# Newsletter copy

You wouldn’t let pressure build in your boiler – so why are you letting it build in your lungs?

Lung cancer is one of the most common cases in the UK, but catching it early improves treatment options and means more people are surviving.

We’ve become a nation of DIYers, spending more and more time taking care of our homes. BUT, when it comes to our health, many of us are putting off looking after ourselves.

If you, or someone you love, is experiencing a persistent cough, breathlessness and fatigue, don’t delay. ‘Do It For Yourself’ and speak to your GP today.