

Lung Cancer

What to look out for

Every year in Northern Ireland around 870 people are diagnosed with lung cancer. Whilst tobacco use is a major cause, 1 in 6 of all those with the disease have never smoked. The message is that anyone can get lung cancer, regardless of age or gender and it is vitally important that you know what signs and symptoms to look out for, as the earlier the diagnosis, the better the chance of successful treatment.

What are the signs and symptoms of lung cancer?

- Having a new cough for more than three weeks, or a change in a long standing cough
- A chest infection that isn't getting better, even with antibiotics
- Feeling increasingly out of breath
- Feeling more tired than usual
- More spit or phlegm, especially with blood in it
- Losing your voice / hoarseness, but no sore throat
- Chest pain, dull ache or sharp pain when you cough or take a deep breath
- Swelling in your face or neck
- Difficulty swallowing
- Losing weight, for no apparent reason

All of these symptoms may also be caused by illnesses other than cancer, but it is still important to have them checked out by your GP.

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What can I expect when I visit my GP?

- Your GP will examine you - make sure you bring a list of your symptoms so you don't forget anything
- If necessary your GP will arrange for you to have a chest X-ray and will talk through the results with you
- If you need more tests, your GP will arrange an appointment with a chest specialist

How can the Ulster Cancer Foundation help?

UCF provides information and support to people worried about, or affected by, lung cancer. You can phone us free on our cancer information helpline if you:

- Are worried about any of the symptoms listed
- Want to learn more about lung cancer or its treatments
- Would like to talk to someone to get emotional support for you or your family

Call our Freephone Information & Support Helpline:

0800 783 3339

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