



# 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 or  
FREETEXT 'QUIT' to 50100**



**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**

