

Need more information before your appointment?



[www.nottinghamcitycare.nhs.uk](http://www.nottinghamcitycare.nhs.uk)

©Nottingham CityCare Partnership CIC

Registered as a company limited by guarantee

Company Registration Number: 07548602

Registered address: 1 Standard Court, Park Row, Nottingham. NG1 6GN

If you would like this information in another language or format such as larger print, please contact: **0800 561 2121**

اگر آپ کو یہ معلومات کسی اور زبان یا صورت میں جیسا کہ بڑے حروف میں درکار ہو تو برائے مہربانی اس نمبر پر رابطہ کیجئے: **0800 561 2121**

Jeżeli życzy sobie Pan/Pani otrzymać niniejsze informacje w innym języku lub formacie, takim jak duża czcionką, należy zadzwonić pod nr tel.: **0800 561 2121**

در صورت تمایل به داشتن این اطلاعات به زبانی دیگر یا فرمی دیگر، به طور مثال، چاپ بزرگ تر، لطفاً با شماره تلفن: **0800 561 2121** تماس بگیرید

Low Dose CT Scan:

*Information on what's involved*

## You have been offered a Low– dose CT scan of the lungs.

This booklet is designed to help you decide whether to have the scan and tell you what it is about.

### Low dose chest CT (computed tomography) scan

A chest CT scan is a **type of x-ray** which takes detailed pictures of the lungs. These pictures are processed by a computer and then checked for the early signs of lung cancer by specially trained doctors (known as radiologists).

Whether or not you are offered a CT scan will **depend on your lifestyle, medical and family history**. The nurse will help you to choose whether the test is right for you and you may want to postpone it to a different day.

### What is having a chest CT scan like?

The CT scan will take about **10 minutes**. You will be asked to lie flat on the bed of the scanner. The bed will move slowly backwards and forwards while the scanner circles your chest. Specially trained staff will sit the other side of a screen where they can talk to you and control the scanner.

### Only your chest will be scanned and you will not go into a tunnel

(this is for a different scan called an MRI scan). The scan is pain free and you will not need an injection. If you do have any concerns about the scan then please contact the lung clinic or speak to the nurse at your appointment.

## Signs and symptoms of lung cancer

In the very early stages of lung cancer, there are **often no symptoms**. This is partly because the lungs are large and do not feel pain.

Warning signs to look out for include:

a **persistent cough** or change in an existing cough

feeling **short of breath**

coughing up **blood**

**pain or ache** when breathing or coughing

unexplained **tiredness** or **weight loss**

## What is lung cancer?

Lung cancer begins when **cells** in the lungs, windpipe (trachea) or airways (bronchi) **start to grow abnormally**.

The cells form a cluster (known as a nodule), which grows bigger and turns into a tumour.

In most cases this happens slowly and (without screening) can take up to five years before it is diagnosed.

### How common is it?

Lung cancer is the **second most common** cancer in the UK. Survival from lung cancer improves the earlier it is found. Over eight out of ten lung cancers are caused by smoking. Risk of lung cancer is also increased in those who are older, have been exposed to other people's smoke, have been exposed to asbestos, or have been diagnosed with a lung problem like COPD (which includes chronic bronchitis and emphysema).

### What can I do to reduce my risk?

The single best thing you can do to prevent lung cancer is not smoke. If you do smoke and would like to stop there is lots of help out there.

**Ask your GP** about free local support available, or contact **NHS smokefree** on 0800 0224 332 or visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

## RESULTS WILL BE SENT TO YOU & YOUR GP IN 2 WEEKS

**Normal result** This means that no signs of lung cancer or other abnormalities could be seen on the scan. Approximately three quarters of people will have a normal result. While this is good news, it is still possible that lung cancer could develop in the future or that the scan may have missed it. It is important to be aware of the symptoms of lung cancer and to go to your GP quickly if you have any concerns.

**Unclear result** This usually means the scan has shown a small area of white shadowing in the lung, This is probably something harmless but there is a chance it might be something serious. You will be invited to an appointment with a specialist doctor to discuss the result. The best way to make sure that there is nothing to worry about is to have another scan after an interval to make sure there are no signs of lung cancer. **Most people with an unclear result will not have lung cancer.**

**Abnormal result** This means there is something abnormal on the scan that needs more tests to find out what it is. It could be cancerous or it could be harmless. You will be invited to an appointment with a specialist doctor who will discuss the results and arrange further tests.

**Incidental finding** This means there are signs of other problems on the scan that may need treatment or medical advice. If you already have a lung problem, this might be why and you may not need any extra care. You may be advised to make contact with your GP

## What are the possible benefits?

When found early, lung conditions are **easier to treat** and lung cancer is **more likely to be cured**.

A study in North America has shown that using CT scans to find lung cancer early **saves lives** of people aged 55 to 75 who smoke or used to smoke. Screening using CT scans prevented 20% more deaths from lung cancer than using chest x-rays.

## What are the possible risks?

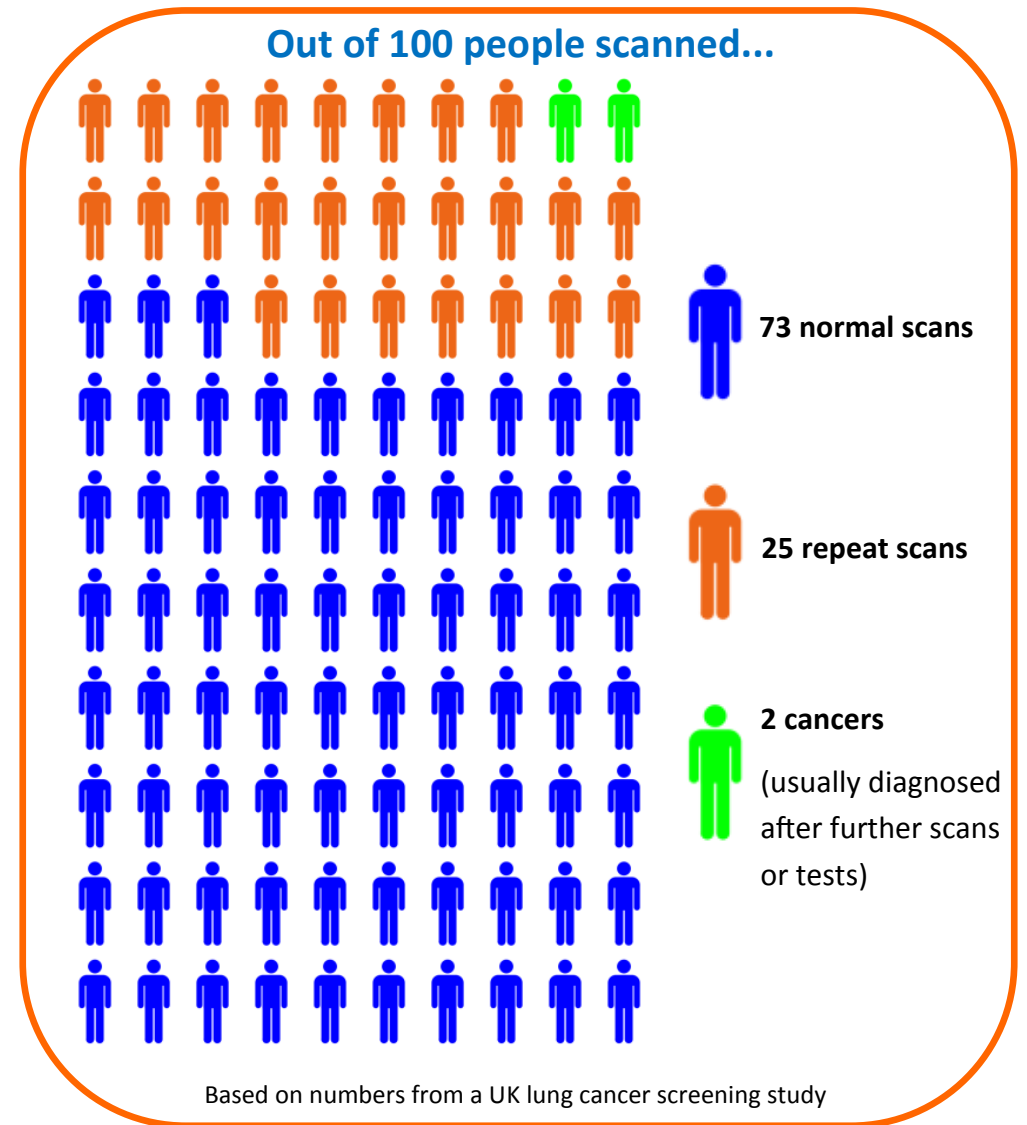
The low dose CT scan will expose you to a **small amount of radiation**. It is the same as about one year's worth of radiation from the natural environment. The risk of a CT scan causing a cancer is very low compared with the benefits of detecting lung cancer early. If a further CT scan is needed then this will expose you to more radiation.

In some cases, people will be **diagnosed and treated for lung cancer that would never have caused the person harm**. If they had not been screened, they would never have known about the cancer or have had any treatment.

**Waiting for the results of these tests can be worrying.** People with an unclear result will need to be monitored and have a further scan. This can be a worrying time and in most cases they will not have lung cancer. If you are confused about any of the tests or have any concerns at any point, please contact the lung clinic and we will help.

**Further tests and treatment all carry risks as well as benefits.**

Should you be offered any of these, a specialist NHS doctor will discuss the risks and benefits. If you would like to know more information about these before having a CT scan, please speak to the nurse during your appointment.



## How reliable is lung cancer screening?

Like all cancer screening tests, lung cancer screening is not completely accurate and some cancers will be missed. Nodules found in the middle of the chest and some small cancers are harder to see. Some cancers start to grow after screening.