



Lung Cancer Risk Assessment



RB&HH

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Introduction

Trust our experts to detect the early signs of lung cancer

At Royal Brompton Hospital we are world renowned for our research success and breakthroughs in the specialist treatment of lung and heart disease.

As another ‘first’, Royal Brompton has launched a groundbreaking new service in our Private Outpatients Clinic for Lung Cancer Risk Assessment.

People with a smoking history or strong family history of lung cancer (*particularly those over 50 years old*) may be at increased risk of developing lung cancer. The earlier the disease is detected the greater the chances of successful treatment. However most lung cancers are diagnosed at a late stage and survival rates for these patients are much less favourable.

At Royal Brompton Hospital we will assess your risk factors for developing lung cancer, and only if necessary, recommend a low-dose computed tomography (CT scan) to detect signs of early lung cancer.

Early detection is crucial

Lung cancer typically exhibits symptoms only after the disease has spread, making cure unlikely. However, if caught early, lung cancer can be successfully treated. For this reason, Royal Brompton has developed its assessment clinic in order to detect early lung cancer.



“About 35,000 people die from lung cancer each year in the UK ”

Cancer Research UK, 2013

What is lung cancer?

Cancer is a disease of the cells that make up the organs and tissue of the body.

Lung cancer develops when cells become abnormal and grow out of control. Over time they form a clump, also known as a tumour. Lung cancer develops in the tubes that carry air in and out of the lungs (your airways). It can grow within the lung, and it can spread outside the lung.

Some common symptoms of lung cancer are a persistent cough, a chest infection that does not get better, a dull ache in the chest, a sharp pain when breathing in deeply, a hoarse voice and shortness of breath.

What causes it?

The link between tobacco and cancer was established more than 50 years ago. Current research shows that smokers are 15 times more likely to die from lung cancer than people who have never smoked and smoking causes almost 90% of lung cancer deaths.

In Britain, around 1 in 5 adults smoke cigarettes, that's about 9.5 million people. 15% of 15 year olds smoke despite the fact that it is illegal to sell any tobacco product to under 18s.

Stopping smoking before middle age avoids most of the risk of smoking-related lung cancer.

How common is lung cancer?

- An estimated 41,000 new cases are diagnosed every year – that's 112 every day.
- It is the second most common cancer in men after prostate cancer and the third most common cancer in women after breast and bowel cancers. Men are slightly more likely than women to be diagnosed with lung cancer.
- Lung cancer is the most common cancer in the world with an estimated 1.61 million new cases diagnosed in 2008.
- Worldwide, the highest rates of lung cancer in men are in Central and Eastern Europe and for women in North America. The lowest lung cancer rates in the world for men and women are in Middle African countries.
- Almost 34,900 people died from lung cancer in the UK in 2010, that's around 95 people every day.
- Lung cancer kills more people in the UK each year than any other form of cancer, accounting for more than 1 in 5 deaths*.

* NHS Information Centre in partnership with the Royal College of Physicians (2010)

Who is most at risk?

Those with an increased risk of developing lung cancer may include people who:

- have a regular and heavy smoking history, and
- either have a strong family history of lung cancer and/or are over 50 years old (*more than 8 in 10 lung cancer cases occur in people aged 60 and over*).

How we can help

More than two-thirds of lung cancers are diagnosed at a late stage and so survival rates for these patients are low. However, survival rates are higher the earlier the cancer is detected.

Our Lung Cancer Risk Assessment service includes an appointment with a specialist who will assess and discuss with you your risk factors for developing lung cancer. If appropriate, you may be offered help with stopping smoking.

In some circumstances a low dose computed tomography (CT scan), which is a type of scan that can detect early lung cancer, will be recommended. With early detection lung cancer can be successfully treated.



Peace of mind

If you are a regular and heavy smoker and over 50 years old, or have a strong family history of lung cancer, investing in an assessment could bring you considerable peace of mind.

Why Royal Brompton?

Royal Brompton Hospital is known throughout the world for its expertise, standard of care and research success. As a specialist centre, our care is focussed on people with heart and lung disease.

This means our doctors, nurses and other healthcare staff are experts in their chosen field, and many move to our hospitals from throughout the UK, Europe and beyond, to develop their skills even further.

We carry out some of the most complicated surgeries and offer some of the most sophisticated treatments that are not available anywhere else in the world.





You are in safe hands

Our lung cancer risk assessment service is led by some of the UK's leading specialists in respiratory medicine.



Professor Timothy Evans

Professor Tim Evans is medical director of Royal Brompton and Harefield Hospitals, a professor of intensive care medicine and a consultant thoracic physician.

As an expert in thoracic medicine and intensive care, clinical pre-operative assessment, vascular biology of the critically ill and research into the acute respiratory distress syndrome, Professor Evans is in demand internationally as a lecturer and visiting professor. He holds multiple positions on national committees and advisory panels relating to his areas of expertise and is currently Academic Vice President of the Royal College of Physicians and Vice Dean of the UK Faculty of Intensive Care Medicine.



Dr Robert Wilson

Dr Wilson has been director of respiratory medicine at Royal Brompton Hospital for over ten years. He is the director of the hospital's lung division with responsibility for respiratory medicine, thoracic surgery and pulmonary radiology. He is also associate medical director.

He has particular expertise in bronchiectasis, investigation of the body's defences against lung infections, primary ciliary dyskinesia, primary immunodeficiency, non-tuberculosis mycobacterial infections, chronic obstructive pulmonary disease (COPD) and antibiotic trials.



Professor Michael Polkey

Professor Polkey is a specialist in respiratory medicine with specific interests in chronic obstructive pulmonary disease (COPD), sleep and ventilation and respiratory aspects of sleep and ventilation.

He speaks regularly at prestigious events including recently the International Consensus Conference in Intensive Care Medicine; seminars organised by the European Respiratory Society and at the Asian Pacific Congress of Respiriology.



Dr Pallav Shah

Dr Pallav Shah is a consultant physician in respiratory medicine at Royal Brompton Hospital and also at Chelsea & Westminster Hospital. He has a general respiratory practice with specialist clinical interest in lung cancer, bronchoscopy and the bronchoscopic treatment of lung diseases. He is an honorary senior lecturer at the National Heart and Lung Institute, and an honorary

consultant physician to Royal Marsden Hospital and the Royal Hospital Chelsea.

Dr Shah is the lead clinician for lung cancer services at Royal Brompton Hospital and the Chelsea & Westminster Hospital.

He is involved in the development of bronchoscopic techniques for the early detection of lung cancer. His area of practice includes endobronchial ultrasound (EBUS), transbronchial fine needle aspiration, debulking of endobronchial tumours with electrocautery, cryotherapy and insertion of metallic stents.



Where we are located

Lung Cancer Risk Assessments take place at The Royal Brompton Outpatients Clinic in the **Royal Brompton Hospital's Private Consulting Rooms, Sydney Street, Chelsea, London**. This is a ten minute walk from South Kensington tube station, which is on the Circle, District and Piccadilly lines.

Sydney Street is also served by bus numbers 21 and 49 and numbers 11, 19, 22, 49, 211, and 319 serve the King's Road which is a short walk away.

If you are travelling by car, the hospital is located in a parking meter zone and there is a public car park close by on Sydney Street, near the King's Road.

Paying for your visit

The cost for a lung cancer risk assessment is £250, whilst a CT scan, if recommended, costs £850.

Payment for an assessment is required in advance of your visit and can be made in a variety of different ways. Some patients pay their own account, others are sponsored by their embassy, while the cost of an outpatient visit for many patients may be covered by private medical cover. Royal Brompton Hospital's Private Patients' Centre has agreements with most UK medical insurance schemes, but you should always check with your insurer before starting any treatment.

For patients paying their own account, we accept all major credits cards, a banker's draft and cash.

Making an appointment

Appointments can be made by telephoning **020 3131 4569**. In advance of your appointment, our specialist nurse will discuss the assessment in detail, and you will be asked to fill in a detailed questionnaire about your family history and details about your lifestyle. This will help to identify any lung cancer risk factors.

You will then be offered an appointment at a time that suits you. Opening hours are Monday to Thursday, 9am to 8pm and Friday, 9am to 5pm. We also offer Saturday morning appointments upon request.

For further information

If you have any questions or queries about the services that we offer please call us on **020 3131 4569**, email us at **privatepatients@rbht.nhs.uk** or visit our website at **www.rbhh-specialistcare.co.uk**.

Make an appointment

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