

Do I have to quit smoking to get screening?

No. You don't have to quit smoking to take part in the screening program. But quitting has big health benefits, and support is available if you want to give up the smokes.

Support to quit

Quitline

Call **13 78 48** and ask to speak to an Aboriginal and Torres Strait Islander counsellor.

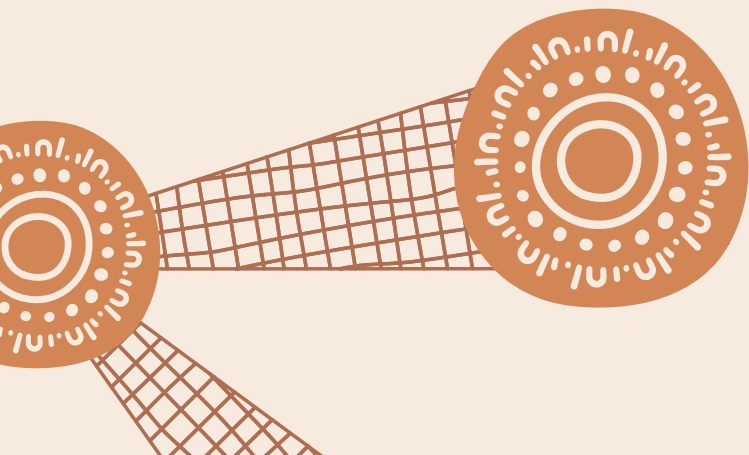
Visit: www.quit.org.au

Medicines

There are patches, gum, lozenges and other medicines that can help. Talk to your healthcare provider.

Start the yarn

Yarn with your local clinic to see if you're eligible and to find out more about lung cancer screening.



Looking after your lungs:

What you need to know about lung cancer screening



Find out more
iuih.org.au/lungcancerscreening

Contact your local clinic
iuih.org.au/clinics

IUIH

Institute for Urban
Indigenous Health



What is lung cancer screening?

Lung cancer screening is a way to check for lung cancer before you feel sick. It uses a low-dose CT scan to look for signs of cancer in people who are more likely to get it. Screening is deadly because finding lung cancer early can save lives.

Why is this important for Mob?

Lung cancer is the leading cause of cancer death for our Mob. Mob are more likely to be diagnosed when the cancer is already advanced. This makes it harder to treat. Screening can help find cancer earlier, when treatment works better.

Who can get screened?

You may be eligible if you:

- Are 50 to 70 years old
- Smoke now or quit within the last 10 years
- Have smoked a lot over your life – around or more than 30 pack-years (1 pack/20 cigarettes a day)
- Don't have any of the symptoms of cancer (listed below)

If you're not sure, have a yarn with your Doctor or health worker at your local clinic.



What is a “pack-year”?

A pack-year is a way to measure how much someone has smoked:

- 1 pack/20 cigarettes a day for 1 year = 1 pack-year
- 2 packs a day for 6 months = 1 pack-year
- ½ pack a day for 2 years = 1 pack-year

What are the symptoms of lung cancer?

Lung cancer often doesn't show symptoms until it's advanced. Signs 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.

If you have any of these symptoms, see your doctor - even if you've never smoked.

