

M.O.T. FOR YOUR LUNGS

A new **FREE** NHS lung health
check for people aged 55-74

M.O.T. FOR YOUR LUNGS

People in the area aged 55 to 74 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 55 to 74 who are currently smokers, have ever smoked and those whose GP does not have a record of whether they smoke or not.



Emily's story



“ I thought everything was fine with my lungs so I was a bit surprised when some small shadows showed up on the scan. Naturally I was really worried but I was told if it was serious, then catching it early would really help.

Thankfully more checks showed there was nothing to worry about and it definitely wasn't cancer. I was very relieved and glad I'd been for the check up.



BENEFITS OF THE LUNG HEALTH CHECK

Talk through
your
questions
and feel
reassured

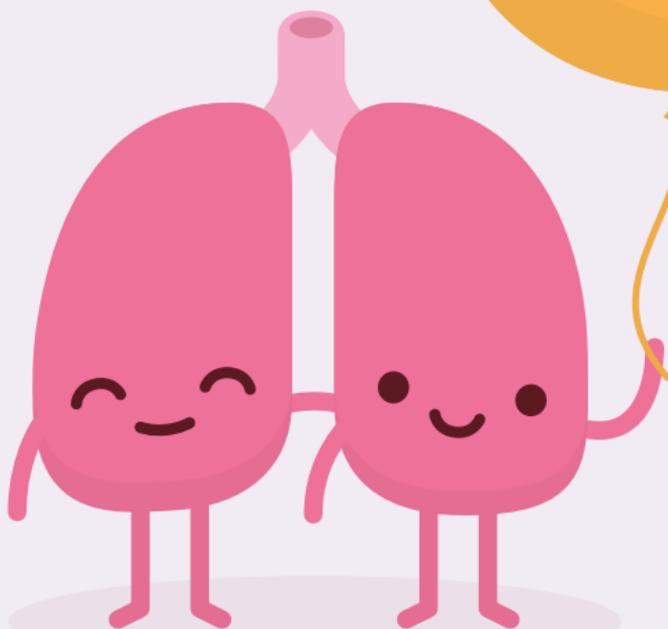
FREE to
attend

Find out
about having
a breathing
test or lung
scan

No
judgements
on smoking

Local and
easy to
get to

"THESE FREE LUNG
HEALTH CHECKS ARE A
GREAT WAY TO GIVE
HARD-WORKING LUNGS
AN M.O.T."



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 will also have the opportunity to talk with the stop smoking service after your appointment.

MAKE AN APPOINTMENT NOW

If you have recently received a letter inviting you to book an appointment, please call 0161 206 1136 to book your free health check.

Abdul's story



“ I used to smoke so I was worried I'd get 'told off' about that when I went for my lung health check. I needn't have worried.

The nurse was so nice, very reassuring and praised me for giving up smoking. She checked my lungs and breathing and gave me the great news - my lungs are fine.

I'm glad I went - it's very reassuring to know all is well. The test didn't take long and I'd recommend it to anyone.



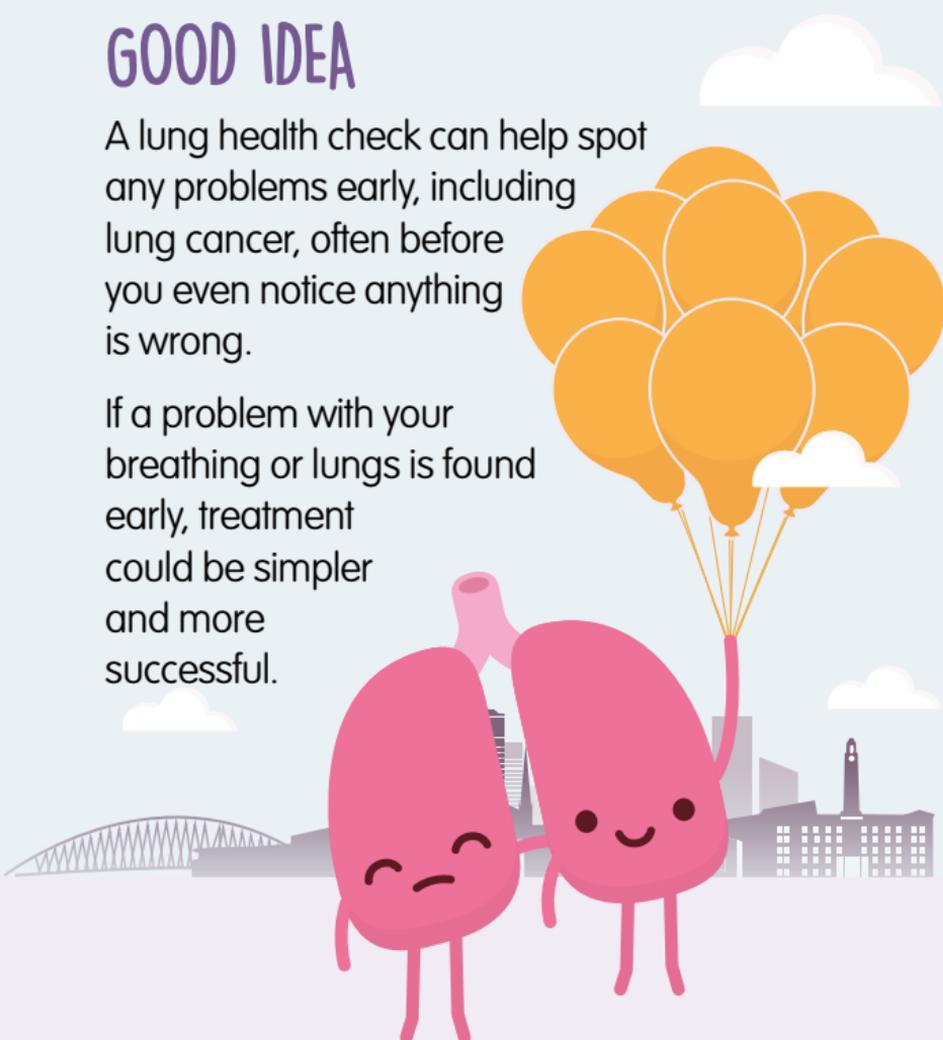
LOOKING AFTER YOUR LUNGS

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

GOOD IDEA

A lung health check can help spot any problems early, including lung cancer, often before you even notice anything is wrong.

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



Anna's story



“ You shouldn't be worried about lung health checks. They're a great way to make sure everything's all right and give you peace of mind. If there is a problem, the earlier they catch it the better. If you get an invite, take it up.

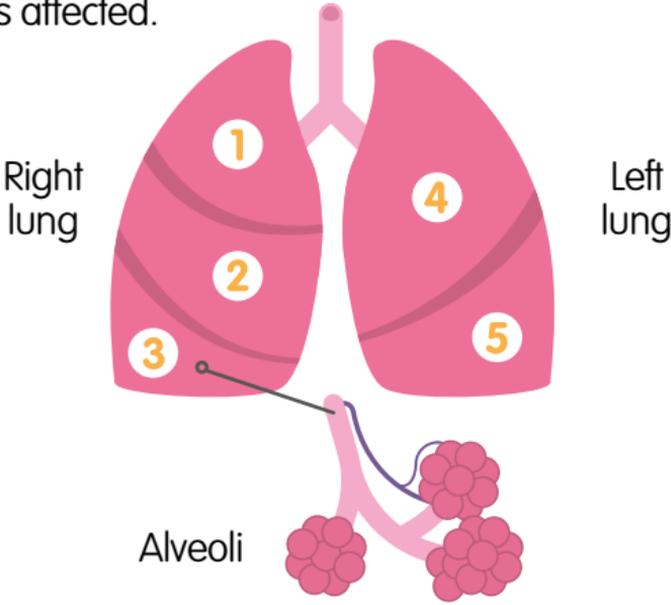


For more information please see:

www.salfordccg.nhs.uk/age-well/lung-health-check

YOUR LUNGS COULD BE EASIER TO FIX THAN YOU THINK

- You have two lungs, made up of five 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 **0161 206 1136** or email Lung.Healthcheck@srft.nhs.uk.

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।

ਬੇਨਤੀ 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

This leaflet is a locally-adapted leaflet originally created by the Department of Behavioural Science and Health of University College London (UCL) in partnership with Resonant Media, which is licensed under CC BY. New design provided by NHS Liverpool Clinical Commissioning Group and Carbon Creative.