

BE SMOKE-FREE

Stopping smoking is the **single best thing you can do for your health** and the benefits start sooner than you might think.

It's also proven to boost mental health and wellbeing by relieving stress, anxiety, and depression.

And it's good for your pocket too! By stopping smoking you could **save hundreds of pounds** each month.

If you're a current smoker or struggling to quit and live in Greater Manchester, you can receive **free and local expert support** to help you quit.

With the help of your local stop smoking service you're **three times more likely** to quit than with willpower alone.

For more information and to find out what is on offer in your area, visit www.makesmokinghistory.co.uk or call 0300 123 1044.



GET COUGHS CHECKED

A persistent cough can be an early warning sign of lung disease. Other symptoms to look out for include feeling breathless, wheezing, losing weight, coughing up blood or chest pain. Please don't ignore or dismiss these symptoms. We advise you to contact your GP.

Lung health checks can occasionally miss things including cancer so please consult your GP about any symptoms that are unusual for you.

For more information about lung cancer, visit www.nhs.uk/conditions/lung-cancer and see your GP as soon as possible if you have any concerns.



Delivered by

Information about a **FREE LUNG HEALTH CHECK**

For past and current smokers aged 55-74

We are offering FREE Lung Health Checks to people aged between 55 and 74 years old. People who have previously smoked or are current smokers will receive an invitation. People are being contacted in the area they live in, based on which GP practice you are registered with.



Targeted Lung Health Check Programme

WHAT ARE THE BENEFITS OF THE LUNG HEALTH CHECK?

- You can talk through any questions or concerns about your lung health
- You can have a breathing test or lung scan if we find you need one
- If lung cancer or another problem with your breathing or lungs is found early, treatment could be simpler and more successful
- You can get free advice and support to stop smoking.

The lung health check will involve answering some questions about your general health including your lungs. You will have your height and weight taken, you may blow into a tube called a spirometer and we will check your heartbeat (there will be no need to undress).

As part of your lung health check you may be offered a lung ultra-low dose CT scan. One of the particular things we are looking for is early signs of lung cancer, which may not be obvious to you, as well as other lung diseases. We will explain the benefits and risks of this so that you can decide for yourself if you wish to proceed with a scan.

The checks take place in large mobile health units in **convenient community locations such as a supermarket car park**, so you won't have to travel to hospital. They are run by specially trained nurses who will ask you questions and show you how to do a breathing test.

WHAT WILL HAPPEN AFTER THE LUNG HEALTH CHECK?

A team of doctors will check your results and we will write to you within four weeks to explain your lung health check and any recommendations.

Some possible results of the lung health check are:

- The lung health check may find no problems in your lungs, and we can give you advice on how to stay healthy
- The lung health check might find possible problems in your lungs that need further tests and treatment
- The lung health check may find problems outside your lungs that may need more tests or treatment

If you don't hear from us after four weeks please get in touch to check your results.

For more information about lung health checks, visit www.mft.nhs.uk/lunghealthcheck, scan the **QR code** below, or call us on **0161 529 0900**.



"The NHS is offering people aged 55-74 who have ever smoked a lung check to make sure everything is ok."



"It's just a quick chat and maybe a scan. Chances are everything is ok but if it is cancer, catching it early can make all the difference."

NHS