

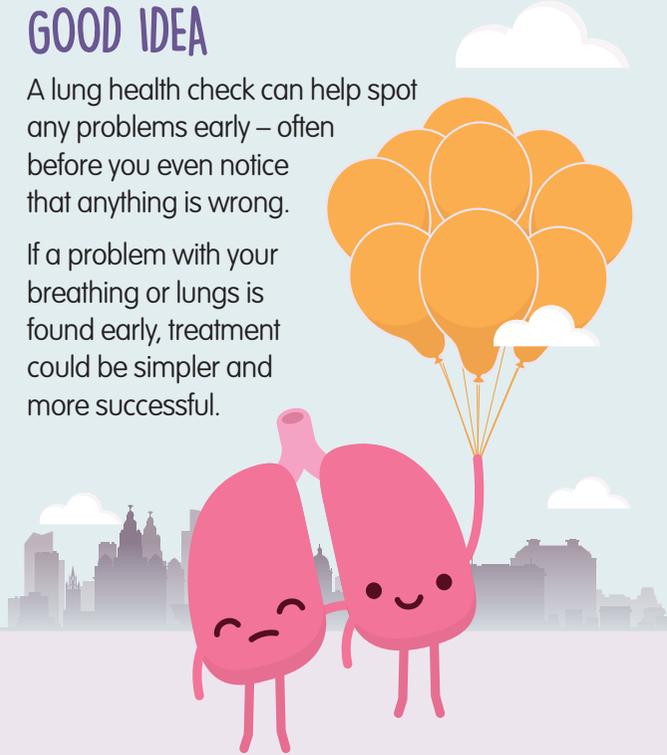
LOOKING AFTER YOUR LUNGS

Your lungs work hard every minute of your life. As you get older its worth having them checked out.

GOOD IDEA

A lung health check can help spot any problems early – often before you even notice that anything is wrong.

If a problem with your breathing or lungs is found early, treatment could be simpler and more successful.



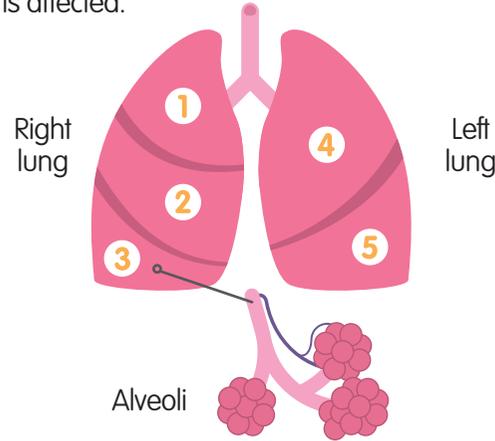
Michele's story



“Lung health checks are all about finding any problems with your lungs as early as possible, when there are more treatment options. And as a lung cancer survivor myself, I know how effective early treatment can be. That's why I'd encourage everyone to go for a lung health check – whether you think there's a problem or not.”

YOUR LUNGS COULD BE EASIER TO FIX THAN YOU THINK

- You have two lungs, made up of 5 sections called lobes.
- Each lobe is made up of thousands of tiny grape-like sacs, called alveoli.
- If there is a problem on one bit of the lung, early treatment can focus just on the bit that is affected.



Any questions , please call the team on **0151 254 3032**.

Translation available on request

若有需要時將會翻譯成中文。

ستترجم عند الطلب

অনুরোধ করলে এর অনুবাদ করানোর ব্যবস্থা করা হবে।

अनुसोध करने पर अनुवाद करने की व्यवस्था की जाएगी।

ਬੈਨਤੀ ਕਰਨ 'ਤੇ ਤਰਜਮਾ ਕਰਵਾਇਆ ਜਾਵੇਗਾ

Marka la soo codsado ayaa la turjumi doona

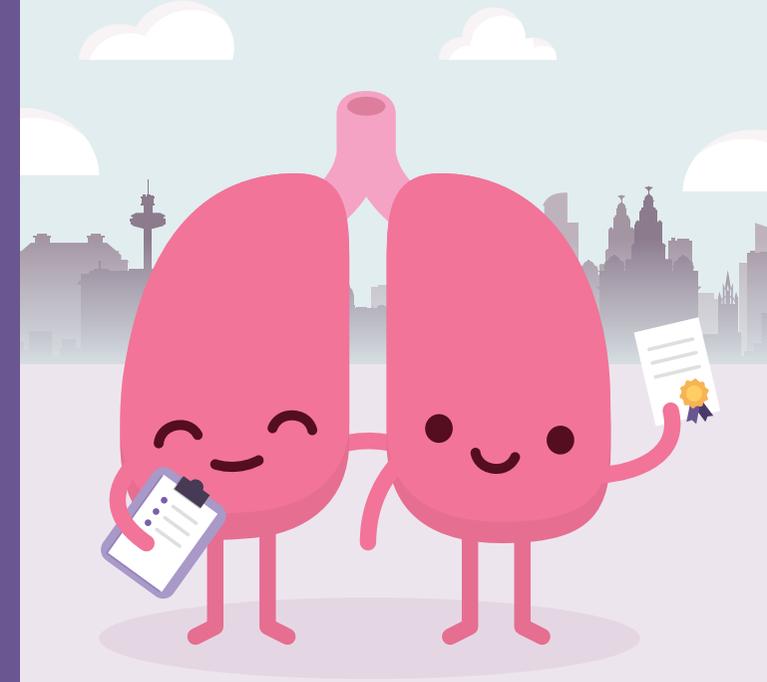
درخواست کرنے پر ترجمہ فراہم کیا جائے گا۔

Tłumaczenie dostępne na prośbę

Braille, audio and other formats also available

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NHS



M.O.T. FOR YOUR LUNGS

A new **FREE** NHS lung health check for people aged 58-75

M.O.T. FOR YOUR LUNGS

People in the area aged 58 to 75 are being offered a new **FREE** NHS lung health check.

Run by specially trained nurses, they are an easy way to find out how well your lungs are working.

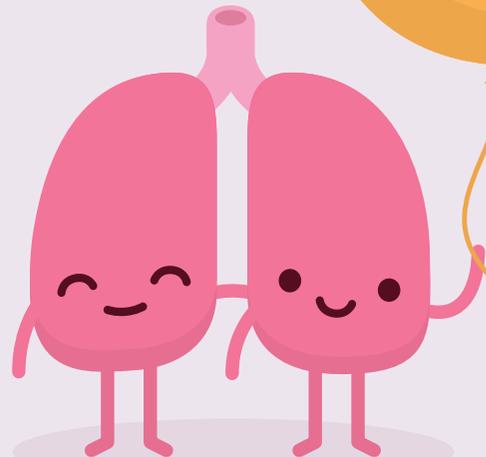
If needed, you'll get care and treatment to help breathe new life into your lungs.

The checks are for people aged 58 to 75 who have ever smoked, or who are in this age range and have a condition called COPD (Chronic Obstructive Pulmonary Disease).

You are invited to a lung health check whether you feel fine or not.



BENEFITS OF THE LUNG HEALTH CHECK



Deborah Fleetwood,
Nurse,
Healthy
Lungs
Programme.

WHAT YOU'LL GET

- 1 First you'll be asked some questions about your breathing and about your overall lung health.
- 2 Then you may be offered a breathing test. By blowing into a machine, you'll be told whether there are any problems that need taking care of.
- 3 The nurse may also talk to you about having a lung scan to check for any early signs of lung cancer.
- 4 You'll have plenty of time to chat to the nurse and ask any questions.
- 5 You can bring a friend, family member or partner with you on the day if you want to.

MAKE AN APPOINTMENT NOW

To book an appointment for a **FREE** lung health check at a suitable time for you, please call **0151 254 3032**.

Jane's story



I felt quite worried when I received a letter inviting me to have a lung health check because I have been a smoker in the past. But the nurse I saw was very reassuring and not judgemental at all.

We had a chat about my general health and then she did a breathing test with me - the results were fine. I was so relieved, and I felt pleased that the lifestyle changes I've made have made a difference to my health.

Steve's story



I've been a smoker for almost 40 years, so attending a lung health check made complete sense to me.

During my appointment, I was offered a scan which showed some small shadows on my lungs called nodules. They told me these are fairly common, and thankfully it wasn't lung cancer. A second scan showed they had gone, but getting checked out helped put my mind at ease. I would definitely recommend it.