

November 21st, 2014

Danger of ignoring a persistent cough

Cancer nurse specialists from South Tyneside NHS Foundation Trust will be highlighting the importance of early diagnosis in the treatment of lung cancer at a stand in Asda, South Shields, on Wednesday (Nov 26th) as part of Lung Cancer Awareness Month.

Jennifer Blake and Joanne Battenbo will also offer advice on the risk factors for the disease, which is one of the most common and serious types of cancer.

Mrs Blake said: "It is crucial that awareness of this cancer is raised as this leads to greater chance of early diagnosis and the earlier the diagnosis, the better the chance of effective treatment. The signs to look out for include a persistent cough, coughing up blood, persistent breathlessness and unexplained tiredness and weight loss and if these symptoms arise you should get checked out by your doctor."

Mrs Battenbo added: "Not smoking is the most effective way to avoid getting lung cancer. Asbestos exposure in heavy industry also increases the risk of developing the disease. Lung cancer survival is greater if people present in the earlier stages of their disease and, therefore, development of symptoms, particularly among smokers, should prompt people to see the doctor."

The cancer nurse specialists will be available to talk to members of the public at Asda, South Shields, on Wednesday, November 26th, from 1-3pm.
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Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan
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