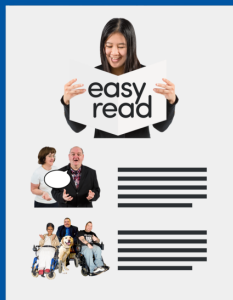


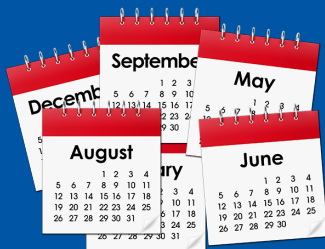
# KNOWLEDGE IS THE ANSWER

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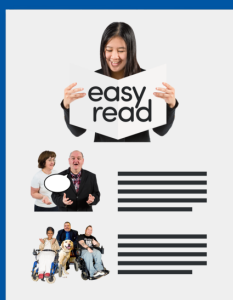
## WELCOME TO OUR EIGHTH MONTHLY HEALTH E-BULLETIN



We think it is important that people with learning disabilities, their families and carers have information about Health and Wellbeing.



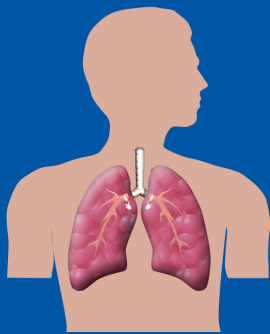
This Health newsletter will be done every month - we do hope that you find it useful.



If you need a paper copy please let us know.



If you have any suggestions or ideas please contact us on,  
[info@leadthewaycalderdale.org](mailto:info@leadthewaycalderdale.org)



One of the topics in this E-bulletin is Lung Cancer.



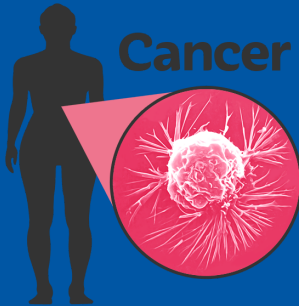
We have recently done a session about lung cancer.



**Have you had a cough for 3 weeks or more?**



If you have had a cough for 3 weeks or more, speak to your doctor.



It is probably nothing serious but it could be a warning sign for cancer.



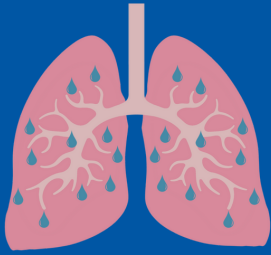
Don't ignore it. If it is cancer, finding it early makes it easier to treat.



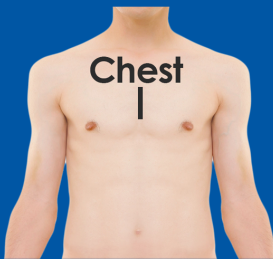
Speak to your doctor, they will want to see you.



**What are the symptoms of lung cancer?**



**Breathlessness**



**Repeat Chest Infections**



**Coughing Up Blood**



Tired



Unexplained weight loss



Loss of Appetite



Speak to your GP if you have any of these symptoms .



Did you know that you are entitled to a free annual health check?



Please ask us if you would like a copy of the Lead the Way e-bulletin for more information.



You can ask for a copy from [Jill.Morris@cloverleaf-advocacy.co.uk](mailto:Jill.Morris@cloverleaf-advocacy.co.uk)



You can contact us on 03000120416 or email us [info@leadthewaycalderdale.org.uk](mailto:info@leadthewaycalderdale.org.uk)  
You can also follow us on Facebook and Twitter @leadthewaycald