

# LUNG HEALTH CLINIC

## Information about lung nodules



## I have been found to have a lung nodule. What does this mean?

A lung nodule is a very small area of roundish shadowing seen on a CT scan which measures 3cm / 1 inch or smaller. It does not cause any symptoms. A person may have several nodules. This is not necessarily more serious than just having one.

## What causes lung nodules?

Lung nodules are very common.

- About 1 in 4 (25%) of older people who smoke or who have smoked have nodules
- About 1 in 10 people who have never smoked may also have nodules
- Nodules may be caused by scarring from lung infections
- They are common in people who have had TB in the past

## Are lung nodules cancerous?

Most nodules are benign (non-cancerous). In a very small number of people the nodule could be an early lung cancer.

## How can we find out the cause?

It is not always easy to know the cause of a nodule just from one CT scan. Because they are very small, doing a biopsy on them (taking a piece of the nodule out and examining it) can be very difficult and risky.

## Do all nodules grow?

No. Benign (non-cancerous) nodules usually do not grow but cancerous ones will eventually grow. The best way to assess them is to repeat the CT scan after a period of time.

## So what happens next?

A repeat CT scan will be arranged after 3 or 12 months, depending on advice from the lung specialist team. If your nodule stays the same we may be able to discharge you. If a nodule grows or changes in any way a chest specialist may arrange for you to have further tests. This might include a different kind of CT or possibly a biopsy.

## How will I get my results?

After your CT scan you will be contacted by the lung health nurse with the results and next steps. Even if the nodule grows the whole idea of this programme is to find things BEFORE they cause symptoms/problems.

If you do develop any symptoms in your lungs/chest at all please contact your GP. It is very unlikely they will be due to the nodule but it is important to let your GP know anyway about your lung health.

## If I have more questions who can I contact?

Your GP will be kept fully informed about your progress. You can contact your GP for any information or if you have any questions.

If you have any further questions please contact the Lung Nurse Service: **0151 254 3032** (9am - 5pm, Monday - Friday)

