

Free Lung Health Check



A new NHS service

Your GP practice is taking part in this pilot service and is inviting people who:

- **Are a smoker or ex-smoker (that gave up after the age of 40) and**
- **Are aged between 60 and 75**

If both of these apply to you, then you can have a free Lung Health Check.

What is a Lung Health Check?

The Lung Health Check will look for a range of breathing and respiratory conditions so any treatment, if necessary, can be offered earlier. Your appointment will take approximately 30 minutes but may take a bit longer if you need a lung scan.

What will happen?

You will be welcomed by a respiratory nurse and asked some questions about your general health, breathing and lungs.

You will then be invited to take part in a number of tests such as blowing into a machine called a spirometer which tests how well your lungs are working, and measuring your height and weight.

With your permission, your risk of getting lung cancer during the next few years will also be calculated and, depending on the results, you may be offered a lung scan.

You will also be offered the opportunity to participate in research that we are carrying out into improving lung health. You can decide about participating in this on the day, or later, and will be given plenty of time to ask questions.

What will happen after the Lung Health Check?

The nurse will share your results with you and offer you advice about lung health. You may be advised to go and see your GP, who will be sent a copy of your results after the check is completed.

If you are advised to have a lung scan

A CT (computerised tomography) scan is a special X-ray that takes a series of detailed images of the body. The nurse will talk you through the scan and answer any questions that you may have.

If you decide to have a scan this can happen on the same day, or if more convenient, can be booked for soon after. The lung scan will take approximately 15 minutes.

The scan can spot lung problems early – often before you notice anything, when treatment could be simpler and more successful. Results from the scan will be available within 2 weeks and you will be contacted by telephone or letter, where next steps will be discussed.

'This is fantastic new opportunity for local residents to give their lungs a full MOT'

***Dr Sarah Whiteside, GP
Hammersmith and Fulham***

Next steps

You can book a Lung Health Check by calling the clinic booking line on **0330 128 8121 ext: 84973/84957**. Please let them know if you have had a CT scan in the last two years.

Places on this pilot service are limited so please book your appointment as soon as possible.

If you need an interpreter or any special arrangements, please inform the team when booking your appointment.

If you have any questions about the project, please telephone **0330 128 8121 ext: 84973/84957** to speak to a member of the Lung Health Check Team.

With thanks to Liverpool CCG Healthy Lung Programme, Manchester Cancer Improvement Partnership and UCLH Respiratory for their support in developing our resources.