about strict rules or never having any less healthy foods, it's about getting a good balance.



What is a portion?



Over the years portion size and plate size have grown along with our waistlines. Knowing the right portion size for different foods is important to have a healthy diet. But this isn't always clear when the packet tells us the portion size in grams.

To save you getting out the scales every time you're cooking, the British Nutrition Foundation have put together a guide for practical and easy ways to get your portions right.

Food	Portion Size
Dried pasta or rice	2 handfuls
Potatoes	about the size of your fist
Baked beans	half a standard 400g tin
Carrots, peas, or sweetcorn	3 heaped spoons
Unsalted nuts and seeds	the amount that sits in your palm
Hard cheese (e.g., cheddar)	2 thumbs or a match box
Chicken (boneless and skinless)	half the size of your hand
Fruit	The size of an apple

Struggling to lose weight?

If you're overweight, losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.

Download the free NHS Weight Loss Plan to help you start healthier eating habits, be more active, and start losing weight.




The plan is broken down into 12 weeks so you can:


- set weight loss goals
- use the BMI calculator to customise your plan
- plan your meals
- make healthier food choices
- get more active and burn more calories
- record your activity and progress


How much alcohol am I drinking?



Alcoholic drinks contain more calories than we might realise. The calories can quickly add up, on top of calories in what we eat.

 A large glass of white wine contains around 188 calories - or just over one and a half bags of crisps.

 A pint of bitter contains around 170 calories - that's more than a can of original coke.

 Mulled wine is popular during the festive season, but the mix of alcohol and lots of sugar means a large glass contains around 388 calories - or nearly five chocolate digestives.

Alcohol stops your body from burning fat

When you drink alcohol, your body focuses on breaking down alcohol opposed to burning fat. As your body is changing the way in which it stores energy from food and drink, it can make losing weight harder.

Cutting down on alcohol could help you keep a healthy weight

Sensible Drinking

Did you know as many as 1 in 5 people in Great Britain don't drink at all?

All types of alcoholic drink can cause cancer. Alcohol gets broken down into a harmful chemical and can also affect our body's chemical signals, making cancer more likely to develop.

The NHS recommends drinking no more than 14 units of alcohol a week. But the less you drink the better.

Cutting down on alcohol has lots of benefits, including reducing your risk of cancer.

Tips for cutting down on alcohol

1. **Keep track.** Keep a record of how much you drink and see what helps you cut down.
2. **Drink-free days.** Choose which days you won't drink and stick to them.
3. **Alternate alcoholic drinks with non-alcoholic ones.** If you tend to have 3 or more drinks at one time, this can help slow you down.
4. **Don't stock up on alcohol.** Having alcohol at home may make it more likely that you'll have a drink.
5. **Use smaller glasses.** Even if they have the same amount of alcohol in them, small glasses can help people drink less.

6. **Don't top-up.** Continually topping up glasses makes it hard to keep track of how much alcohol you and your friends have had. Instead wait until glasses are empty before having another.
7. **Don't buy rounds of drinks.** If you're drinking in a group, you don't have to keep pace with everyone else. If everyone gets their own drinks it gives you more control over how much you're drinking.
8. **Buddy up with a friend or family member.** Not drinking when you're with other people who are can be tricky, but it's much easier if you're not the only one!
9. **Be realistic and stick with it.** The sooner you build changes into your life, the better for your health. But it can be difficult to make lots of changes at once. Try making one change, and when you feel confident make another. Small changes can add up to make a big difference to how much you drink.

If you think you might be drinking too much, you can talk to your GP practice for support. You can also call Drinkline, the free national alcohol helpline, in complete confidence.

Whatever your drinking habits, drinking less alcohol will be good for your health.

Exercise

No matter what age or ability, exercise is important to keeping us living well.

Physical activity guidelines for adults aged 19 to 64

Adults should do some type of physical activity every day. Exercise just once or twice a week can reduce the risk of heart disease or stroke.



Speak to your GP practice first if you have medical conditions or concerns and you have not exercised for some time. Make sure your activity and its intensity are appropriate for your fitness.

Adults should aim to:

- do strengthening activities that work all the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week
- spread exercise evenly over 4 to 5 days a week, or every day
- reduce time spent sitting or lying down and break up long periods of not moving with some activity.

Older adults ...should do some type of physical activity every day. It can help to improve your health and reduce the risk of heart disease and stroke.

Speak to your GP practice first if you have medical conditions or concerns and you have not exercised for some time. Make sure your activity and its intensity are appropriate for your fitness.

Adults aged 65 and over should:

- aim to be physically active every day, even if it's just light activity
- do activities that improve strength, balance and flexibility on at least 2 days a week
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity if you are already active, or a combination of both
- reduce time spent sitting or lying down and break up long periods of not moving with some activity



What counts as light activity?

Light activity is moving rather than sitting or lying down.

Examples of light activity include:

- getting up to make a cup of tea
- moving around your home
- walking at a slow pace
- cleaning and dusting
- vacuuming
- making the bed



What counts as moderate intensity activity?

Moderate intensity activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Examples of moderate intensity activities include:

- walking
- water aerobics
- riding a bike
- dance for fitness
- pushing a lawn mower
- hiking.



What counts as vigorous intensity activity?

Vigorous intensity activity makes you breathe hard and fast. If you're working at this level, you will not be able to say more than a few words without pausing for breath.

In general, 75 minutes of vigorous intensity activity can give similar health benefits to 150 minutes of moderate intensity activity.

Most moderate intensity activities can become vigorous if you increase your effort.

Examples of vigorous activities include:

- running
- aerobics
- swimming
- riding a bike fast or up hills
- singles tennis
- football
- hiking uphill
- martial arts.



Want to know more?

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

www.nottslunghealthcheck.nhs.uk

NHS Lung Cancer Information

www.nhs.uk/conditions/lung-cancer/

NHS Smokefree

www.nhs.uk/smokefree

NHS Live well

[Exercise - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Cancer Research UK

www.cruk.org/lunghealthchecks

www.cruk.org/about-cancer/lung-cancer

www.cruk.org/smoking

Roy Castle Lung Cancer Foundation

www.roycastle.org/information

www.roycastle.org/help-and-support

NHS Alcohol

[Alcohol support - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Drink line - If you're worried about your own or someone else's drinking, you can call this free helpline in complete confidence. Call 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm).

NHS Weight loss

<https://www.nhs.uk/better-health/lose-weight/>

For more information about stop
smoking services in Nottinghamshire
area:

<https://yourhealthnotts.co.uk>

Telephone: 0115 7722515

For more information about stop
smoking services in Nottingham City:

<https://ncgpa.org.uk>

Telephone: 0115 8240583

A privacy notice about this project can be found on the NHS England website

<https://www.england.nhs.uk/homepage/>