



**Healthier
Scotland**
Scottish
Government

DON'T LET LUNG CANCER MAKE ITSELF AT HOME.

Unusual breathlessness or a persistent cough that's new or different for you, and lasts over 3 weeks, could be lung cancer — especially if you're over 40.

The sooner it's found, the easier it is to treat.

Contact your GP practice without delay.

[GetCheckedEarly.org](https://www.getcheckedearly.org)

While there's probably nothing to worry about, it's best to get checked early. Your GP practice wants to hear from you.

SIGNS AND SYMPTOMS

Unexplained and persistent (3+ weeks) in those aged 40+:

- Change in cough or new cough
- Change in breathlessness or new breathlessness
- Fatigue in smoker or ex-smoker
- Persistent or recurring chest infection

May also be accompanied by:

- Coughing up blood
- Chest/shoulder pain
- Unexplained weight loss
- Loss of appetite
- Hoarse voice

GETTING CHECKED

What to expect when you contact your GP practice:

- Some consultations are taking place over the phone or via video call
- Your GP/primary care clinician will listen to your concerns about your health and ask questions about your symptoms
- They may ask you to come in to examine your chest
- They'll decide if you need to have a chest x-ray or other tests and will arrange these for you
- If you need more investigations, they may arrange for you to see a chest specialist in a hospital

WORRIED ABOUT SOMEONE?

If a family member or friend is experiencing any symptoms mentioned on this leaflet, encourage them to contact their GP practice. It's time to start a conversation.

Whilst every effort has been taken to ensure the accuracy of this text, the original documentation should be relied upon as the true and accurate version.