



Lung Cancer

Find cancer early



Lung cancer can affect anyone at any age but is more common in people aged 50 and older and in people who smoke.

About 8 out of every 10 cases of lung cancer are caused by smoking, but people who do not smoke can get lung cancer too.

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If lung cancer is found early, it's easier to treat and there's a better chance of recovery.

Contact your doctor **without delay** if you have any of the following signs or symptoms:

- A new cough lasting for more than 3 weeks
- A change to a cough that you have had for a long time, e.g. your cough may sound different to usual, may be more severe, or it may hurt when you cough
- Breathlessness more than is normal for you
- Coughing up blood or blood stained phlegm
- Unexplained chest pain
- Chest infections that keep coming back
- Loss of appetite
- Unexplained weight loss
- Feeling very tired all the time, more than is normal for you

**For tips to reduce your risk of lung cancer,
see the other side of this page.**

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Reduce your risk of lung cancer



Tobacco: Tobacco increases risk of lung cancer for you and the people around you. The best form of defence is not to start smoking. Quitting tobacco products reduces cancer risk.



Radon: Radon is a radioactive gas found in the environment. It has no colour, taste or smell. It can increase risk of lung cancer in people exposed to high levels of radon over long periods of time. The risk from radon is even higher for people who smoke, so it is even more important to think about quitting smoking if you live in a moderate or high radon area. Visit www.radon.ie for information on how to check radon levels and how to reduce your exposure to radon.



Workplace: Some workplaces involve exposure to cancer-causing substances like, asbestos, arsenic and silica. Follow your workplace health and safety instructions to help reduce the risk of your exposure to cancer-causing substances in your workplace.



Air pollution: Exposure to air pollution increases the risk of lung cancer. The increased risk for each individual person is small. It is difficult to avoid air pollution altogether. You don't need to avoid going outside. We can all play a part in reducing air pollution. For example, choosing to walk or cycle instead of driving can help reduce pollution, and is a great way to keep active.



Chronic Obstructive Pulmonary Disease (COPD): If you have COPD you are at a higher risk of lung cancer compared to people who do not have COPD. Know the signs and symptoms of lung cancer.



Family History of lung cancer: You are at higher risk of lung cancer if you have a close relative, such as a parent, brother or sister, who has had lung cancer. Know the signs and symptoms.

For more information, visit:

www.hse.ie/preventcancer

www.hse.ie/checkthatcough



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