

PEOPLE DO SURVIVE.

ERIC'S STORY

"I was having a great life. Happily married, a grown-up daughter, I enjoyed my job. And that came to an abrupt halt in October 2008.

I had an irritating tickly cough I just couldn't get rid of. And I also noticed when I coughed in my hankie I'd find traces of blood some mornings. I was completely unaware it could be lung cancer.

It was only due to my daughter's persistence that I went to the doctor to have it investigated. My chest was clear, I didn't have any pains or problems breathing, just this niggly cough and traces of blood in my hankie. It turned out, following an x-ray, that I had lung cancer.

I had two lots of chemotherapy and the doctors said they'd never seen such shrinkage in a tumour before and that I was a prime candidate for surgery. I had surgery in 2009 and was told later that it was extremely successful.

If you do have any problems with your chest or lungs, like a cough that doesn't go away, breathlessness or fatigue, get to your doctor and have a thorough examination. Just remember, an early diagnosis of lung cancer can be a life saver.

Now I keep myself busy so I don't have to face the thought of the cancer coming back. I'm 100% back to how I was before the diagnosis. And I live a very happy life."

You can see Eric's full story at getcheckedearly.org

DON'T GET SCARED, GET CHECKED.

If you're worried about your chest, breathing or a change in your cough, it's important that you see your GP as soon as possible.

DON'T GET SCARED, GET CHECKED.

getcheckedearly.org

For more information call NHS Inform on 0800 22 44 88.

Lines open 8am-10pm, 7 days a week.



Search 'Detect Cancer Early'



#getcheckedearly



"LUNG CANCER ISN'T WHAT IT USED TO BE."



“I remember being told my parents had lung cancer. It’s one of the scariest things you’ll ever hear. But things are different now. These days, lung cancer doesn’t have to be a death sentence. And finding it early could save your life.”

Sir Alex Ferguson

Lung cancer is the most common cancer in Scotland. And, unfortunately, it’s a big killer. But there is some good news. More people than ever in Scotland are surviving lung cancer – 1,300 more a year compared to 25 years ago.

The simple truth is, more people are surviving because treatments are better and more people are getting checked earlier. The earlier lung cancer’s found, the easier it is to treat. And the more likely you are to survive.

A WEE BIT OF EXTRA TIME.

Of course, not everyone will survive lung cancer. But even if it can’t be cured, there’s a lot that can be done to treat your symptoms and improve your quality of life. Not to mention give you more time.

Think about it for a minute. Being around a bit longer might mean you get to walk your daughter down the aisle. Or see your grandson in a school uniform for the very first time.

And it’s not just about you. Imagine how those closest to you would feel if you weren’t around.

Thanks to better treatment, there are things that can be done to help people with lung cancer. Like helping you breathe easier and sorting out your cough. It’s not all plain sailing but people with lung cancer don’t have to live painful, difficult lives anymore.

THINGS TO LOOK OUT FOR.

For some people, having a cough a lot of the time is normal. But if your cough sounds different, or it changes in any way, you need to get it checked out. It might be nothing to worry about but it’s always worth getting it looked at.

Below is a list of other symptoms you should see your doctor about. Having one or more of these symptoms doesn’t mean you’ve got lung cancer. But if you’ve had them for more than three weeks you shouldn’t ignore them. Just make an appointment to see your GP.

- **A cough that doesn’t go away**
- **A cough you’ve had for a long time that gets worse or changes**
- **Feeling breathless for no reason**
- **A chest infection that doesn’t clear up**
- **Coughing blood**
- **Unexplained weight loss**
- **Chest or shoulder pains**
- **Unexplained tiredness or lack of energy**
- **A hoarse voice**

GETTING CHECKED.

If you have one or more of these symptoms and you’re worried about it, it’s always best to get checked out. Here’s what will happen.

- **Your GP will probably want to examine you. They’ll decide if you need to have a chest x-ray and arrange it.**
- **If you need more tests, they’ll make an appointment for you to see a chest specialist.**
- **If you’re diagnosed with lung cancer you’ll be referred to a specialist lung cancer team for treatment and care.**

WHO’S AT RISK.

Lung cancer isn’t just a smoker’s disease. It’s true that smokers and ex-smokers have more of a risk, but it’s important to remember that people who have never smoked develop lung cancer too. Everyone is at risk.

As well as smoking, there are other things that increase the risk of developing lung cancer. Things like passive smoking (breathing other people’s smoke) and some types of air pollution.

