

## Key information about lung scans

### Early treatment is effective –

You're three times more likely to be diagnosed early through screening. Early lung cancers can often be removed or treated with radiotherapy.

**Screening reduces lung cancer deaths** – Research suggests a 25% lower risk of dying from lung cancer with CT screening.

**Minimal radiation exposure** – The low-dose CT scan exposes you to the same radiation as one year's natural background exposure.

**Possible limitations** – Some scans may miss cancer (false negatives), or detect harmless abnormalities that require further tests (false positives).

**Overdiagnosis risk** – In rare cases, screening finds cancers that would never have caused harm, leading to unnecessary treatment.

## Symptoms to watch for

Lung cancer can develop between scans, so look out for:

- Persistent or changing cough
- Coughing up blood
- Shortness of breath
- Unexplained tiredness or weight loss
- Chest pain when breathing or coughing
- Appetite loss

If you experience these, see your GP immediately—don't wait for your next scan.

## Reducing your risk

Quitting smoking greatly lowers your lung cancer risk. Many long-term smokers have successfully stopped.

## Free stop-smoking services:



Ask at your GP surgery



NHS Smokefree: 0300 1231044



[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

**More information at:**  
[www.nhs.uk/lung cancer screening](http://www.nhs.uk/lung_cancer_screening)



# Lung Cancer Screening

## What you need to know



Visit: [bobicb.com/lungcancer](http://bobicb.com/lungcancer)

## Lung Cancer Screening:

### What you need to know

Lung cancer often has no symptoms in its early stages, leading to late diagnoses. However, most lung cancers grow slowly enough to be detected early through screening. Early detection improves treatment success and saves lives.

### What is Lung Cancer Screening?

Lung Cancer Screening is a two-step process:

1. Initial Assessment: A phone call or meeting with a health professional to evaluate your lung cancer risk.
2. Lung Scan: If you are at higher risk, you'll be invited for a quick, detailed scan of your lungs. If anything concerning is found, further tests or treatment will be arranged.

### Why you've been invited

Lung cancer risk is higher in people aged 55 to 74 who smoke or used to smoke. While most people screened won't have lung cancer, early detection can lead to effective treatment.

### Why early diagnosis matters

Detecting lung cancer early allows treatment to focus on a small affected area. If caught late, it may have spread, making treatment more difficult.

## What is Lung Cancer?

Lung cancer is one of the most common cancers, caused by uncontrolled cell growth forming a tumour in the lungs. It usually has no early symptoms. Screening helps detect it before symptoms appear, improving treatment outcomes.

## What happens at a Lung Cancer Screening?

1. Lung Health Check: A health professional will assess your risk.
2. Lung Scan: If necessary, you'll have a low-dose CT scan for a detailed lung image. The process is painless, quick, and requires no injections or special preparation.

## What to expect during the scan

- You'll lie flat on a bed that moves through a ring-shaped CT scanner.
- Radiographers control the scanner from behind a screen, but you can see and speak to them.
- You must stay still and follow breathing instructions for about 10 seconds.
- You can eat, drink, and drive as normal before and after the scan.
- Avoid jewellery or clothing with metal (such as zips), as these may need to be removed

## Possible scan results:

1. **No problems found** – No signs of lung cancer. You'll be invited for another scan in two years but should see a doctor if new symptoms appear.
2. **Second scan needed** – A follow-up scan in 3 to 12 months is required to monitor an unclear finding, likely harmless but needing further observation.
3. **Further tests needed** – Something concerning was found, and additional tests, such as a biopsy, may be required.
4. **Other issues found** – The scan may detect other health problems. You and your GP will be informed and you may be advised to contact the practice, or simply follow life-style measures. In some cases further referral may be needed.



# LUNG CANCER SCREENING

If you're age 55-74 and used to smoke you will be invited for a lung cancer screening



## What is a lung cancer screen?

Lung cancer screening helps detect cancer early, often before symptoms appear. Early diagnosis improves treatment options and increases success rates.

Your screening may happen in person, over the phone or online.

## Why am I invited?

Lung cancer is the leading cause of cancer deaths in the UK and often has no early symptoms. A lung health check assesses your lung function and can detect cancer early—when treatment is most effective. Screening helps find lung cancer sooner, sometimes before symptoms appear, giving you the best chance for successful treatment.

## What happens in the screening?

A health professional will assess your lung cancer risk by asking about your health, lifestyle, breathing, and medical history.

They will also measure your height and weight.

You will not have any injections or be asked to bring anything along with you.

If you are a current smoker, you will be offered advice on how to stop smoking.

## What happens afterwards?

After your lung health check, you will either:

- Need no further action if you're not at higher risk.
- Be referred to your GP for follow-up if any lung health issues are found.

Be offered a CT scan if you're at higher risk of lung cancer. This may be at your local hospital or a mobile scanning unit. The scan will take around 30 minutes and is painless.



**Find out more:**

Thames valley Cancer Alliance website: [bobicb.com/lungcancer](https://bobicb.com/lungcancer)

