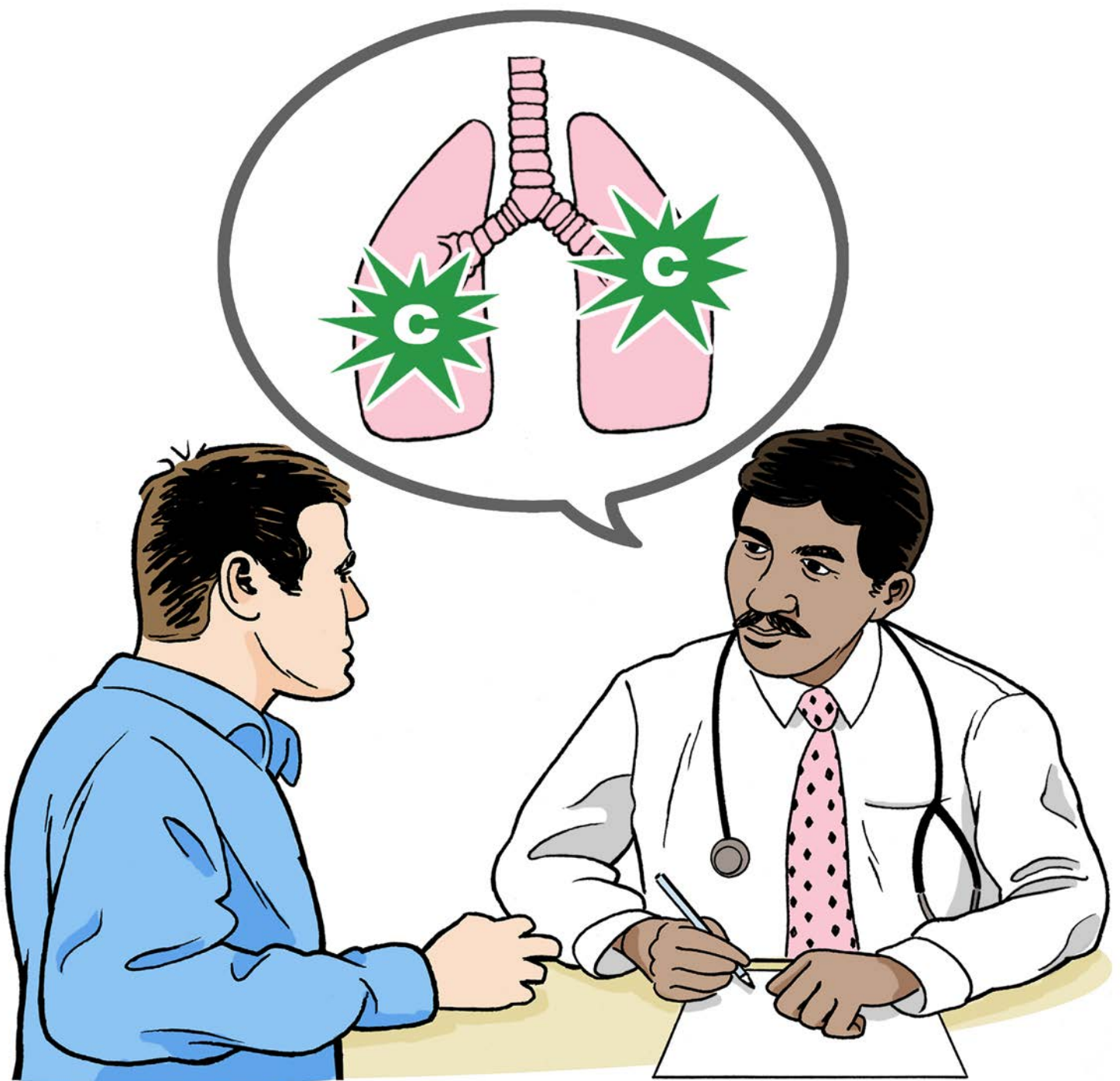


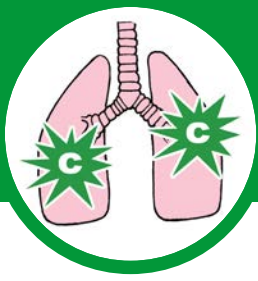
In partnership with

MACMILLAN
CANCER SUPPORT

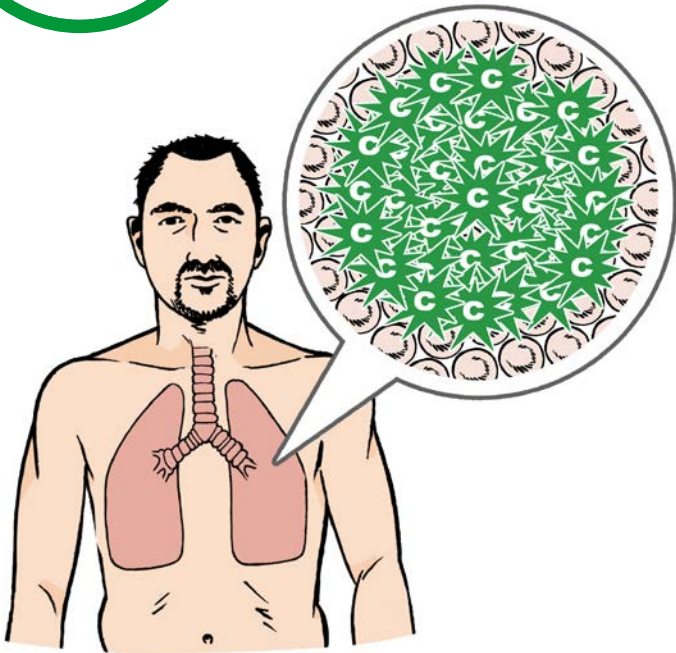
easy
read

Lung cancer

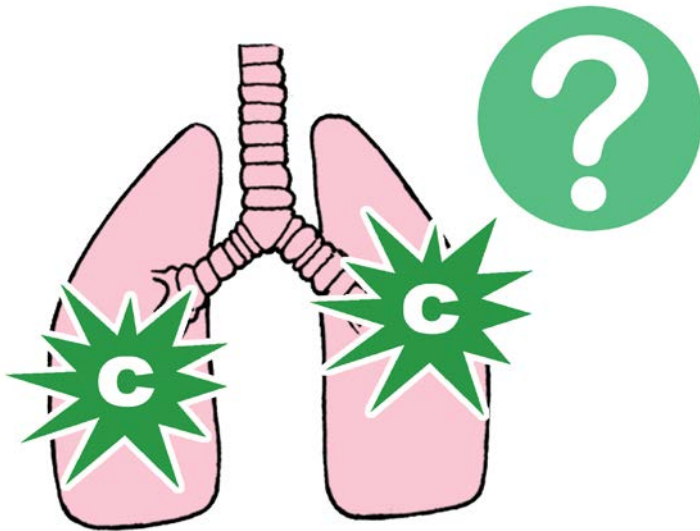




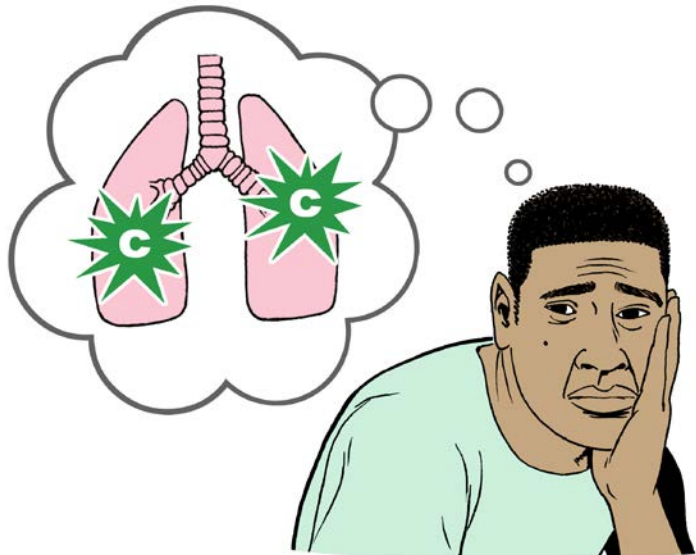
About this easy read booklet



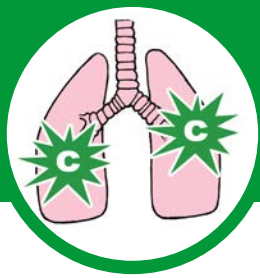
This booklet is about lung cancer.



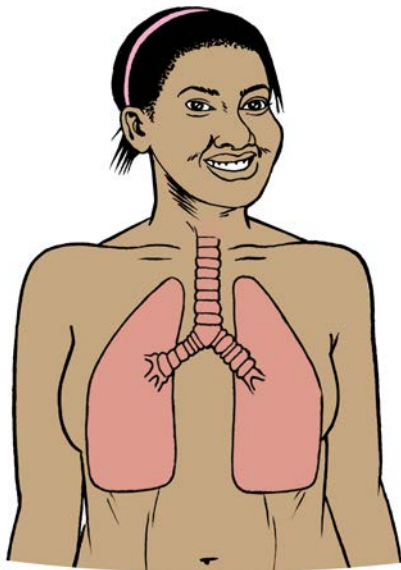
You can find out what lung cancer is and how it is treated.



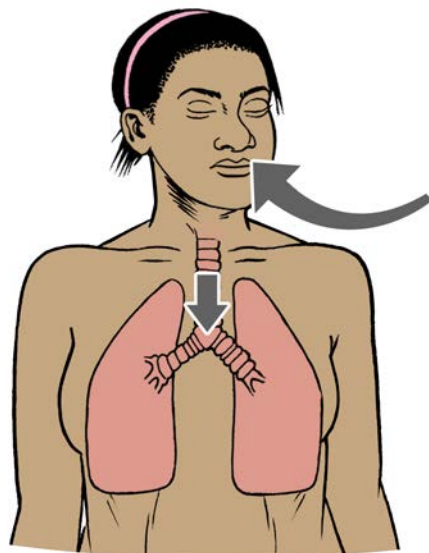
If you are worried about lung cancer, there are lots of people you can talk to (see page 21).



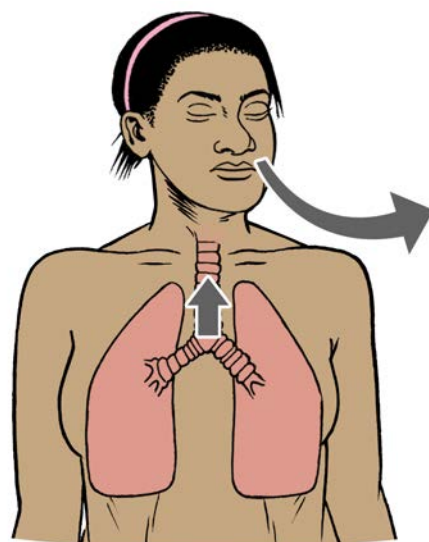
The lungs



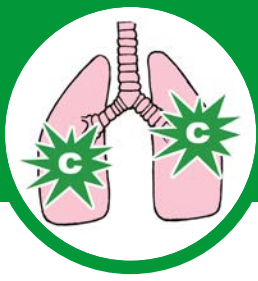
We have two lungs in our chest to help us breathe.



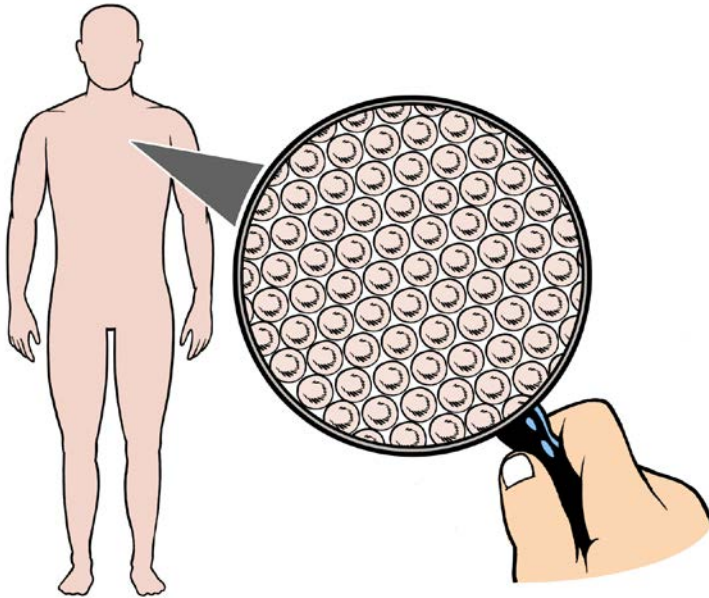
When we breathe in, air comes into our nose or mouth. Then it goes down our windpipe and into our lungs.



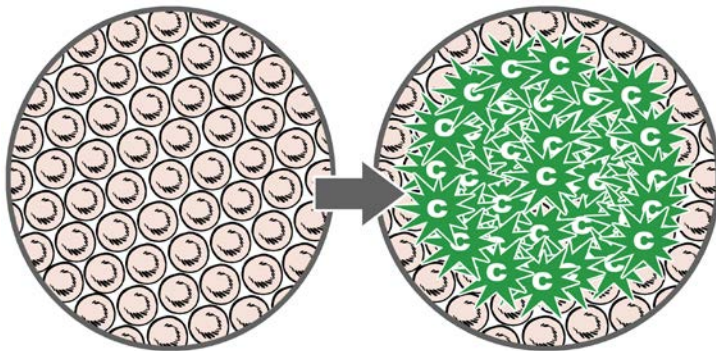
When we breathe out, air goes out of our lungs and up our windpipe. Then it comes out of our nose or mouth.



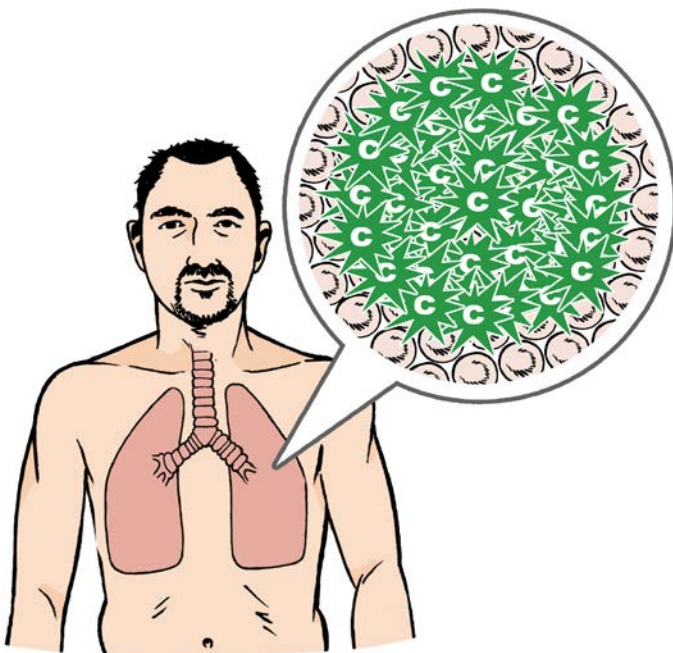
Lung cancer



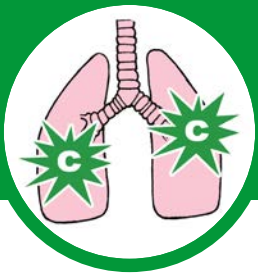
Your body is made up of lots of tiny pieces called cells.



Sometimes these cells go wrong. They can grow into a lump called a tumour.



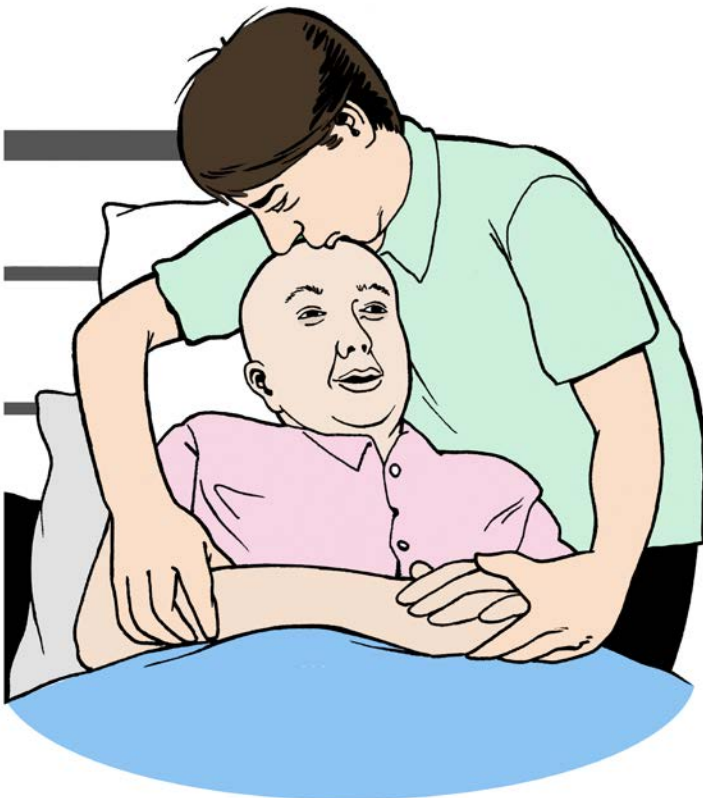
When you have a tumour in one of your lungs, this is lung cancer.



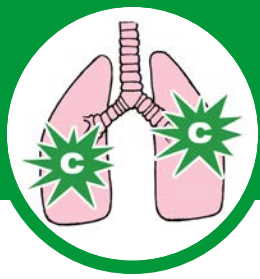
Causes of lung cancer



Often lung cancer is caused by smoking. But a small number of people get lung cancer even though they have never smoked.



You cannot catch lung cancer from anyone else. And you cannot give it to anyone.



Signs and symptoms of lung cancer

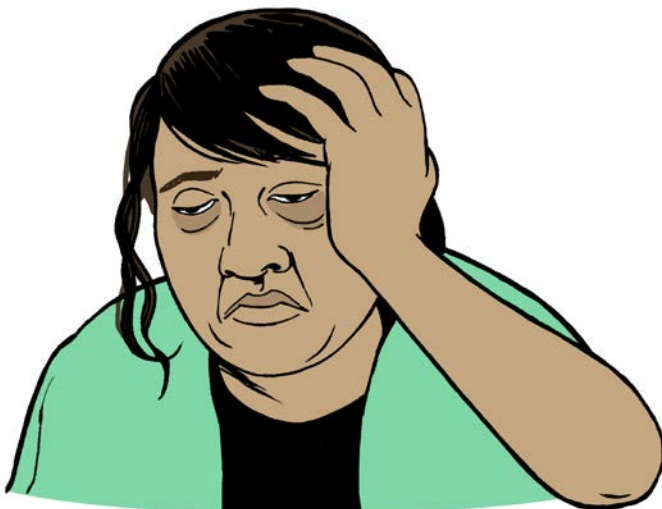


If you have lung cancer, you might:

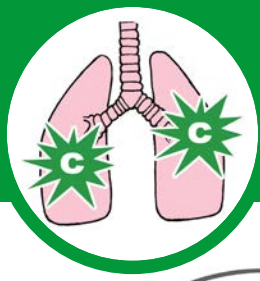
- have a cough



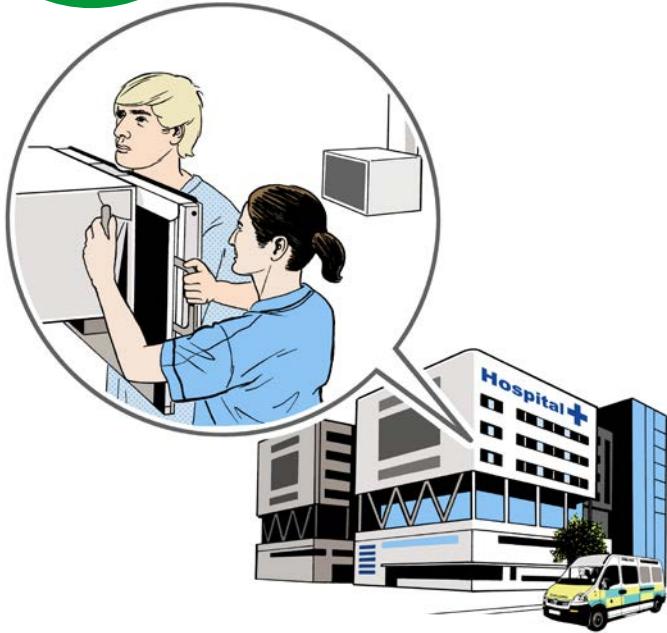
- find it harder to breathe.



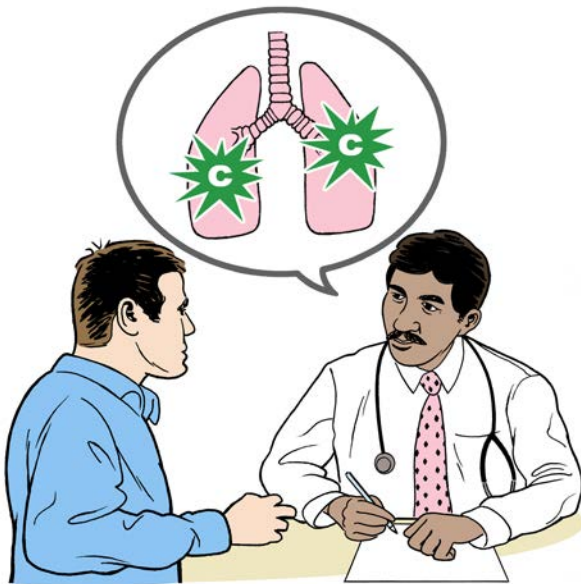
You might also feel ill in other ways, like feeling tired.



Tests for lung cancer



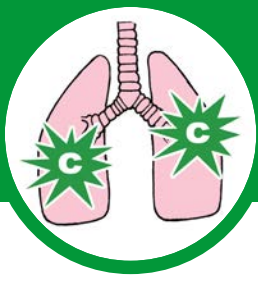
If you have lung cancer, you will go to a hospital. Then you will have some tests.



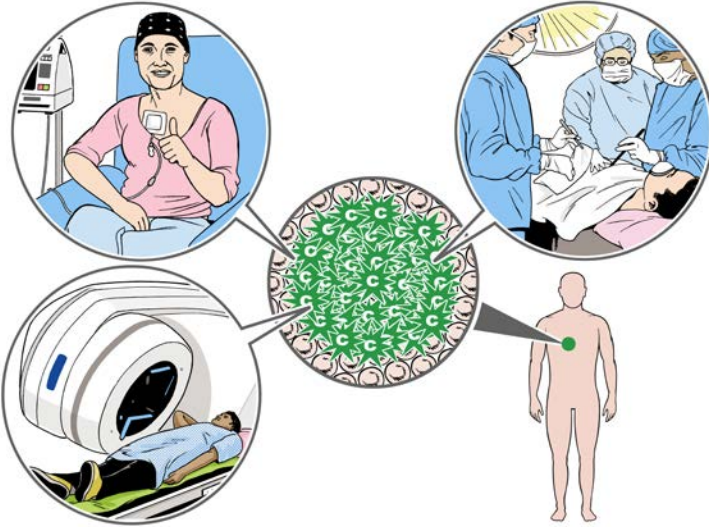
The tests will help your doctor know more about your lung cancer.



You can learn more about these tests from other Macmillan booklets (see page 26).



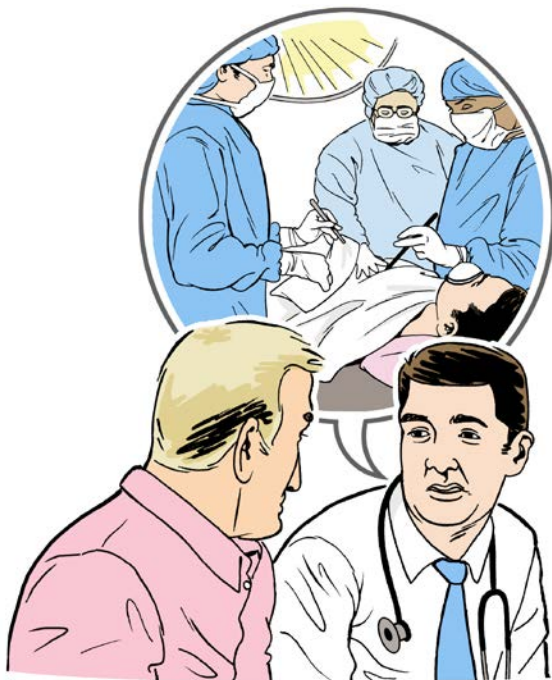
Treatments for lung cancer



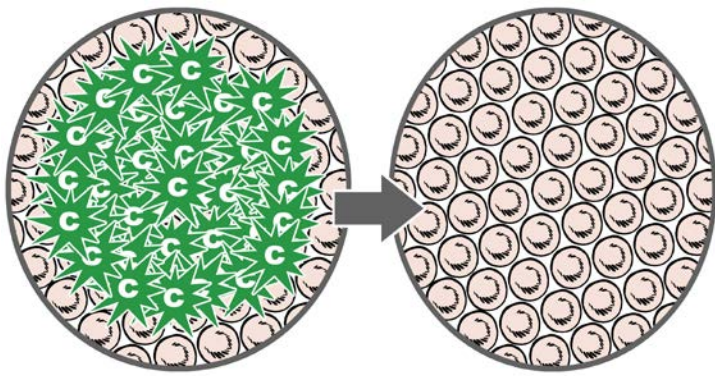
The tests will help your doctor choose the best treatment for your lung cancer.



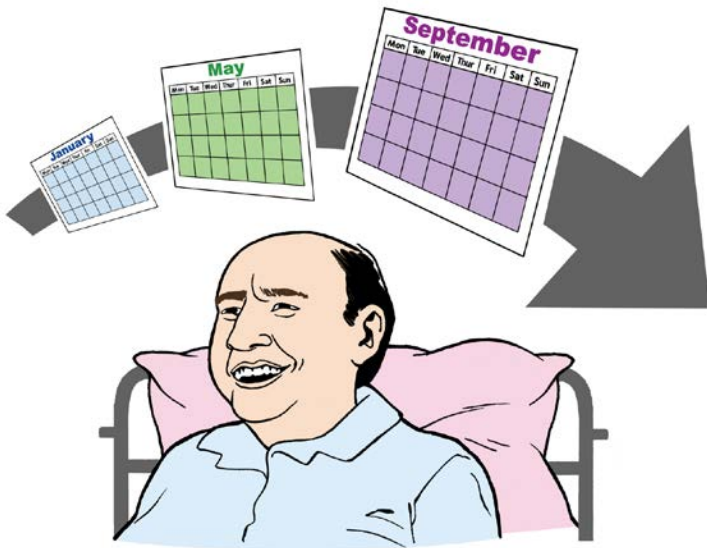
The doctor will tell you why they think this treatment is best.



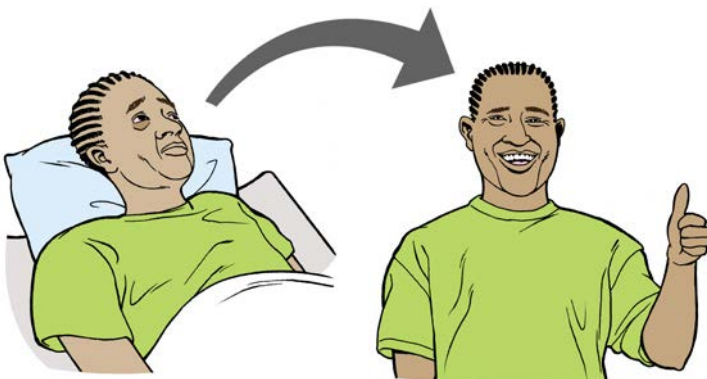
They will tell you what the treatment can do.



Sometimes treatment can get rid of the lung cancer.



Sometimes treatment will help you live longer.



Sometimes treatment will help you feel better.



Before you have treatment, your doctor must make sure:

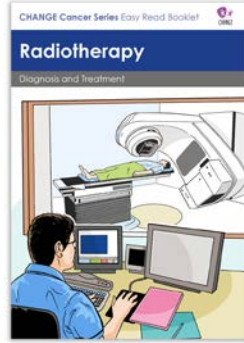
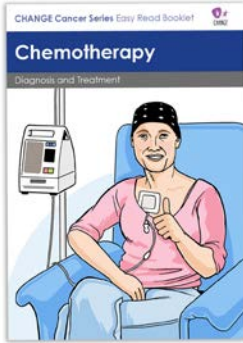
- you understand why you are having the treatment



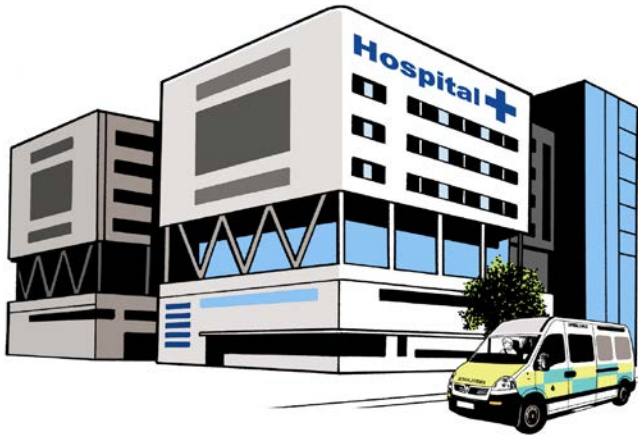
- you feel OK to have the treatment.



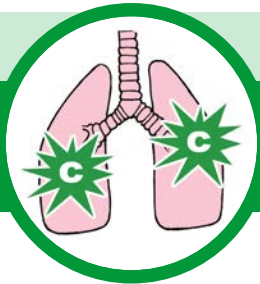
Your doctor or nurse can help you understand about your treatment. They can talk to you and answer your questions.



There are other treatments for lung cancer but the treatments that most people have are surgery, chemotherapy and radiotherapy.



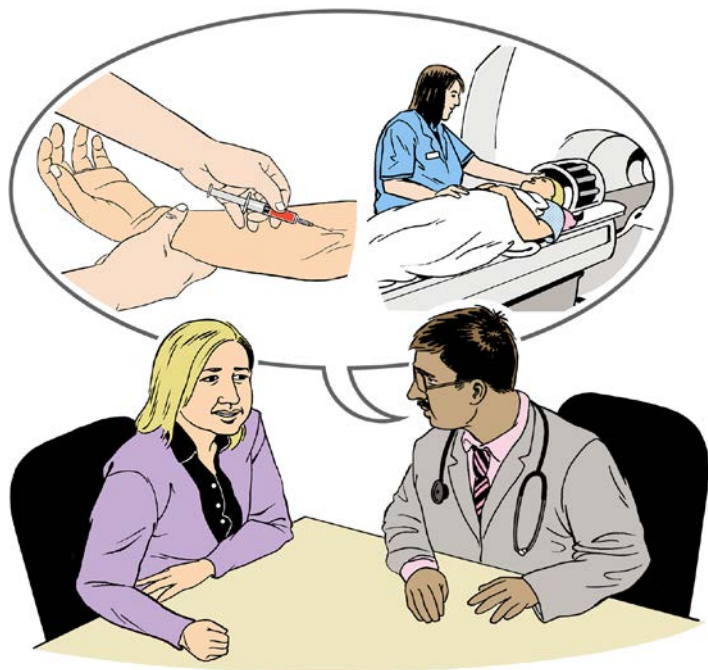
All these treatments are given in a hospital.



Surgery



Surgery is when the lung cancer is cut out of your body. This is also called an operation. Surgery can be done if you only have a small amount of lung cancer.



Before you have surgery you will have more tests. This is to make sure surgery is safe for you.

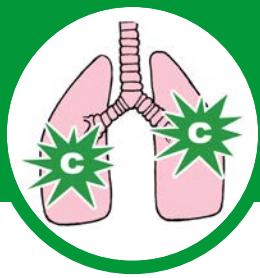


You might not be able to have surgery if you:

- have other health problems



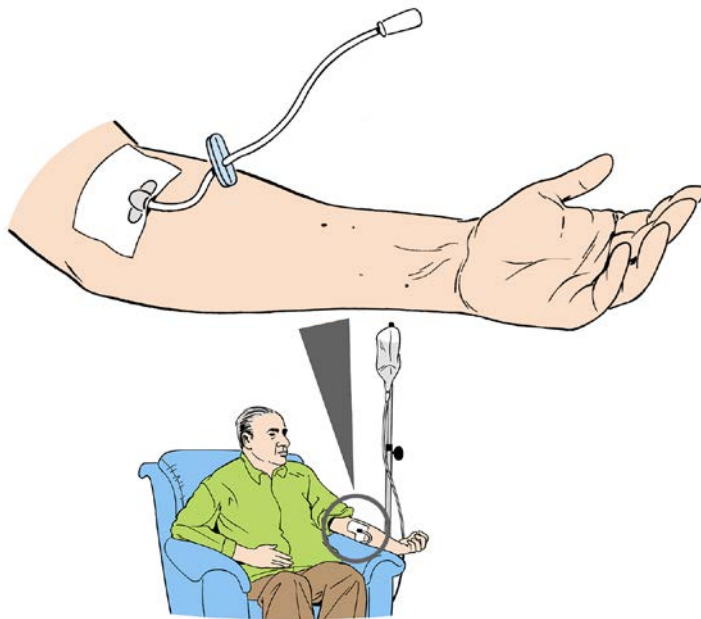
- smoke.



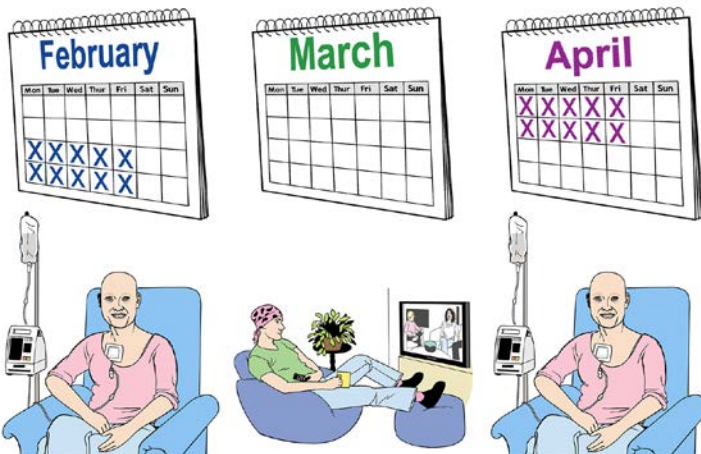
Chemotherapy



Chemotherapy uses special drugs to kill the lung cancer.



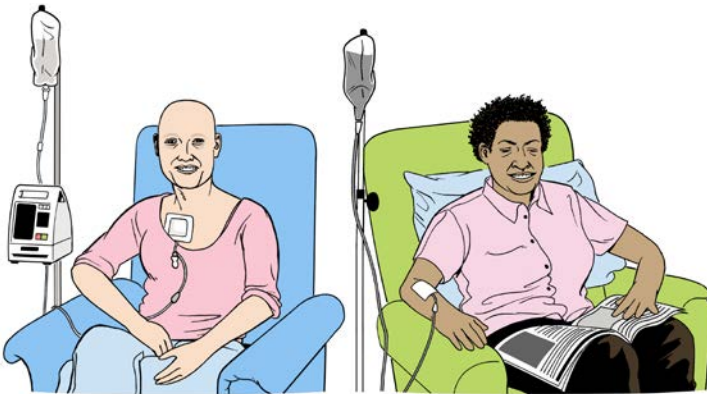
It is usually given into a vein by a drip or injection.



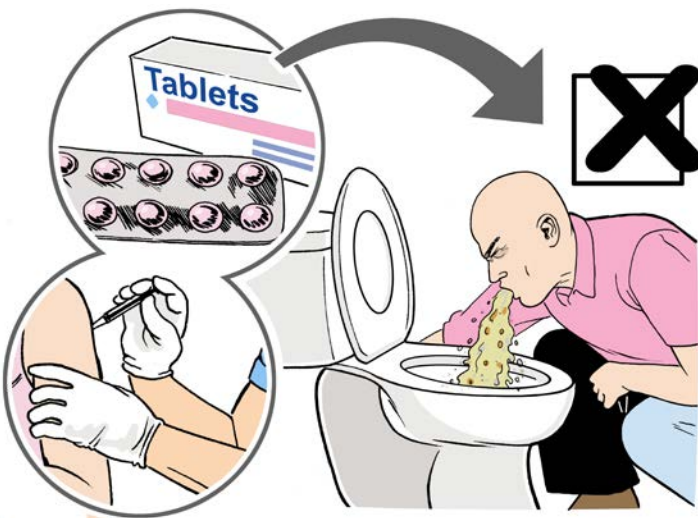
People usually have some treatments and then a break from the treatments.



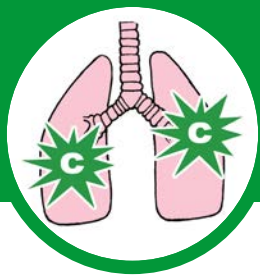
Some people feel ill when they have chemotherapy, like feeling sick. This is called a side effect.



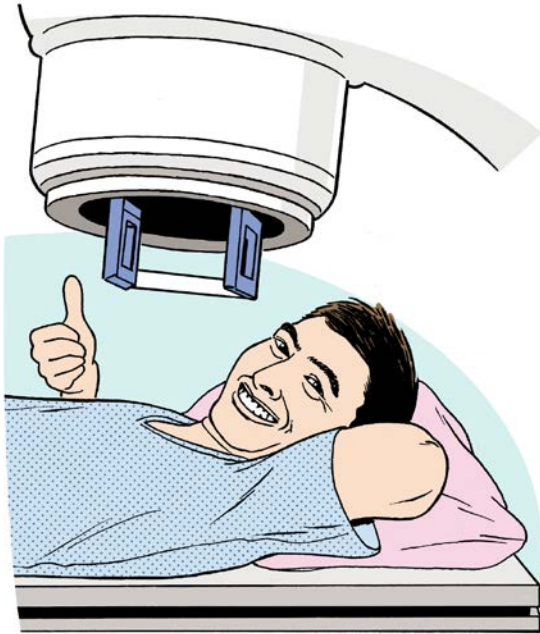
Not everyone will get side effects.



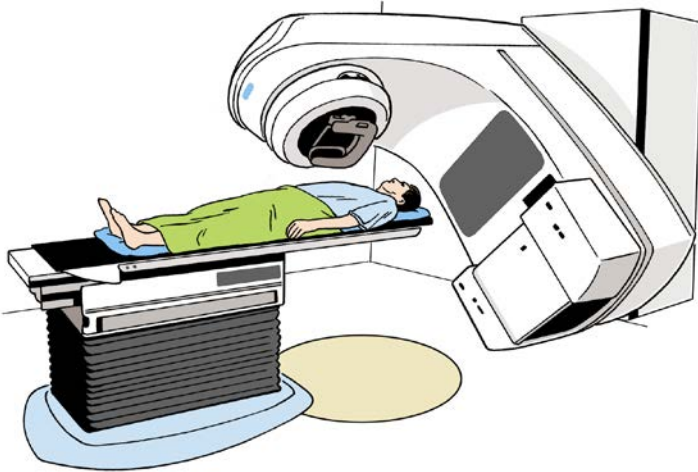
If you get side effects, your doctor can give you medicines to make you feel better.



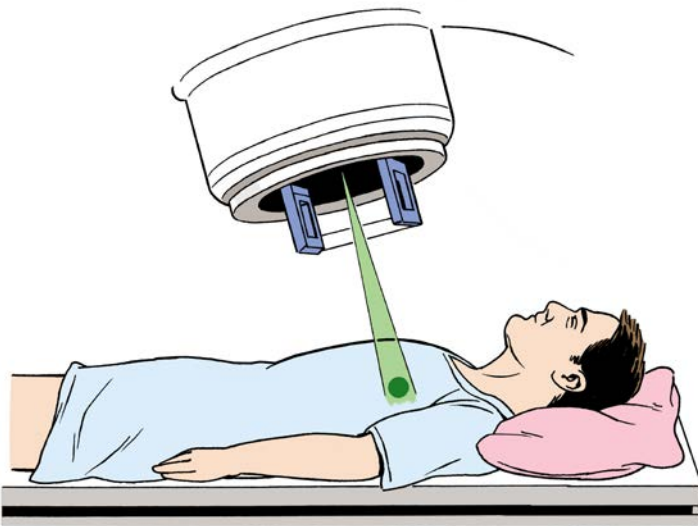
Radiotherapy



Radiotherapy uses strong x-rays to kill the lung cancer.



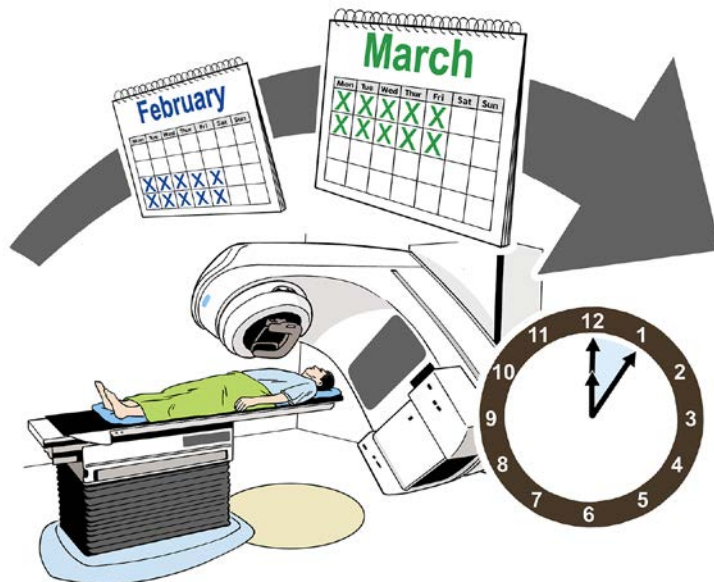
It is usually given by a machine outside the body.



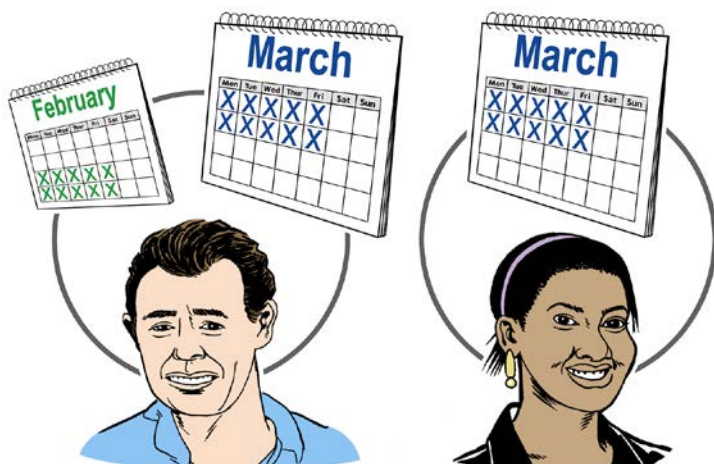
This sends x-rays to your lung.



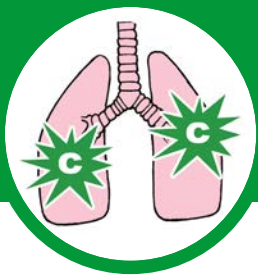
But there are other ways to have radiotherapy. Your doctor will tell you how you will have your radiotherapy.



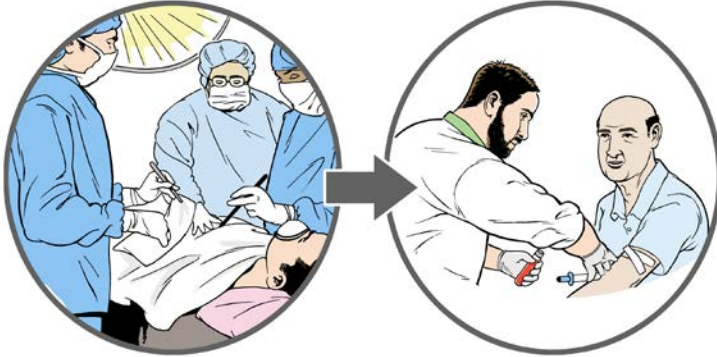
You will usually have a short treatment every day.



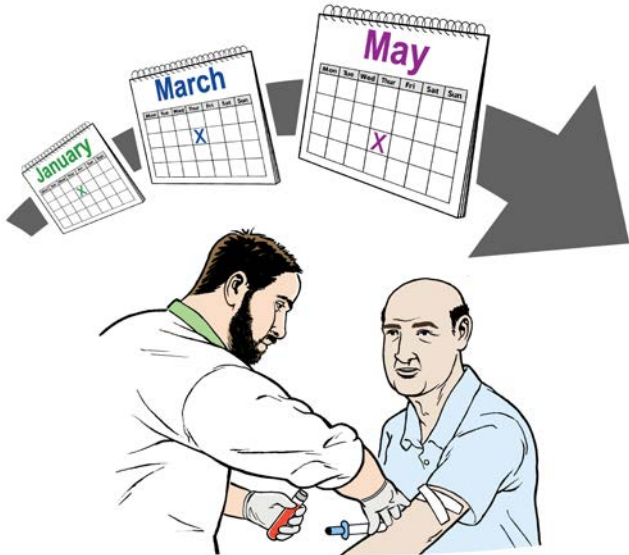
Your doctor will tell you how many treatments you will have. It is different for every person.



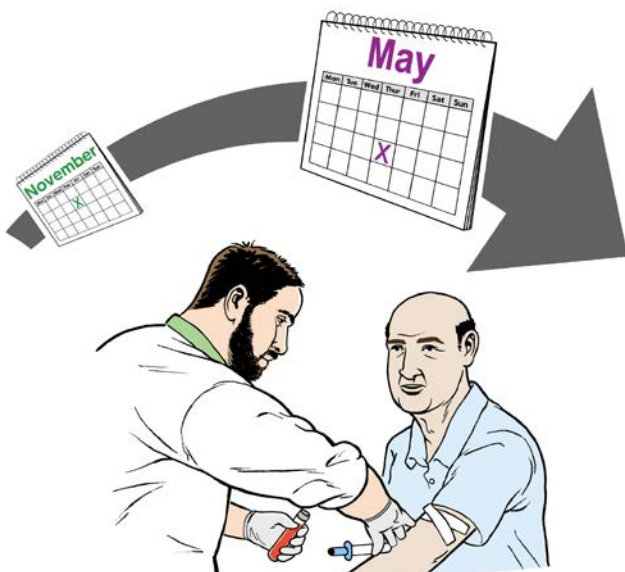
After treatment



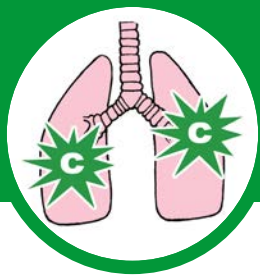
After your treatment has finished, you will have check-ups and tests.



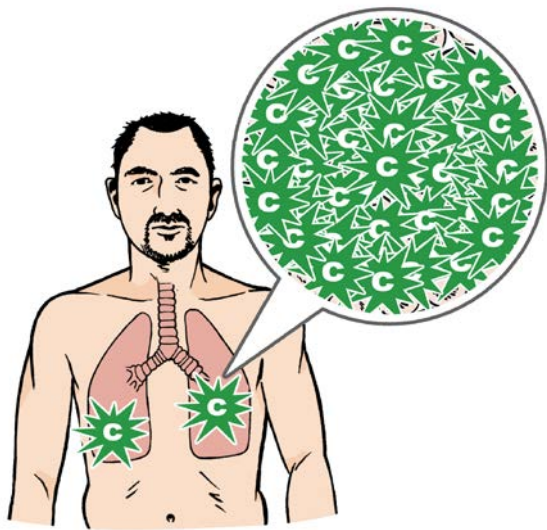
At first, you will often have check-ups and tests.



After a few years, you will not have check-ups or tests very often. This is what happens if the treatment has got rid of the lung cancer.



Controlling symptoms



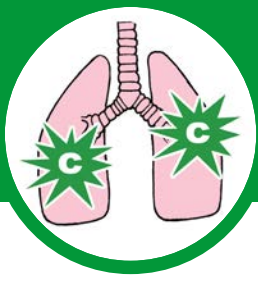
If you have a lot of lung cancer or it has spread somewhere else in your body, this is called advanced cancer.



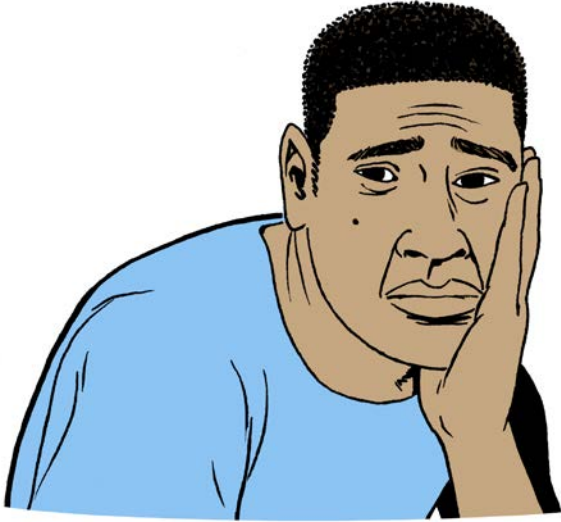
You will feel ill if you have advanced cancer. It might be harder to breathe. This is called a symptom.



Treatments will not get rid of advanced cancer. But they can make you feel better. Always tell your doctor if your symptoms do not get better. Your doctor can give you medicines to help make your symptoms better.



Your feelings



You might have lots of feelings when you have lung cancer. It is normal to have different feelings. You might feel:

- worried



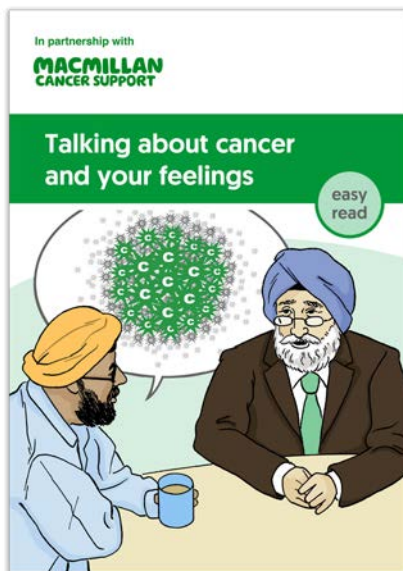
- sad



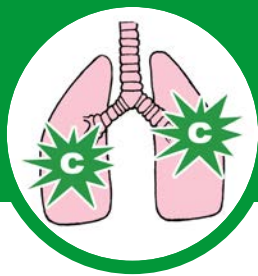
- angry.



It is important to talk to someone about how you feel. They can help you get the support you need.



Macmillan has a booklet called Talking about cancer and your feelings (see page 27). This might help you to talk about your feelings.



How Macmillan can help you



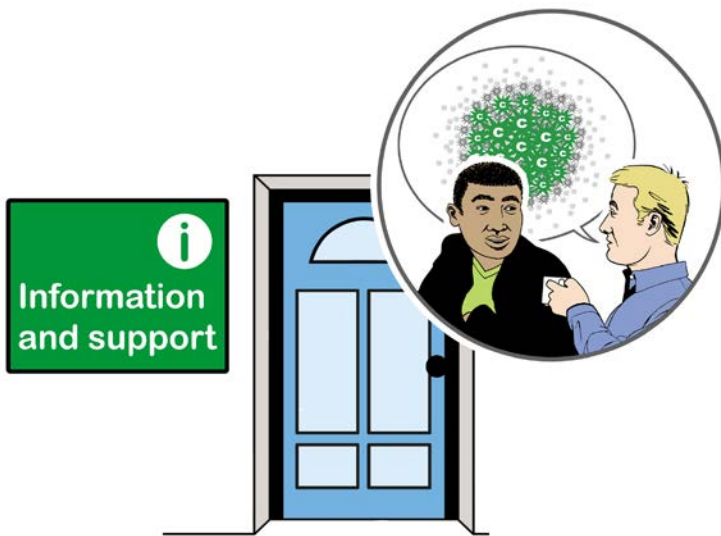
Macmillan is here to help you and your family.

You can get support from:

- The Macmillan Support Line. Call **0808 808 00 00** from Monday to Friday, 9am to 8pm. If you need information about cancer, ask to speak to one of our nurses.

- The Macmillan website. Visit macmillan.org.uk for lots of information about cancer and living with cancer.





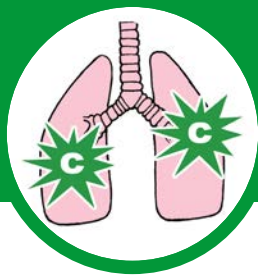
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.



- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



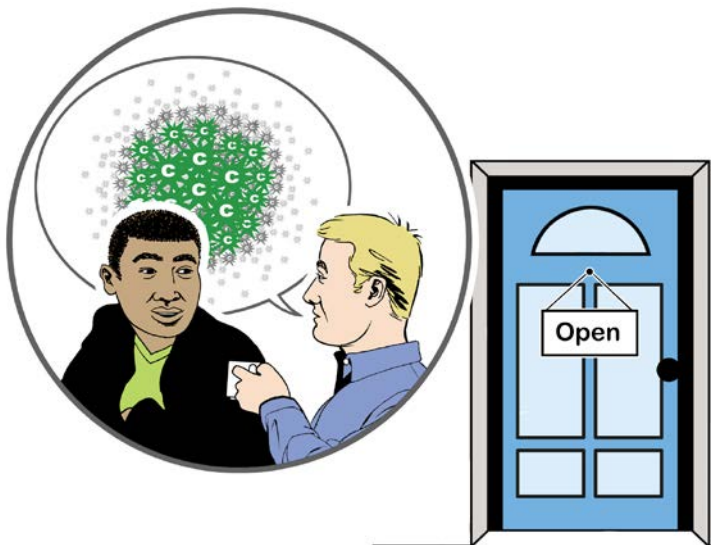
- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



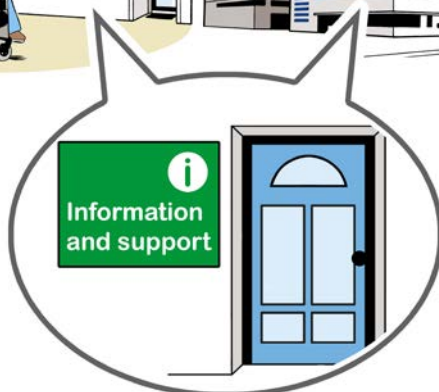
Cancer information and support services



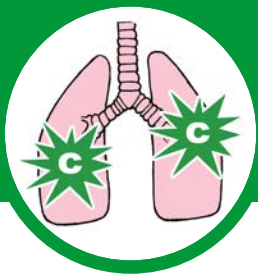
At an information and support service, you can talk to someone who is trained to help people with cancer.



You do not need to book to see someone. You can visit whenever the service is open.



These services are in hospitals and local places like libraries. You can find one near you at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres)



Online support



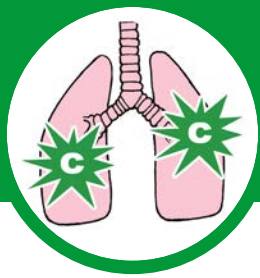
If you use the internet you can visit the Macmillan support group at

[macmillan.org.uk/community](https://www.macmillan.org.uk/community)



You can tell people what it has been like for you to have cancer.

You can also read what other people say about cancer.



More easy read booklets



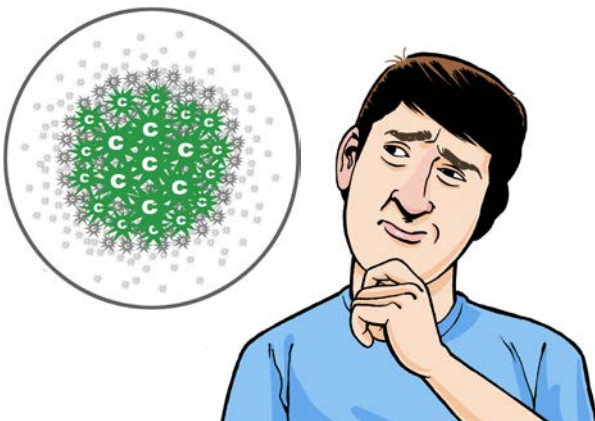
Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:



About Macmillan

- How Macmillan Cancer Support can help you



About cancer and symptoms

- Breast care for women
- Cervical screening
- How to check your balls [testicles]
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer
- What is cancer?

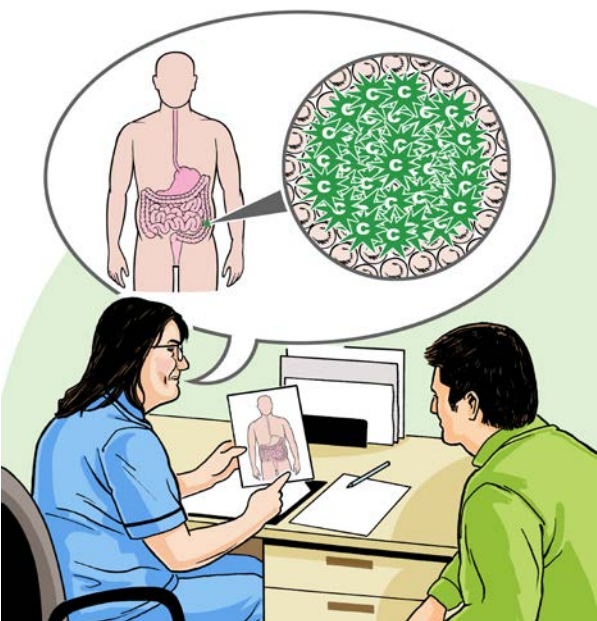


Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safe sex
- Stop smoking

Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Scans and x-rays



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- People who can help you when you have cancer
- Seeing the doctor



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Starting treatment for cancer



Living with cancer

- 7 steps to equal healthcare
[produced with Enable Scotland]
- After treatment for cancer
- Claiming benefits when you have cancer
- Complementary therapies
- Talking about cancer and your feelings
- Things that are important to me
[produced with Enable Scotland]
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer



End of life

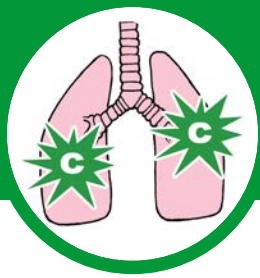
- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website macmillan.org.uk/easyread or call us on **0808 808 00 00**

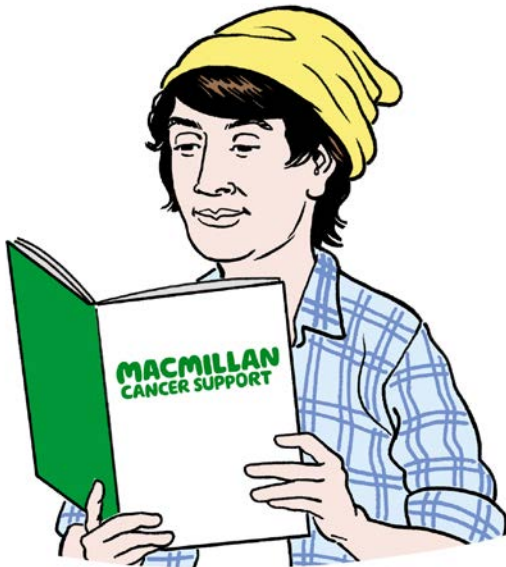


More information and resources



Macmillan website

There is lots of information about cancer at [macmillan.org.uk](https://www.macmillan.org.uk)



Booklets about cancer

You can order booklets about cancer from be.macmillan.org.uk



Videos

You can watch videos about cancer at [macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



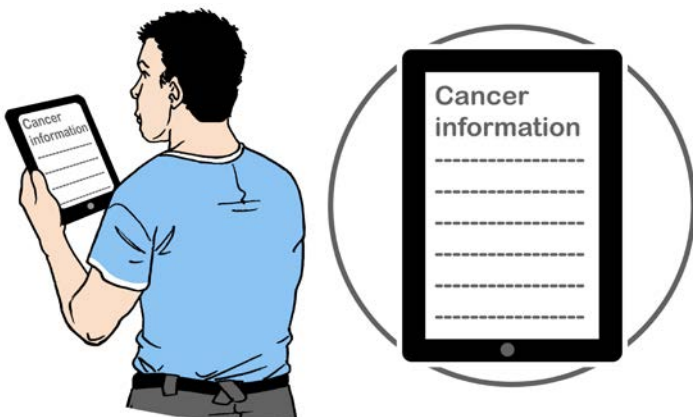
Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



eBooks

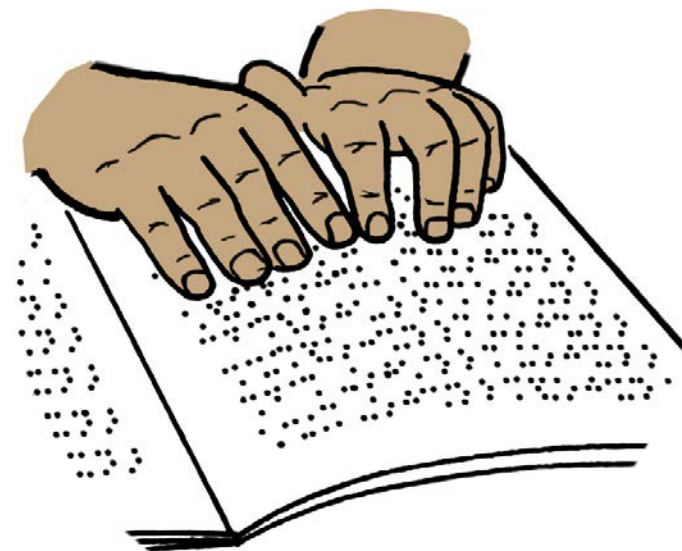
You can get eBooks about cancer from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)



Large print

Tell us if you need information in large print.

Email: cancerinformationteam@macmillan.org.uk



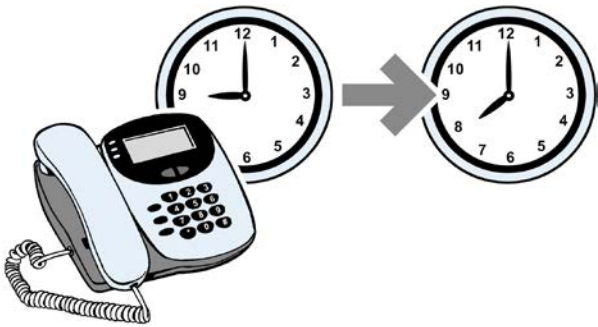
Braille

Tell us if you need information in Braille.

Email: cancerinformationteam@macmillan.org.uk

This booklet is about lung cancer.

It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
Monday to Friday
from 9am to 8pm.



- If you use a textphone, you can call the Macmillan Support Line using the Next Generation Text (NGT) service by dialling
18001 0808 808 00 00



- Or go to the website
macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

MAC17499 Produced December 2018.

Next planned review 2021.

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