

## It's never too late to quit smoking

Quitting smoking reduces your risk of 15 types of cancer, including lung cancer

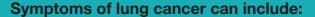


For free HSE QUIT Support Visit QUIT.ie Call us on 1800 201 203 or FREETEXT 'QUIT' to 50100



## Spot cancer early: Lung Cancer

Your chance of survival is much better if cancer is found early



- A new cough lasting for more than 3 weeks
- · A long standing cough that has changed
- Chest infections that keep coming back
- · Feeling breathless more than is normal for you
- · Weight loss that you can't explain
- Feeling very tired all the time

Phone your GP if you have any of these symptoms

