

Lung Cancer Newsletter Copy

Lung Cancer Awareness Month takes place every November. The local NHS is raising awareness to encourage people with a cough lasting three weeks or more to contact their GP practice.

Many people do not realise that a cough for three weeks or more could be a sign of lung cancer, and so it is vital that patients act on a persistent cough and do not wait to see if it resolves on its own.

While a cough for three weeks or more is probably nothing serious, it can be a sign of something that needs treatment. If it is cancer, finding it early means it is more treatable and can save lives.

Your NHS is here and wants to see you; Help Us, Help You. Visit nhs.uk/cancersymptoms for more information.

Targeted Health Lung Check

Free Targeted Health Lung Checks - Staffordshire

If you are aged between 55-74 years and are a current or ex-smoker, then you may be entitled to a free lung health check. Even if you think your lungs are fine, it is best to get them checked out. Most people will be told they have healthy lungs, however, a lung health check can help find problems early – often before you notice anything is wrong. You will need to be registered with a Staffordshire or Stoke-on-Trent GP practice to be eligible. To find out more visit www.uhnm.nhs.uk/TLC.

Social Media Toolkit

Dates: Starting from November 2022

Please use these hashtags: #HelpUsHelpYou #LungHealth and #Cancer

You can find more information on Lung Cancer [here](#).

You can follow the activity on our social media channels here:

Twitter: <https://twitter.com/StaffsStokeICb>

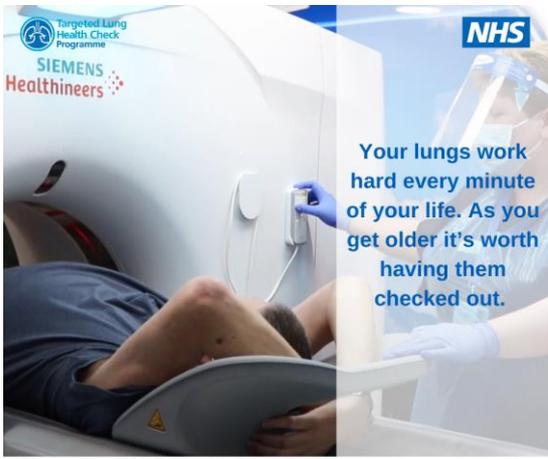
Facebook: <https://www.facebook.com/StaffsStokeICB/>

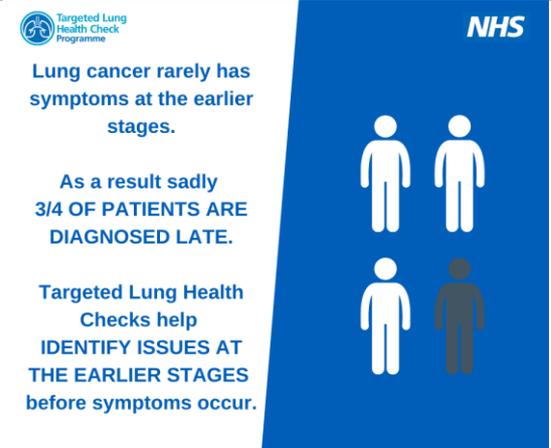
All graphics can be downloaded from [here](#).

Topic	Social Media Post	Graphic
Lung Cancer Symptoms	If you've had a cough for three weeks or more, contact your GP practice. It's probably nothing serious, but it could be a sign of cancer. If it is	

	<p>cancer, finding it early makes it more treatable and can save lives. nhs.uk/cancersymptoms</p> <p>#HelpUsHelpYou</p>	 <p>A cough that lasts three weeks or more could be a warning sign</p> <p>Contact your GP practice</p> <p>Clear on cancer Help us help you</p>
<p>Lung Cancer Symptoms</p>	<p>If you've had a cough for three weeks or more, contact your GP practice.</p> <p>It's probably nothing serious, but it could be a sign of cancer. If it is cancer, finding it early makes it more treatable and can save lives. nhs.uk/cancersymptoms</p> <p>#HelpUsHelpYou</p>	 <p>A cough that lasts three weeks or more could be a warning sign</p> <p>Contact your GP practice</p> <p>Clear on cancer Help us help you</p>
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<p>Lung Cancer Symptoms</p>	<p>If a friend or family member has been coughing for three weeks or more, encourage them to contact their GP practice.</p>	

	<p>It's probably nothing serious, but it could be a sign of cancer. Early diagnosis and treatment of cancer can save lives. nhs.uk/cancersymptoms</p> <p>#HelpUsHelpYou</p>	
<p>Lung Cancer Symptoms</p>	<p>If a friend or family member has been coughing for three weeks or more, encourage them to contact their GP practice.</p> <p>It's probably nothing serious, but it could be a sign of cancer. Early diagnosis and treatment of cancer can save lives. nhs.uk/cancersymptoms</p> <p>#HelpUsHelpYou</p>	
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<p>Targeted Lung Health Check</p>	<p>Free Health Lung Check</p> <p>Are you aged between 55 -74 years?</p> <p>A smoker or an ex-smoker?</p>	

	<p>Live in Staffordshire?</p> <p>If you answered yes to the above, then you may be entitled to a free lung health check.</p> <p>Visit www.uhnm.nhs.uk/TLC to find out more.</p> <p>#HelpUsHelpYou #LungHealth</p>	
<p>Targeted Lung Health Check</p>	<p>Free Health Lung Check</p> <p>Even if you think your lungs are fine, it is best to get them checked out.</p> <p>Visit www.uhnm.nhs.uk/TLC to find out more.</p> <p>#HelpUsHelpYou #LungHealth</p>	
<p>Targeted Lung Health Check</p>	<p>Most people will be told they have healthy lungs; however a lung health check can help find problems early – often before you notice anything is wrong.</p>	

	<p>Visit www.uhnm.nhs.uk/TLC to find out more.</p>	 <p>NHS</p> <p>If you are aged 55-74 and a current or ex-smoker you will be invited to an NHS lung health check. Even if our lungs feel fine it is best to get them checked.</p> <p>01782 671554 www.uhnm.nhs.uk/TLC</p>
<p>Targeted Lung Health Check</p>	<p>Free Health Lung Check</p> <p>Are you aged between 55 -74 years?</p> <p>A smoker or an ex-smoker?</p> <p>Live in Staffordshire?</p> <p>If you answered yes to the above, then you may be entitled to a free lung health check.</p> <p>Visit www.uhnm.nhs.uk/TLC to find out more.</p> <p>#HelpUsHelpYou #LungHealth</p>	 <p>Targeted Lung Health Check Programme</p> <p>NHS</p> <p>Lung cancer rarely has symptoms at the earlier stages.</p> <p>As a result sadly 3/4 OF PATIENTS ARE DIAGNOSED LATE.</p> <p>Targeted Lung Health Checks help IDENTIFY ISSUES AT THE EARLIER STAGES before symptoms occur.</p>
<p>Targeted Lung Health Check</p>	<p>Free Health Lung Check</p> <p>Are you aged between 55 -74 years?</p> <p>A smoker or an ex-smoker?</p>	 <p>NHS</p> <p>Did you know we have no sense of pain in our lungs, so it can be difficult to spot any changes until it starts to affect our chest or other parts of our body.</p> <p>An NHS lung health check can help spot problems before you get any symptoms. If a problem is found early, treatment can be simpler and more effective.</p> <p>Call us on 01782 671554 www.uhnm.nhs.uk/TLC</p>

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<p>Cancer Early Diagnosis</p>	<p>If something in your body doesn't feel right, the thought it could be cancer can play on your mind. But most people who go for tests find out it's not cancer.</p> <p>Finding out sooner is always better.</p> <p>Contact your GP practice.</p>	
<p>Cancer Early Diagnosis</p>	<p>Don't let the thought of cancer play on your mind. If something in your body doesn't feel right, talk to us. Most people who go for tests find out it's not cancer.</p> <p>Finding out sooner is always better.</p> <p>Contact your GP practice.</p>	

		 <p>NHS</p> <p>Don't let the thought of cancer play on your mind</p> <p>Clear on cancer Help us help you</p>
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<p>Cancer Early Diagnosis</p>	<p>Don't let the thought of cancer play on your mind. If something in your body doesn't feel right, talk to us. Most people who go for tests find out it's not cancer.</p> <p>Finding out sooner is always better.</p> <p>Contact your GP practice.</p>	 <p>The advertisement shows a middle-aged man in a grey jacket sitting on a bench, looking down at a box of crisps. The NHS logo is in the top right corner. At the bottom, the text reads: 'Don't let the thought of cancer play on your mind' in white, 'Clear on cancer' in a purple box, and 'Help us help you' in white.</p>
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