

We're offering free lung health checks to those aged between 55 and 74 who currently or used to smoke to make sure your lungs are in good working order.

For more information on our programme,
please visit:

bit.ly/ThurrockTLHC

or contact us on:

[01582 497141](tel:01582497141)

If you are displaying any of the below symptoms please contact your GP as soon as possible.

- A persistent cough or change in your normal cough
- Coughing up blood
- Being short of breath
- Unexplained tiredness or weight loss
- An ache or pain when breathing or coughing
- Appetite loss





Targeted Lung Health Check Programme



We're offering free lung health checks to those at higher risk of lung cancer to help identify any problems early

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