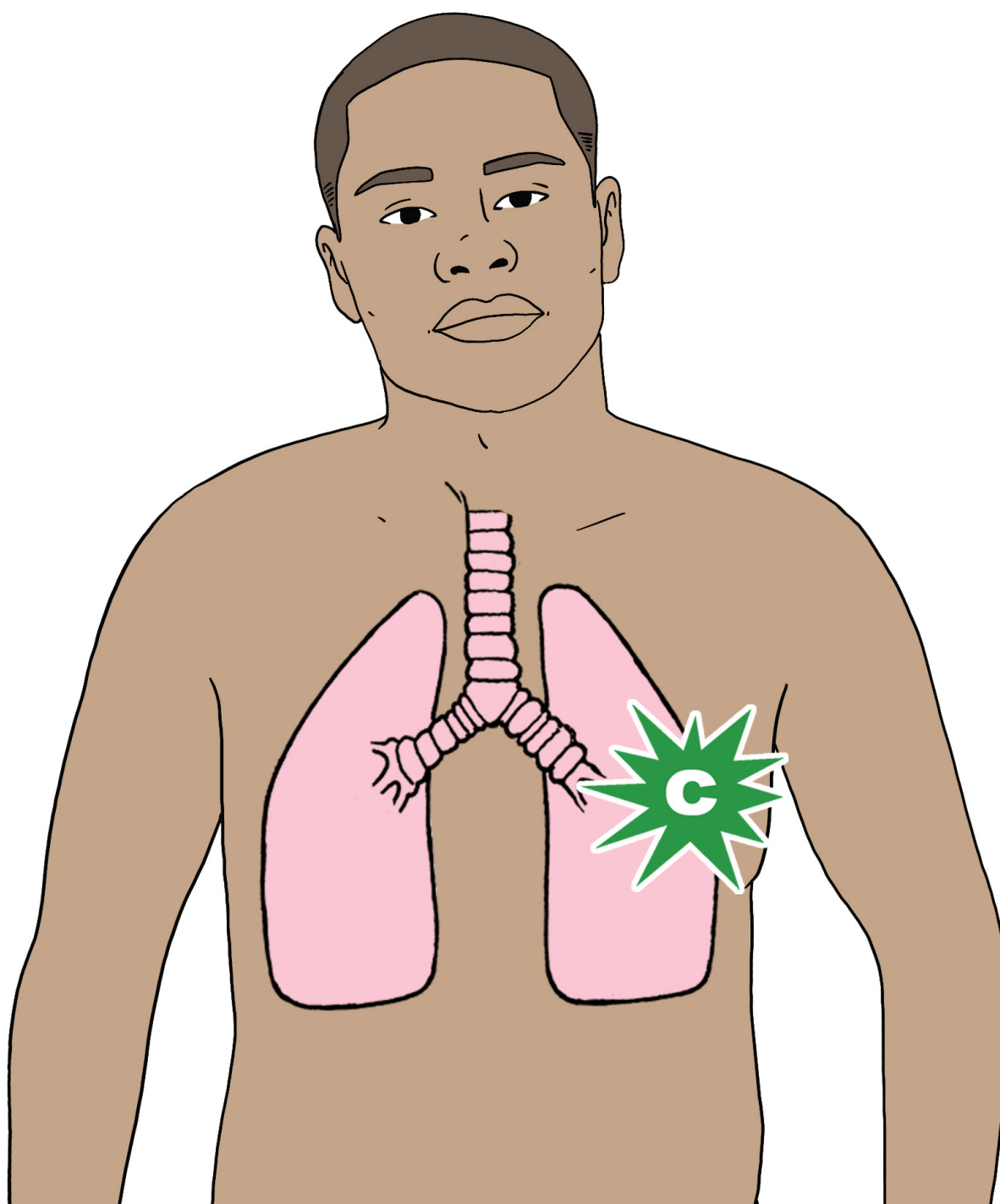


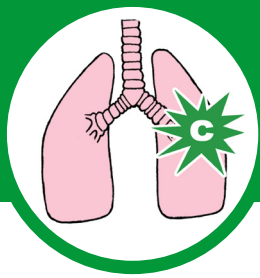
In partnership with

MACMILLAN
CANCER SUPPORT

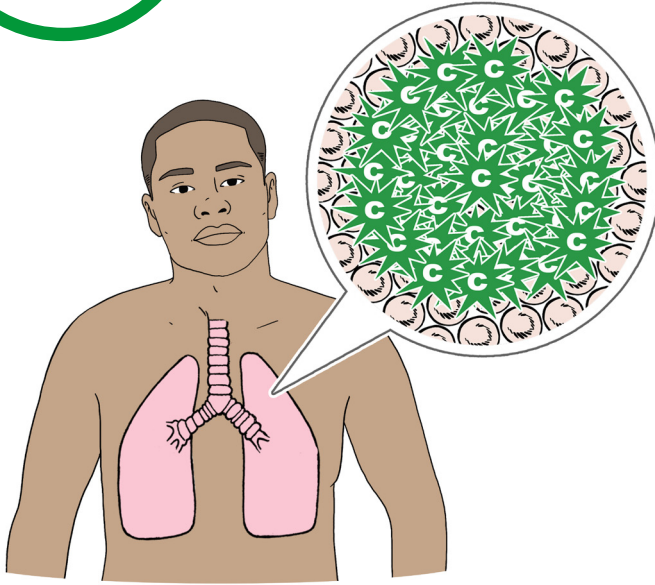
easy
read

Lung cancer

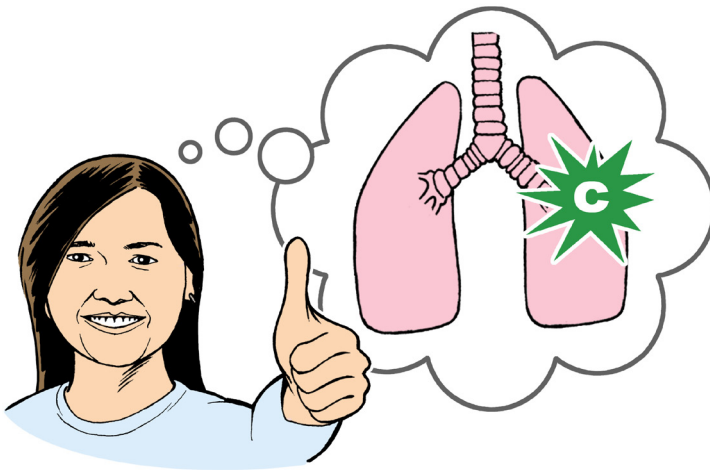




About this easy read booklet



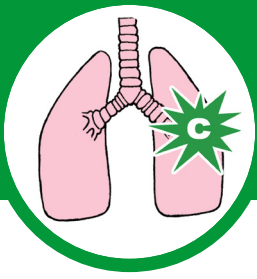
This booklet is about lung cancer.



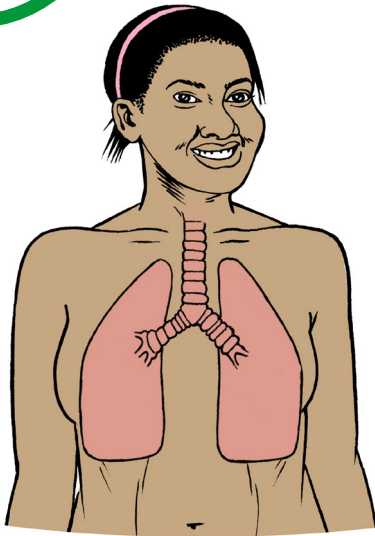
You can learn about what lung cancer is and how it is treated.



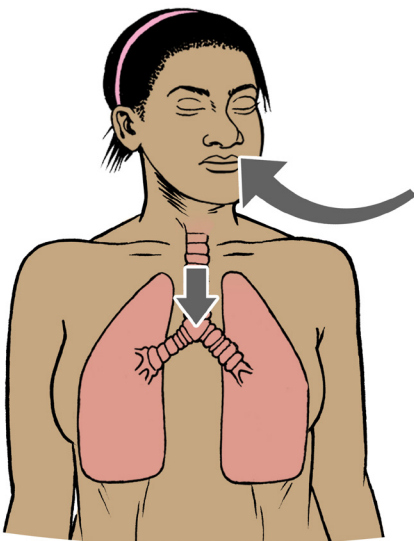
If you are worried about your health, you should talk to a doctor or nurse.



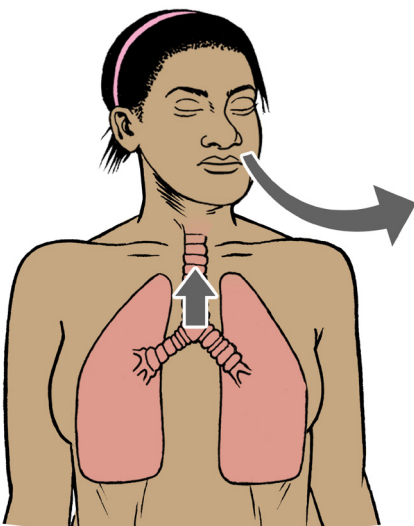
The lungs



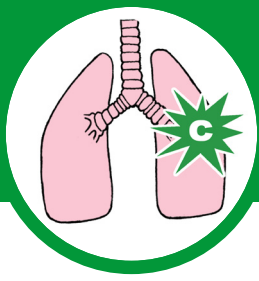
We have two lungs in our chest to help us breathe.



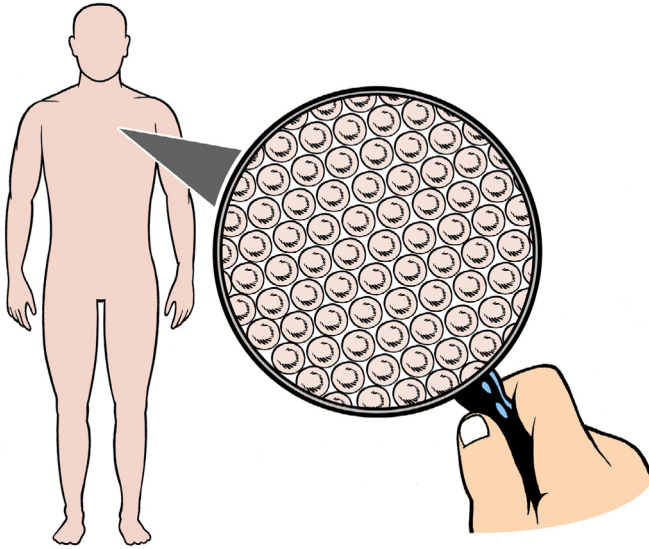
When we breathe in, air comes into our nose or mouth. Then it goes down our windpipe and into our lungs.



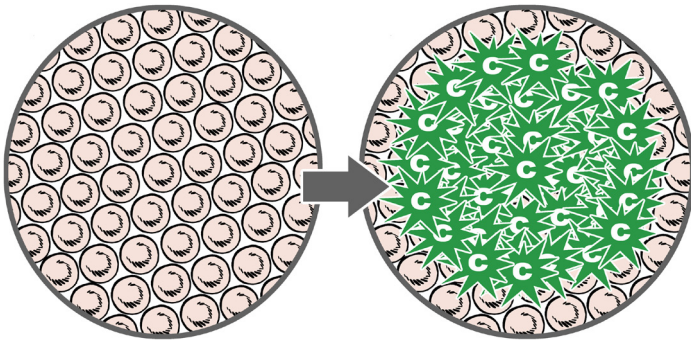
When we breathe out, air goes out of our lungs and up our windpipe. Then it comes out of our nose or mouth.



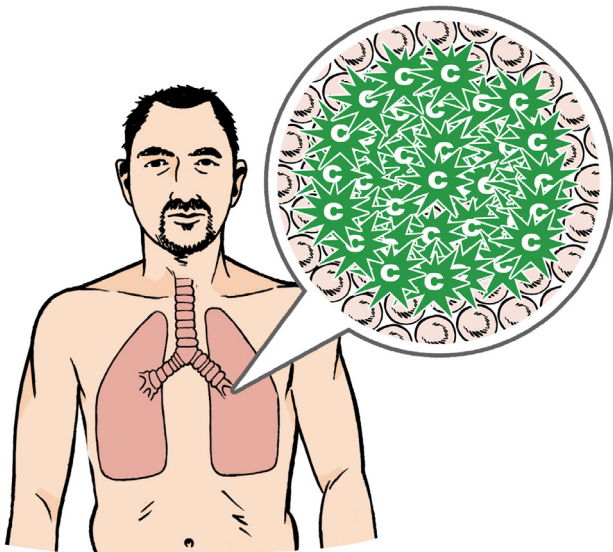
Lung cancer



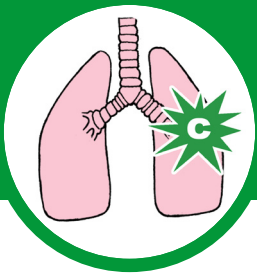
Your body is made up of lots of tiny pieces called **cells**.



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



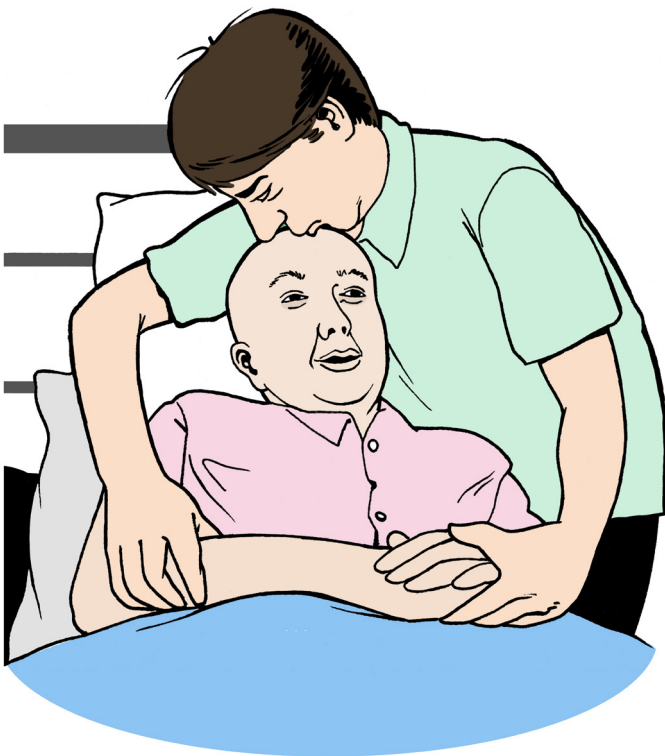
When you have cancer that started in one of your lungs, this can be lung cancer.



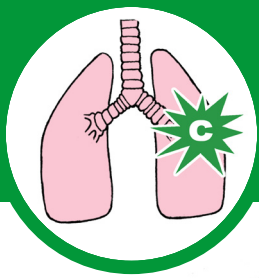
Causes of lung cancer



Smoking often causes lung cancer. But a small number of people get lung cancer even though they have never smoked.



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



Signs and symptoms of lung cancer

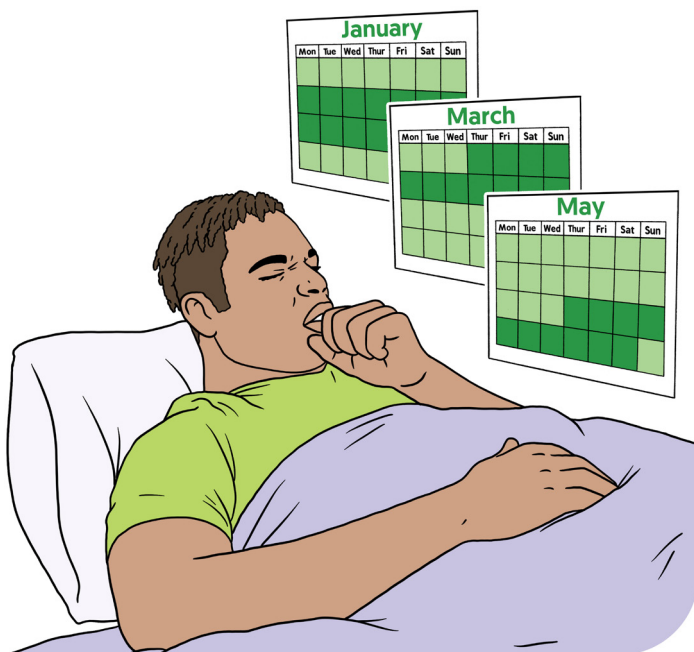


Symptoms are signs in your body that tell you something is wrong, like feeling tired all the time.



If you have lung cancer, you might:

- have a cough that does not go away



- have lots of chest infections



- find it hard to breathe



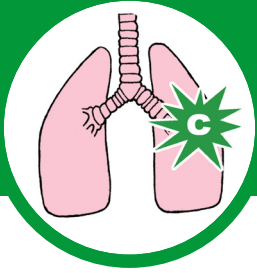
- see blood on your tissue when you cough.



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



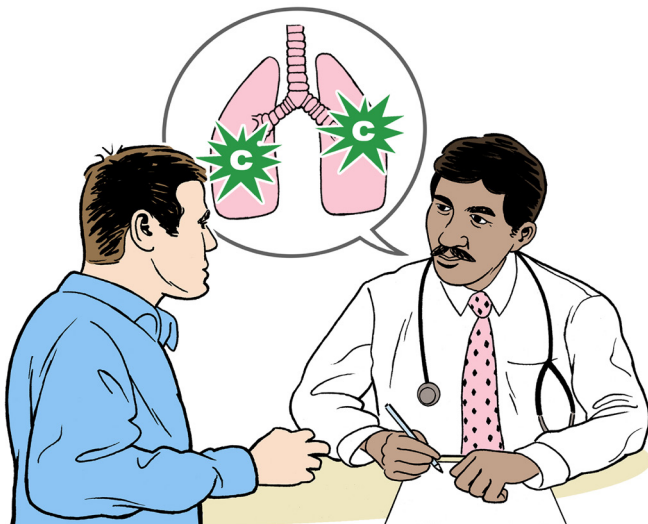
If you have any of these symptoms, tell your doctor as soon as possible.



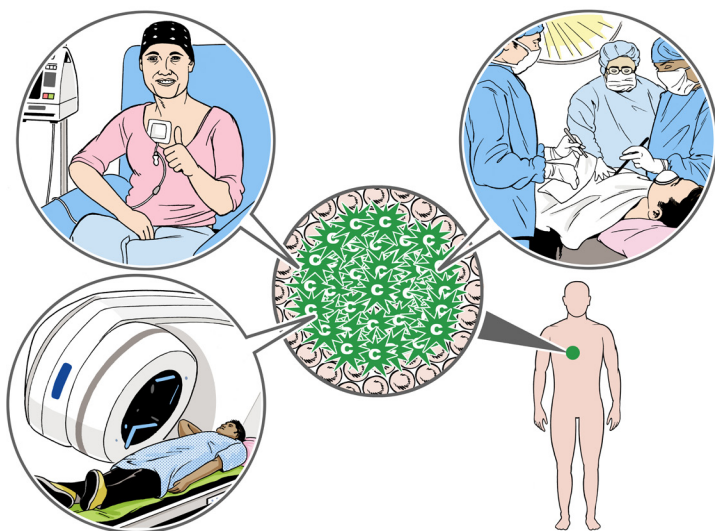
Tests for lung cancer



You might be sent to the hospital for some tests to find out if you have lung cancer.



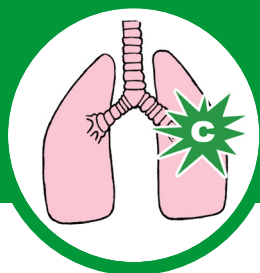
The tests will also help your doctor know more about the lung cancer.



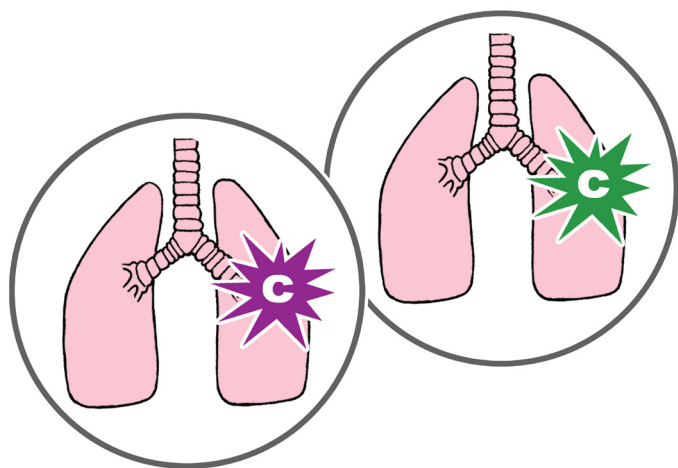
They will help your doctor choose the best treatment for the lung cancer.



You can learn more about these tests from other Macmillan booklets [see page 29].



Treatments for lung cancer



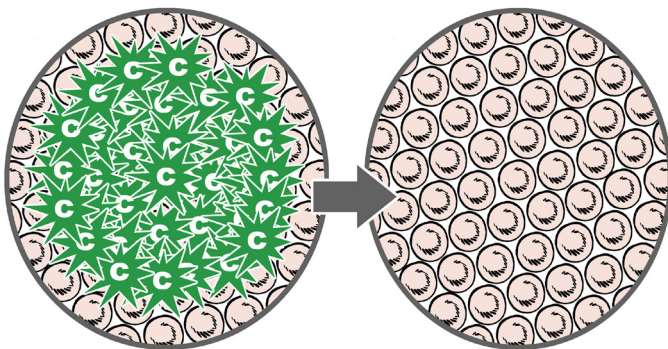
There are 2 types of lung cancer, they are called **non-small cell lung cancer (NSCLC)** and **small cell lung cancer (SCLC)**.



Your doctor will choose your treatment based on what type of lung cancer you have. And they will tell you why they think this treatment is best.



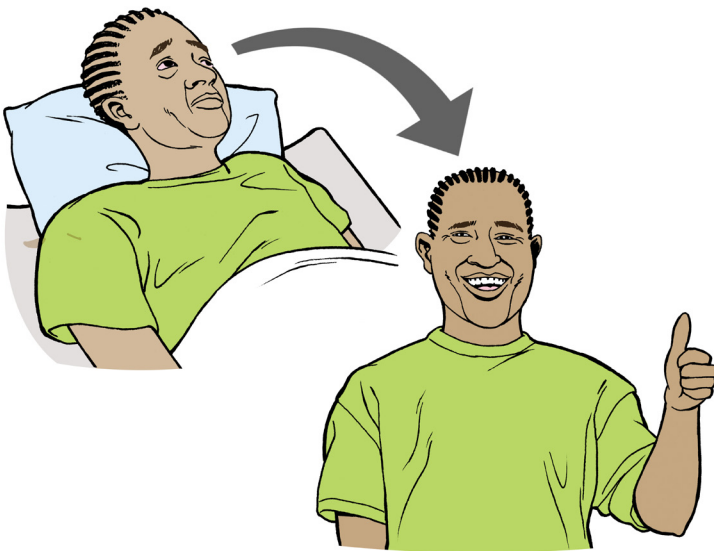
If you smoke, your cancer team might talk to you about stopping smoking.



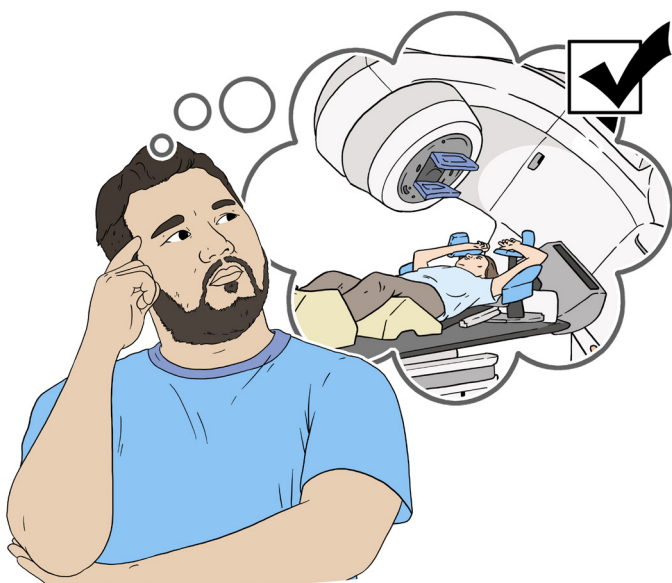
Sometimes treatment can get rid of the lung cancer.



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 it



- you feel OK to have the treatment.



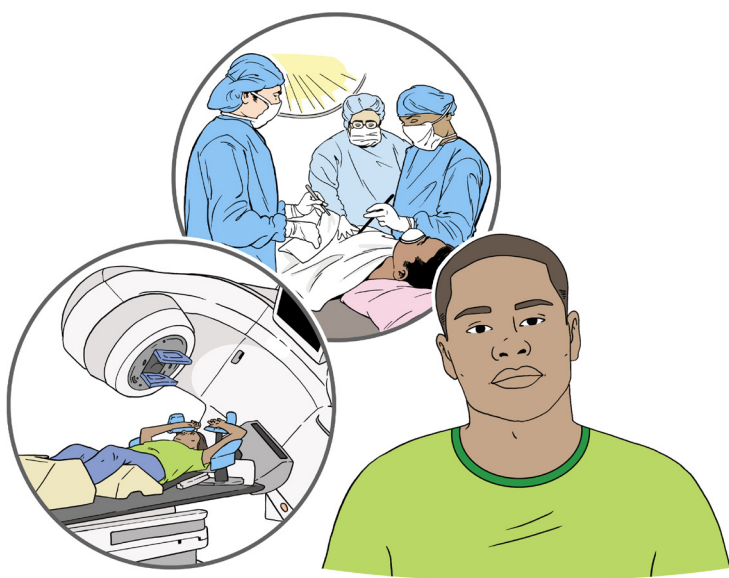
Your doctor or nurse can help you understand about your treatment. They can talk to you and answer your questions.



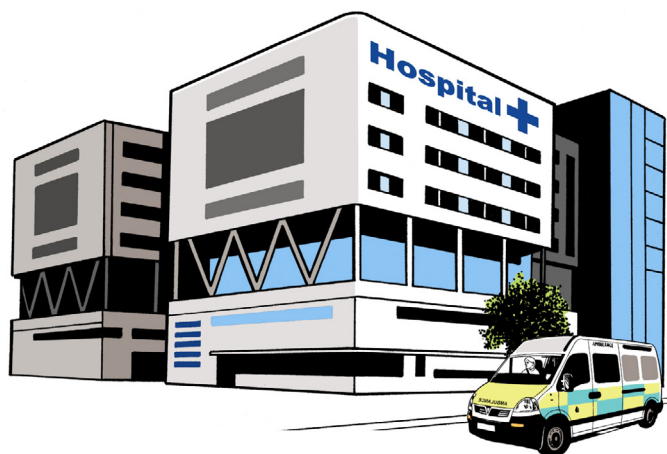
There are different treatments for lung cancer. You might have surgery, radiotherapy or chemotherapy.



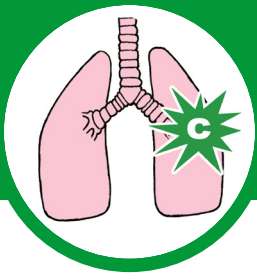
Or you might have other anti-cancer drugs called targeted therapy drugs or immunotherapy drugs.



Some people have more than one treatment.



All these treatments are given in a hospital.



Surgery



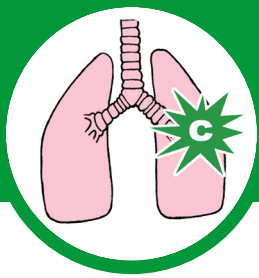
Surgery is when something is cut out of your body. This is also called an **operation**. Surgery can be done if you only have a small area of lung cancer.



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



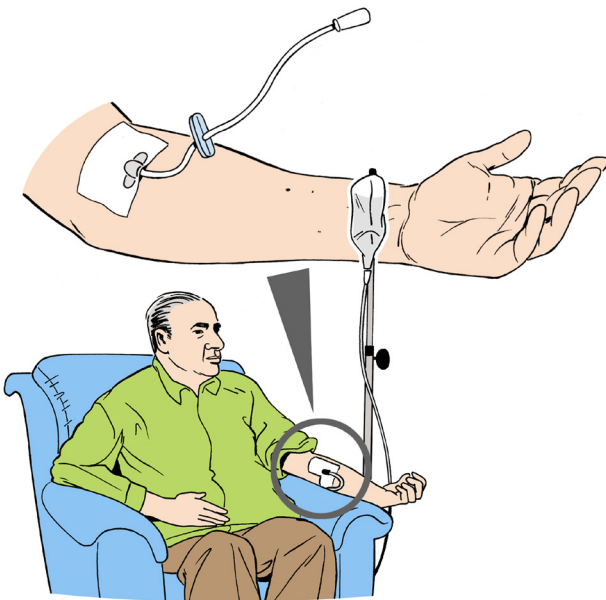
You might not be able to have surgery if you have other health problems.



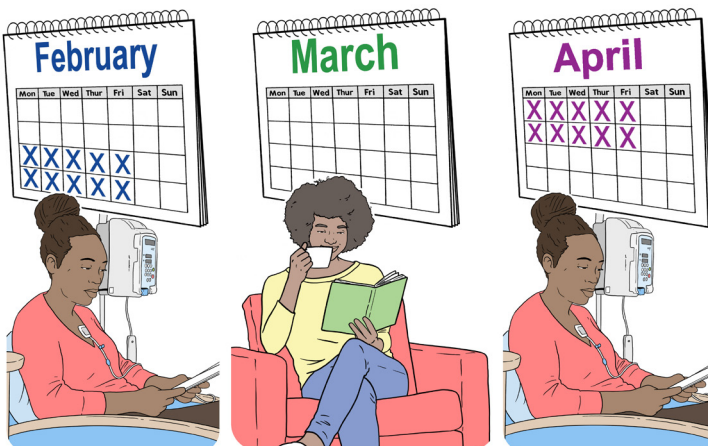
Anti-cancer drugs



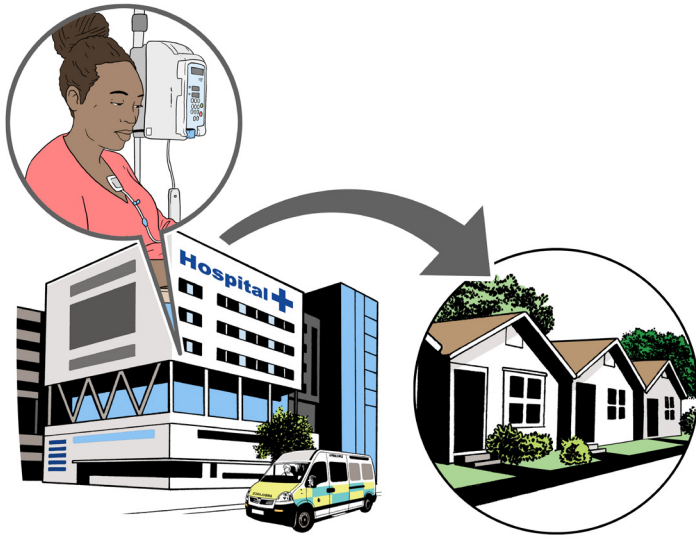
Chemotherapy drugs are medicines used to destroy cancer cells.



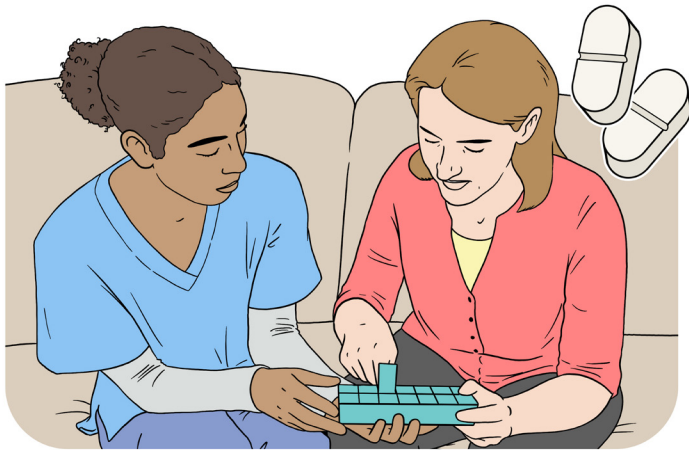
It is usually given into a vein using a drip or injection.



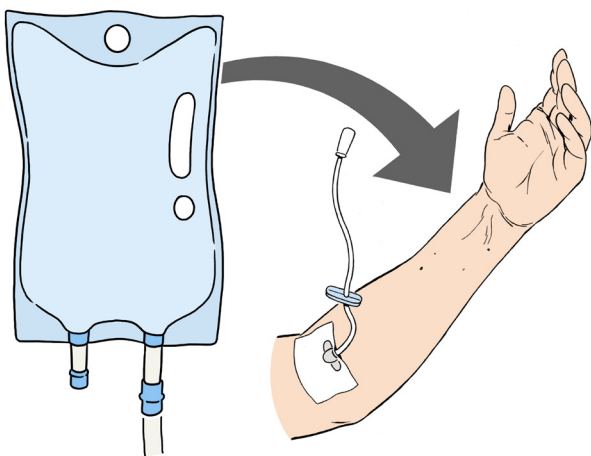
You will usually have 4 to 6 chemotherapy treatments with a break between the treatments.



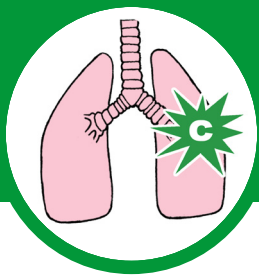
You will usually go home after your chemotherapy treatment each day.



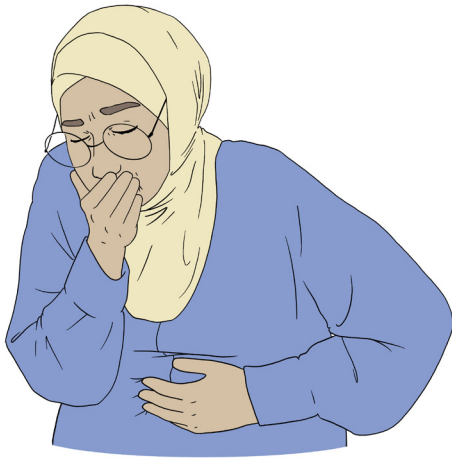
Targeted therapy drugs target and destroy cancer cells. You take them as a tablet or capsule.



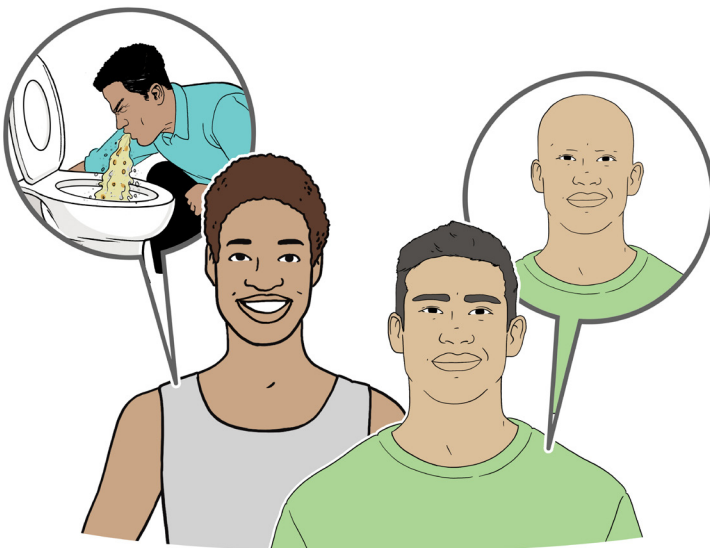
Immunotherapy drugs help your body to destroy cancer cells. They are given into a vein using a drip.



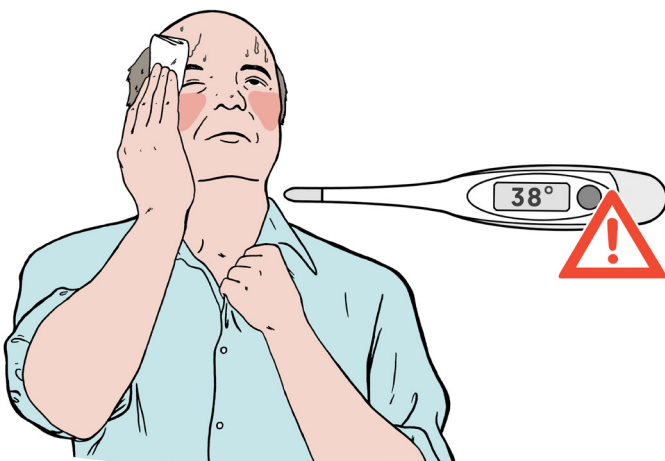
Side effects of anti-cancer drugs



Some people feel ill when they have cancer treatment. These are called **side effects**.



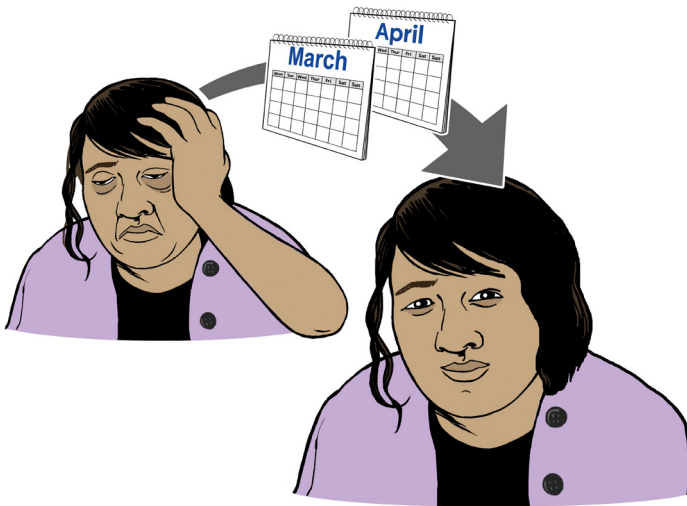
Different people might have different side effects. It can depend what treatment you have.



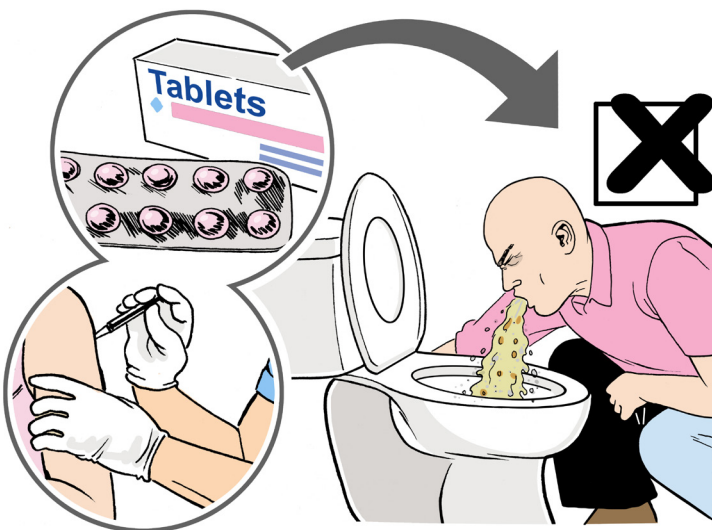
You may have a high temperature or feel sick.



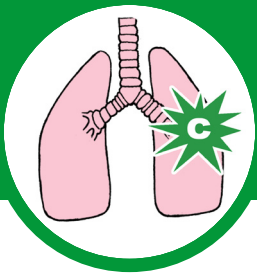
You may have diarrhoea or skin rashes.



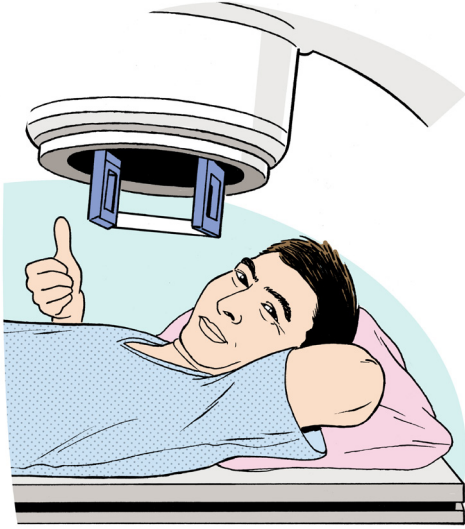
Many side effects get better over time.



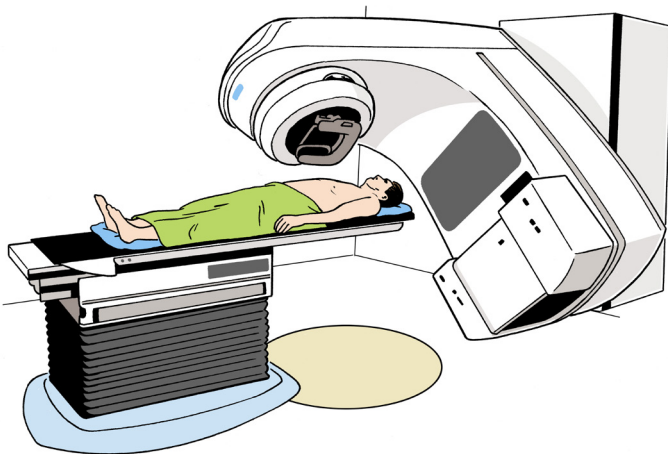
If you have any side effects or are worried speak to your healthcare team straight away. They can give you medicines to make you feel better.



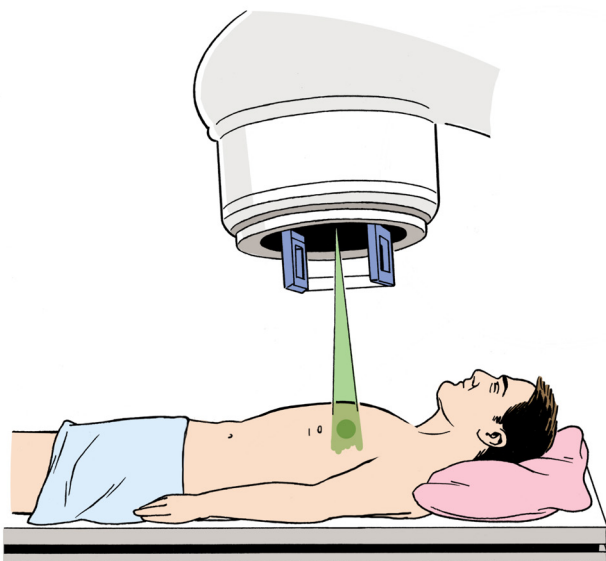
Radiotherapy



Radiotherapy uses high energy rays to destroy cancer cells. These rays are called **radiation**.



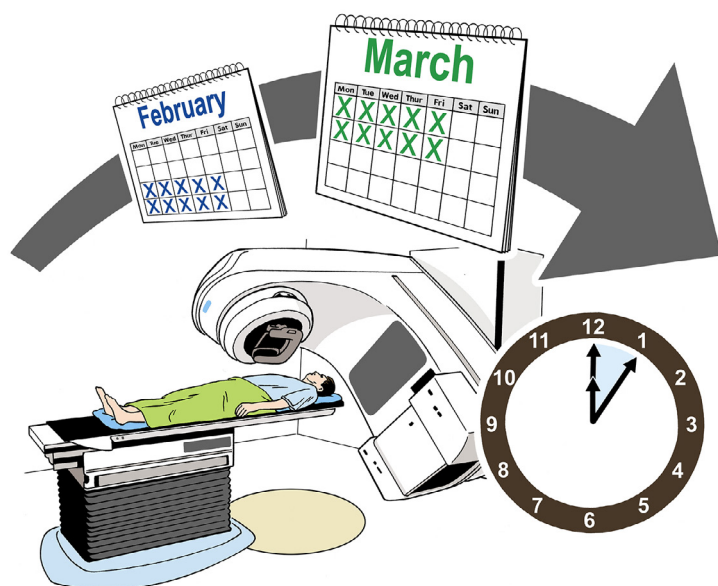
It is usually given by a machine outside the body.



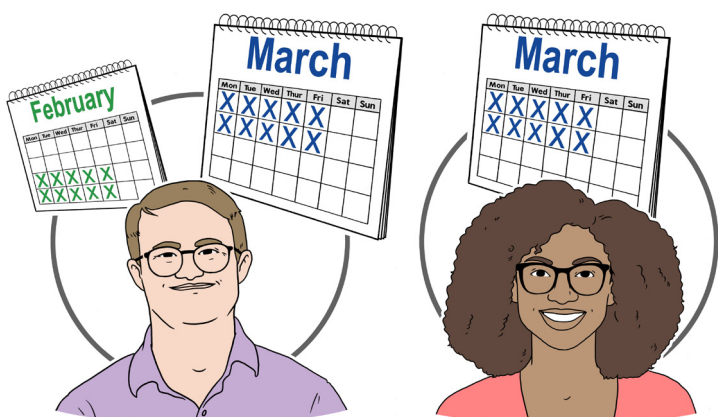
This sends the radiation rays to destroy the lung cancer cells.



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



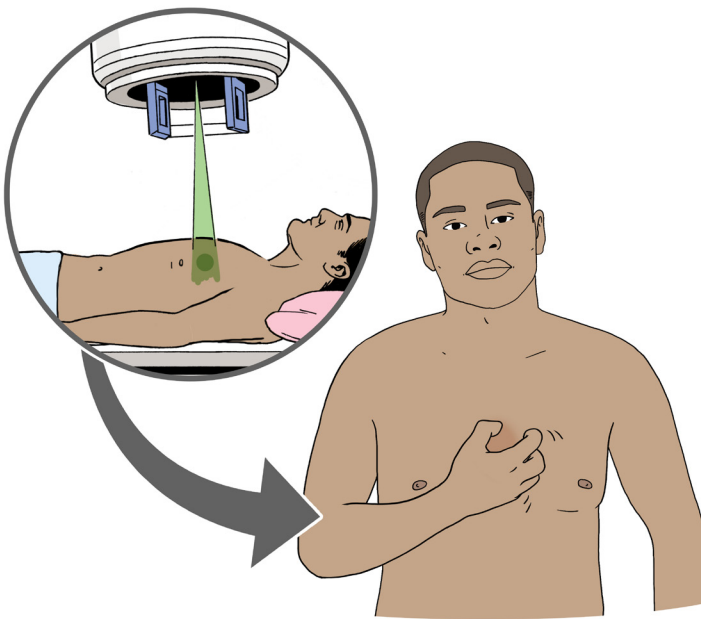
You will usually have a short treatment every day. You usually go home after your treatment.



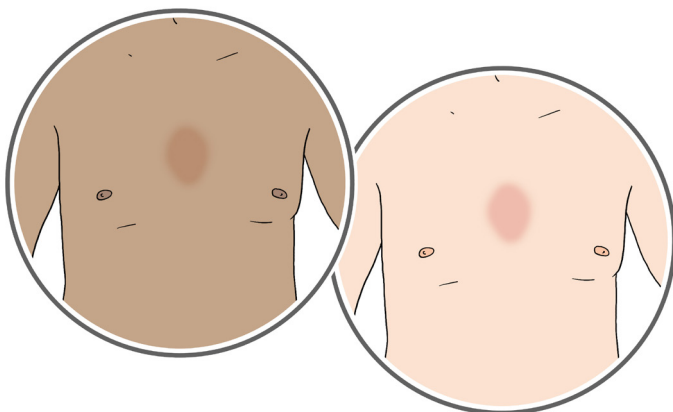
Your doctor will tell you how many treatments you will have. It is different for every person.



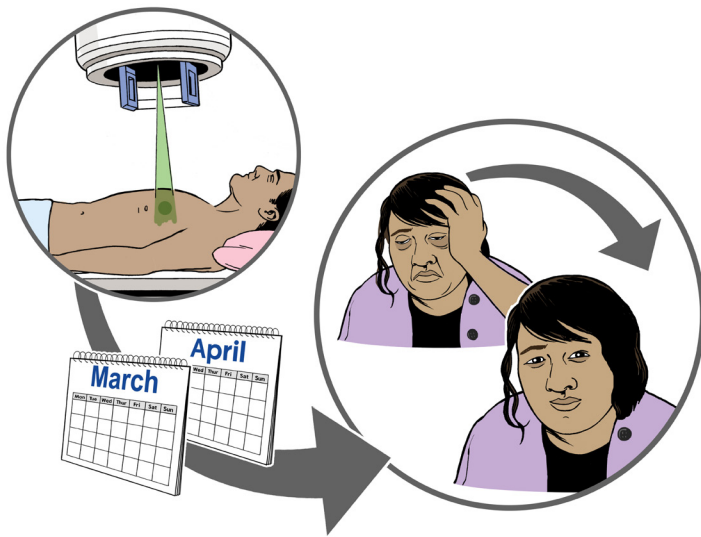
Radiotherapy can cause side effects like tiredness and a sore throat.



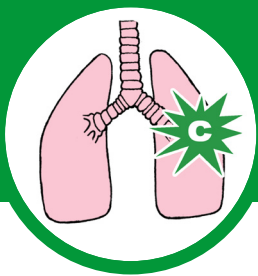
The skin in the area you get your radiotherapy might feel itchy or sore.



If you have black or brown skin it may become darker than the skin around it. If you have white skin it may become red.



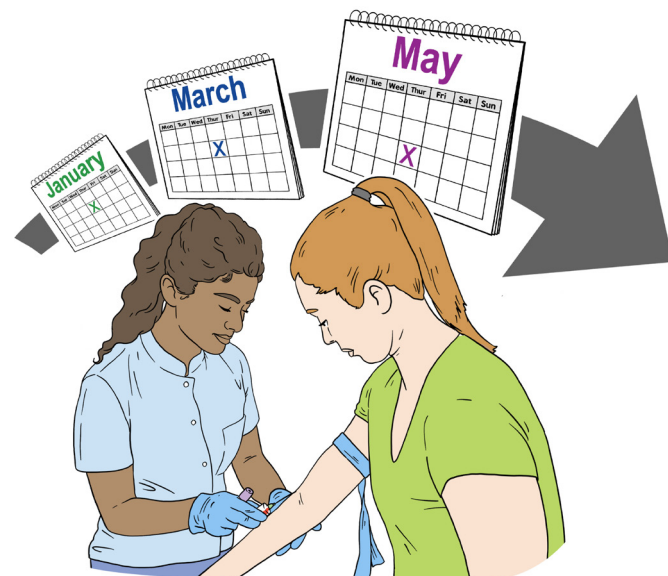
Most side effects get better a few weeks after you stop radiotherapy.



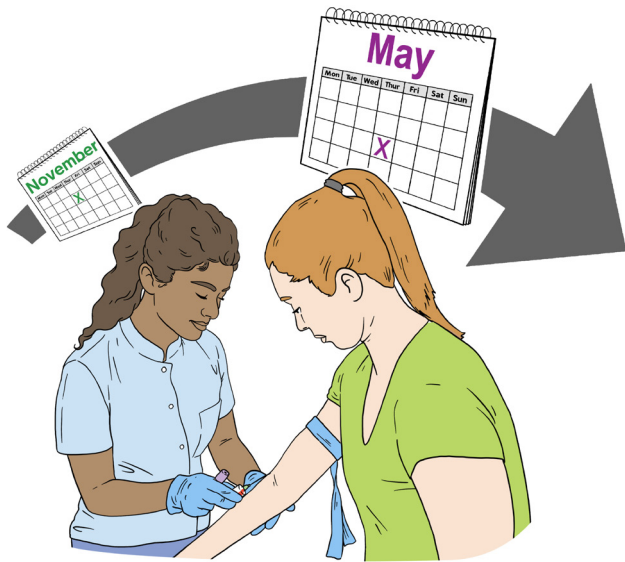
After treatment



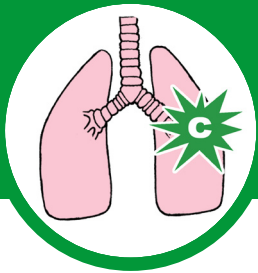
After your treatment has finished, you will have check ups and tests.



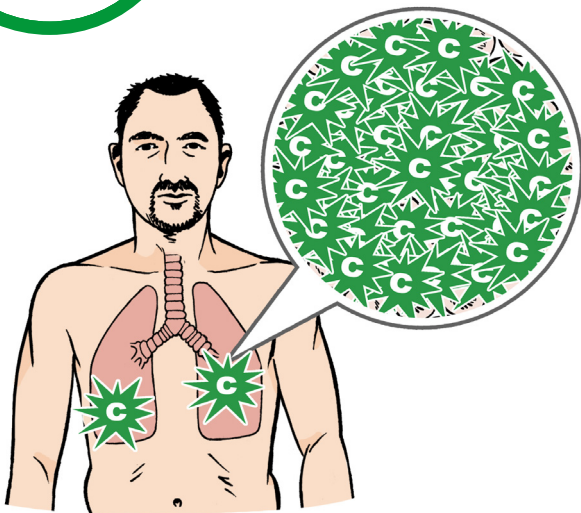
At first you will have check ups and tests often.



If the treatment has got rid of the cancer, you will have check ups less often.



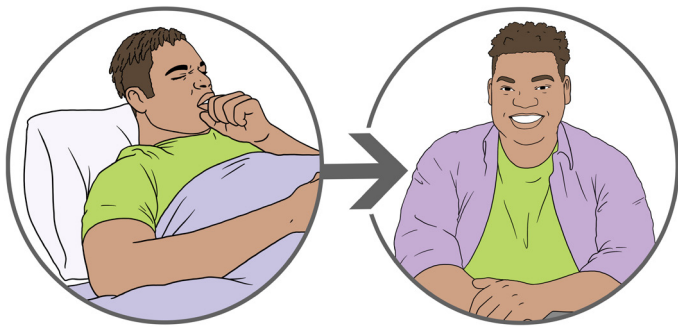
Advanced lung cancer



If your lung cancer has spread around the lungs or somewhere else in your body, this is called **advanced lung cancer**.



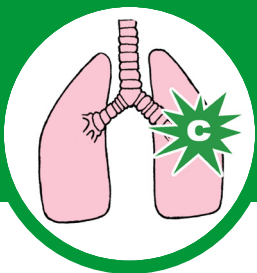
You might feel ill or be in pain if you have advanced lung cancer. It might be harder to breathe.



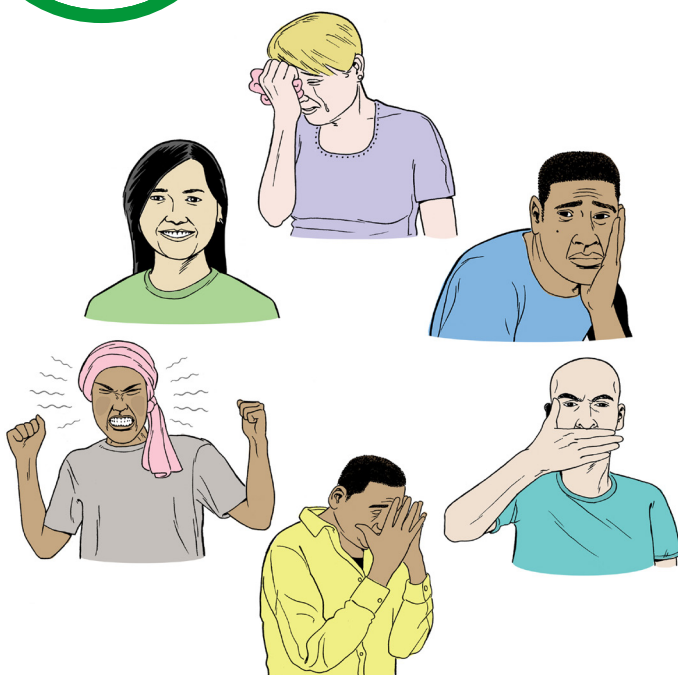
Treatments will not get rid of advanced cancer. But they can make you feel better.



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.



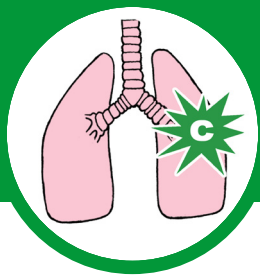
You might feel worried, sad, or angry.



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 31]. This might help you to talk about your feelings.



How Macmillan can help you



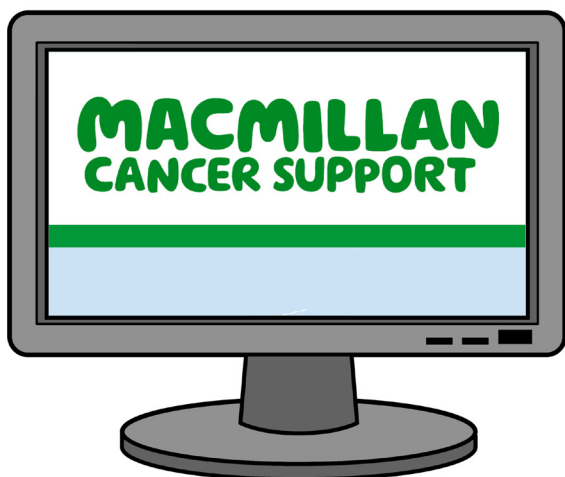
You can get support from:

The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.

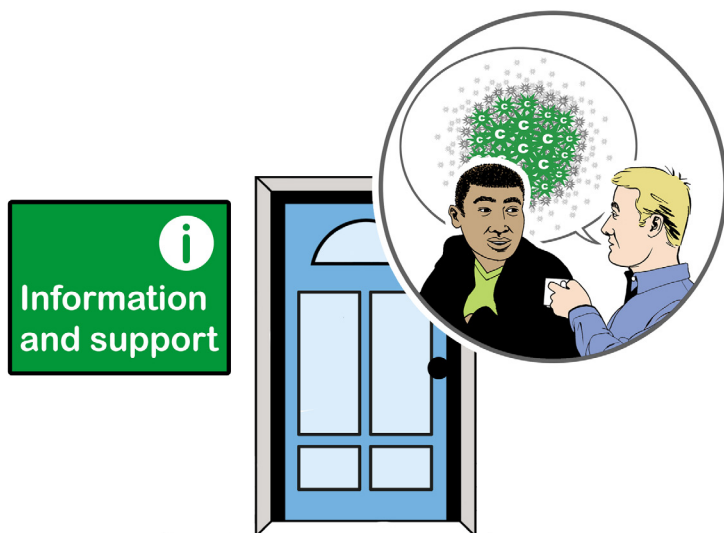


You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



The Macmillan website

Visit [macmillan.org.uk](https://www.macmillan.org.uk) for information about cancer. You can also use our web chat to ask questions at [macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)



Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at

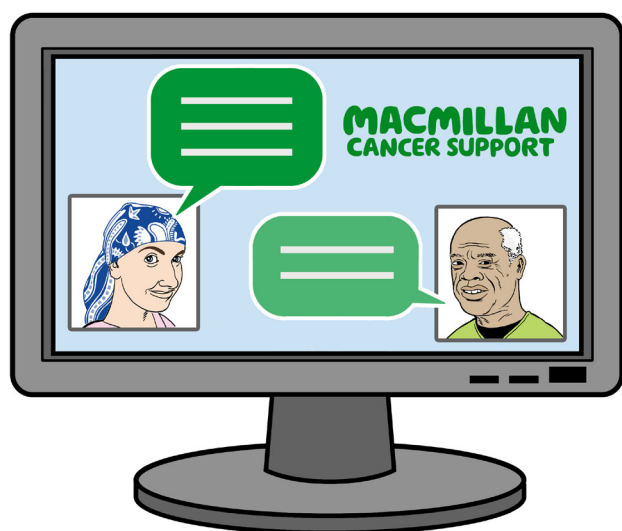
macmillan.org.uk/informationcentres or call us.



Local support groups

Find a group near you at

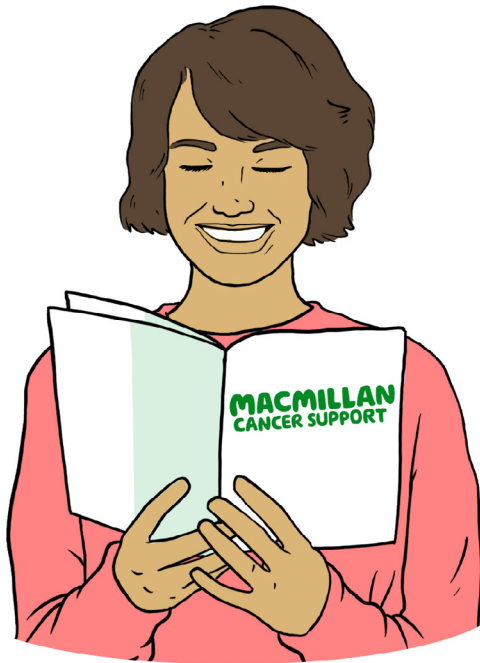
macmillan.org.uk/supportgroups or call us.



Macmillan Online Community

You can talk to other people in similar situations at

macmillan.org.uk/community



Macmillan can give you information in different ways:

Booklets about cancer

You can order booklets about cancer from

orders.macmillan.org.uk



Videos

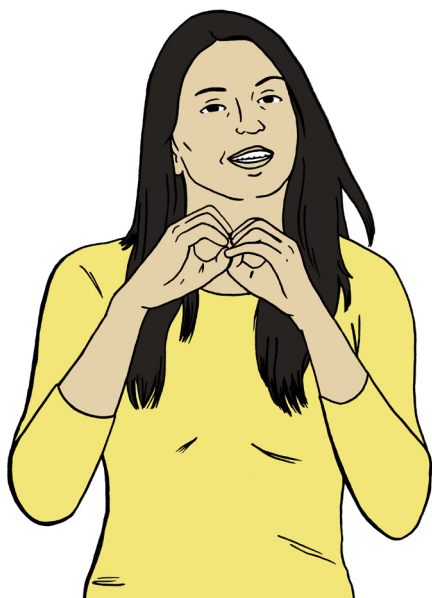
You can watch videos about cancer at

macmillan.org.uk/videos



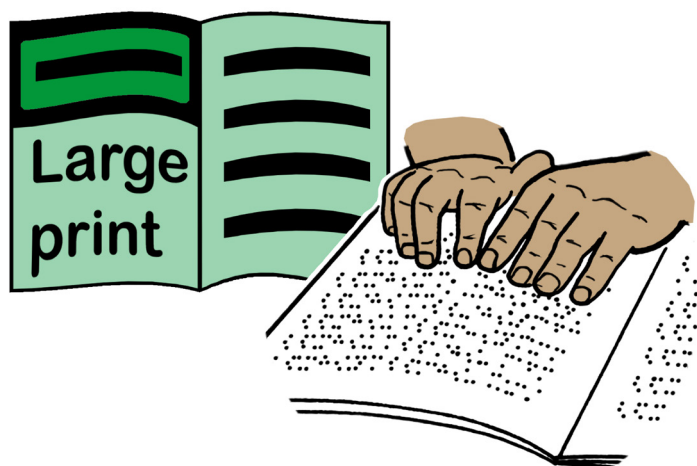
Audio

You can listen to information about cancer and order CDs from macmillan.org.uk/audio



British Sign Language (BSL)

You can watch information in BSL at macmillan.org.uk/bsl



Large print or Braille

Tell us if you need information in large print or Braille.

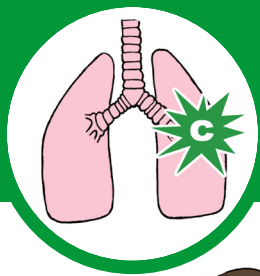
Email: informationproductionteam@macmillan.org.uk



Translations

Tell us if you need information in another language.

Email: informationproductionteam@macmillan.org.uk



More easy read booklets



Order more easy read booklets from macmillan.org.uk/easyread

There are booklets on lots of topics:

About Macmillan

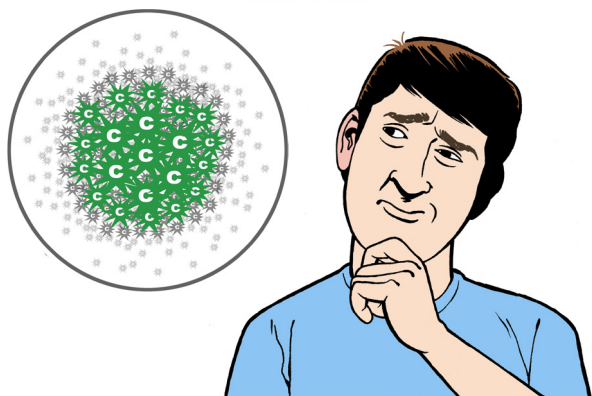
- How Macmillan Cancer Support can help you
- Holistic Needs Assessment (HNA)

About cancer

- Lung cancer
- What is cancer?

Signs and symptoms

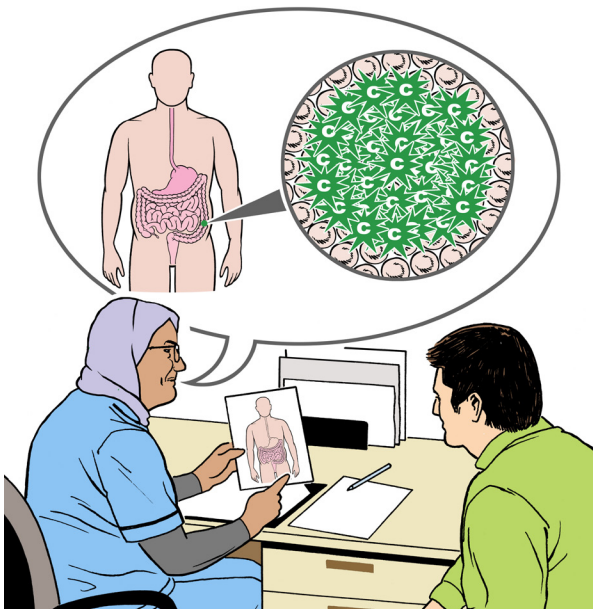
- Breast care and screening
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer





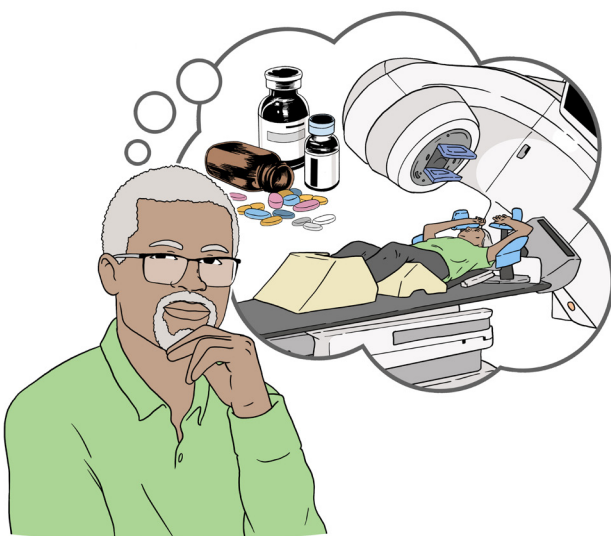
Tests for cancer

- 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
- Having an x-ray



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



Deciding on your treatment

- All about me – notes for my healthcare team
- Deciding about treatment
- How to get equal healthcare
- If you are unhappy with your care



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



Living a healthy life

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



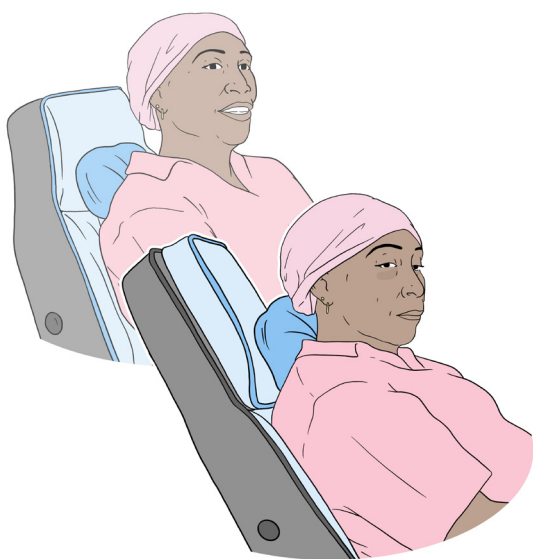
Living with cancer

- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings



Living with cancer

- What happens after cancer treatment ends
- Work 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
- Things you can do when getting ready to die
- Thinking about your funeral
- Who can help if you are dying
- Your feelings when you are dying



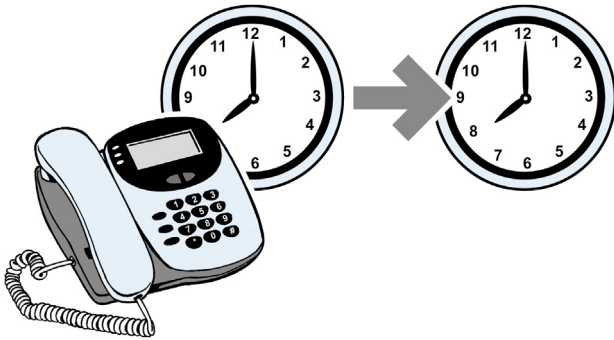
After someone dies

- Going to a funeral when someone dies
- Your feelings when someone dies and what can help

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

This booklet is about lung cancer.

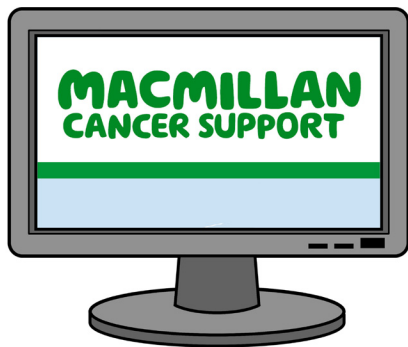
It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
7 days a week from 8am to 8pm.



- If you use a textphone, you can call:
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- Or go to the website
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