



It's never too late to quit smoking

**Quitting smoking reduces
your risk of 15 types of cancer,
including lung cancer**



**For free HSE QUIT Support
Visit [QUIT.ie](https://quit.ie)
Call us on 1800 201 203**

nccp
National Cancer
Control Programme

Spot cancer early: Lung Cancer

**Your chance of survival
is much better if cancer
is found early**



Symptoms of lung cancer can include:

- A new cough lasting for more than 3 weeks
- A long standing cough that has changed
- Chest infections that keep coming back
- Feeling breathless more than is normal for you
- Weight loss that you can't explain
- Feeling very tired all the time

**Phone your GP
if you have any of
these symptoms**

