

Looking after your lungs:

What you need to know about lung cancer

What is lung cancer?

Lung cancer happens when abnormal cells grow in the lungs. These cells can form a lump (tumour) and spread to other parts of the body. Lung cancer is the leading cause of cancer death in our Mob.

Why is early detection important?

Lung cancer often doesn't show symptoms until it's at a later stage. Finding it early gives people more treatment options and a better chance of recovery.

What are the symptoms?

You might not notice symptoms early on. Symptoms can include:

- coughing up blood
- a new or changed cough that doesn't go away
- pain in the chest or shoulder
- being short of breath, or trouble breathing
- having a hoarse voice
- a chest infection that won't get better
- feeling very tired or weak
- not feeling hungry or losing weight without meaning to.

Having these symptoms doesn't always mean you have lung cancer, but it's important to get checked.

Who can get lung cancer?

Anyone can get lung cancer - even people who have never smoked. But it's more common in people who smoke or used to smoke.

Support to quit the smokes

Quitline

You can phone **13 78 48** and ask to speak to an Aboriginal and Torres Strait Islander counsellor. Or you can go on the website: <https://www.quit.org.au/>

Medicines

Yarn to your healthcare provider about medicines available that can help people quit smokes. Nicotine Replacement Therapies (NRT) includes patches, gums, lozenges.