

## **What should I do if I have any symptoms?**

**NHS**

North East London  
Cancer Alliance

**You should contact your GP for an appointment as soon as possible.**

When booking an appointment, you should say what symptoms you have and that your pharmacist has told you to contact the GP.

To help find out what's causing your cough, your GP might:

- take a sample of any mucus you might be coughing up
- refer you for an chest x-ray or allergy test, or another test to see how well your lungs work
- refer you to a hospital to see a specialist (on a rare occasion)

**Ask your GP about these options and how they could help you**

## **Information on the local stop smoking services**

Stop Smoking services - Havering:  
0300 123 1044

## **Further information on lung cancer**

[www.cancerresearchuk.org/about-cancer/lung-cancer](http://www.cancerresearchuk.org/about-cancer/lung-cancer)

## **Is your cough not going away?**

Most coughs are caused by a cold or flu. However, if your cough won't go away, you should get it checked.

The chances are it is not serious, but in a small number of cases, it could be something more serious.



## Do you have any of these symptoms?

- Have you had a cough for **more than 3 weeks**?
- Is your cough **getting worse**?
- Are you a smoker with a **cough that hasn't got better**?
- Is over-the-counter cough medication **not working**?
- Do you have chest pain or are you finding it **hard to breathe**?
- Feeling **breathless** for no reason?
- Are you a **current or ex-smoker** with a cough that hasn't got better?



**If you are suffering from any of the above symptoms for more than 3 weeks, you need to see your GP.**



## Could it be something more serious?

Lung cancer is amongst the most common and most serious cancers in the UK.

Lung cancer affects men and women at any age, but is more common as you get older.

Most, but not all, cases of lung cancer are caused by smoking. Other factors play a part too. Early diagnosis of lung cancer is very important.

The earlier cancer is caught, the better the chances of recovery and survival.

**See back of this leaflet for what to do if you have symptoms.**