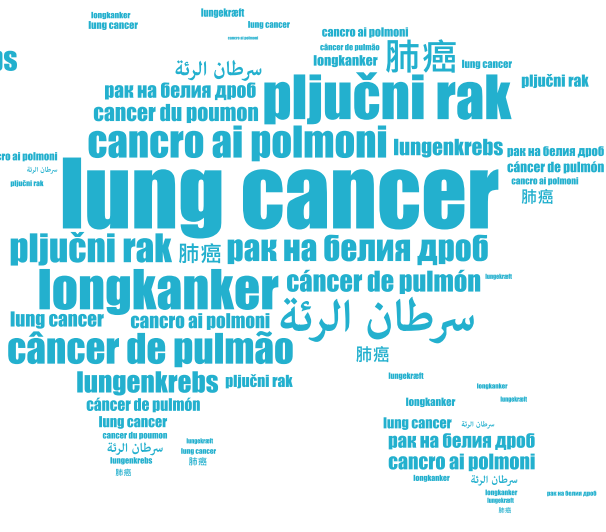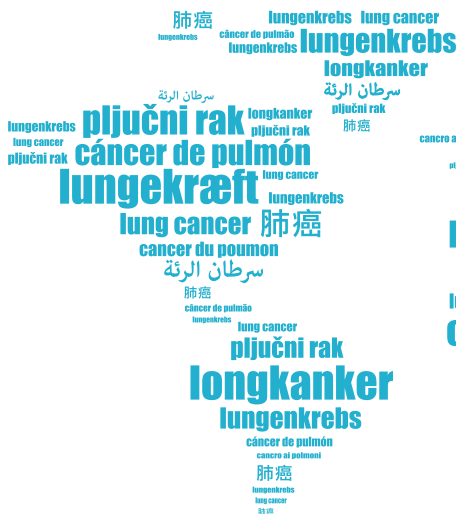# GLOBAL LUNG CANCER COALITION

Bringing people together to raise awareness of lung cancer

No one in the world deserves lung cancer.

You can help by raising awareness of the world's biggest cancer killer and be a force for changing things for the better.

Early diagnosis saves lives.

Did you know?

- Lung cancer causes as many deaths as breast cancer, bowel cancer and leukaemia put together

- There are 1.8 million cases of lung cancer diagnosed per year worldwide and 1.5 million deaths (CRUK).

- Although smoking is a major risk factor for lung cancer, it is not the only cause.

- Passive smoking is now recognised as a major contributor to lung cancer.

- 10-15% of people with lung cancer have never smoked.

- Lung cancer kills more people than any other cancer, yet in terms of research it is the most poorly funded.

- Lung cancer can affect anyone at any age and there has been a big increase in the number of women affected.

- Lung cancer does not have to be a death sentence - new treatments are being developed all the time. If caught early enough, lung cancer may be curable.

How can you help?

We want to support you in taking action locally on the issues that affect you, your friends and families. You could:

- Support your local lung cancer organisation - volunteer as a helper, distibute leaflets.

- Consider setting up a lung cancer group if there is none locally.

- Raise some funds to help lung cancer research. Look at charity websites to see what sort of fundraising events have been successful and adapt them to your local circumstances.

- Give your efforts maximum publicity:
  - Make sure the media are informed
  - If you can, involve a local celebrity
  - Write to the editor of your local newspaper

- Lobby your local elected representatives:
  - Write to them
  - Arrange to meet them
  - Ask what they are doing to improve outcomes for lung cancer patients

Recognise the signs and symptoms of lung cancer

Early diagnosis improves outcomes, so raising awareness of lung cancer symptoms can get more help to more people more quickly.

Remember - these symptoms do not necessarily mean that someone has lung cancer - but it is important that they are investigated:

- A cough that doesn't go away or gets worse over time

- Chest pain

- Coughing up more spit or phlegm, especially if there is blood in it

- Shortness of breath, wheezing or hoarseness

- Repeated chest infections, pneumonia or bronchitis, that don't respond to antibiotics

- Weight loss for no obvious reason, or loss of appetite

- Loss of voice without a sore throat

- Feeling more tired than usual

Make sure people know the signs of lung cancer and the importance of seeing their doctor promptly.

If in doubt - check it out!

"I really feel like I'm living with cancer rather than dying from it."

Liz, lung cancer patient

"I'm still here. And I'm looking forward to the future."

Michele, lung cancer patient

What to do next?

- If possible, have an annual physical examination with a health care provider

- If you have risk factors for lung cancer, you should talk with your health provider about screening

Raising awareness is vital in the battle against lung cancer

> **"I'd read about how badly supported lung cancer was..."**

"My diagnosis hit me like a thunderbolt. After my treatment finished, I was determined not to waste my experience. I'd read about how badly supported lung cancer was in terms of research and how patients often didn't receive the support they needed.

"Rather than just thinking about how I was going to cope, I began to think about the people who would come after me."

Eric, lung cancer patient

Where to go for more information and help

GLOBAL LUNG CANCER COALITION

The Global Lung Cancer Coalition promotes global understanding of lung cancer and the right of patients to effective early detection, better treatment and supportive care.

Visit www.lungcancercoalition.org

Email glcc@roycastle.org

/globallungcancercoalition

@GlobalLungCancer

AstraZeneca · Boehringer Ingelheim · Bristol-Myers Squibb · Lilly

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