



Lung Cancer

Lung cancer is one of the most common and serious types of cancer. Smoking is the most common cause and around 7 in 10 cases are linked to smoking.

It's never too late to give up smoking and it is the best way to cut your risk. If you want to give up smoking you are up to three times more likely to succeed with the support of a stop smoking service such as the one to one support we offer.

Did you know...

7 in 10 cases lung cancers cases are linked to smoking in the UK

Around 43,000 cases are diagnosed each year in the UK

Lung cancer usually affects people over the age of 60 and is rare in under 40s

Lung cancer is also associated with second hand smoke, air pollution and exposure to chemicals

Signs and symptoms

There are usually no signs or symptoms in the early stages of lung cancer, but many people with the condition eventually develop symptoms including:

- A persistent cough
- Coughing up blood
- Persistent breathlessness
- Unexplained tiredness and weight loss
- An ache or pain when breathing or coughing

You should see a GP if you have these symptoms.

Screening

- If you experience any symptoms it's important that you speak to your GP.
- There are no screening tests for lung cancer but early diagnosis improves the chances of effective treatment.

Risks and how to reduce them

- Smoking cigarettes is the single biggest risk factor for lung cancer. It's responsible for more than 7 out of 10 cases
- Tobacco smoke contains more than 60 different toxic substances, which are known to be carcinogenic (cancer-producing)
- If you smoke more than 25 cigarettes a day, you are 25 times more likely to get lung cancer than someone who does not smoke
- Frequent exposure to other people's tobacco smoke (passive smoking) can also increase your risk of developing lung cancer
- While smoking cigarettes is the biggest risk factor, using other types of tobacco products can also increase your risk of developing lung cancer and other types of cancer, such as oesophageal cancer and mouth cancer

You can take action to reduce your risk by:

- stopping smoking

However long you have been smoking, it's always worth quitting. Every year you do not smoke decreases your risk of getting serious illnesses, such as lung cancer.

After 12 years of not smoking, your chance of developing lung cancer falls to more than half that of someone who smokes. After 15 years, your chances of getting lung cancer are almost the same as someone who has never smoked.

- eating a balanced diet
- taking regular exercise

Further information and resources

- [Healthworks 'Take a minute' lung cancer video](#)
- [NHS website](#)
- [Cancer Research](#) - lung cancer
- [MacMillan Cancer Support](#)
- [Asthma + Lung UK](#)