

# Information about lung nodules



## Do all lung nodules grow?

No, benign (non-cancerous) nodules do not usually grow. A cancerous one will eventually grow. The best way to assess your nodule is to perform a repeat CT scan after a number of months. Your follow up scan will be dependent on what the lung specialist has recommended.

## How will I get my results?

After your CT scan has been done, you will be contacted by the Staffordshire Lung Health Team. This will be via letter or a phone call.

## What if I have more questions, who can I talk to?

You can contact the Staffordshire Lung Health Team who will be happy to answer any questions you might have.

**Staffordshire Lung Health Team**  
01782 671554 or 01782 671553  
[www.uhnm.nhs.uk/TLC](http://www.uhnm.nhs.uk/TLC)

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## How will my lung nodule be monitored?

You will have a repeat CT scan that will be arranged by the lung health check team after 3, 6 or 12 months, depending on the advice from the lung specialist team.

If your lung nodule has stayed the same size or shape, a further CT scan will be arranged for you 24 months after your repeat CT scan. If your lung nodule has changed or grown, a lung specialist may arrange further tests. This could include a biopsy or another CT scan.

**You have been given this leaflet because your CT scan has shown nodules in your lungs.**

Being told that you have nodules in your lungs can be confusing and you might have questions about what this means to you. This leaflet has been produced to help answer those questions and reassure you about what to expect.

### **What is a lung nodule?**

A lung nodule is a small area of shadowing or thickened area which shows up on the CT scan. Nodules are often small (around 3cm/ 1 inch or smaller). Lung nodules do not affect your breathing and do not cause any symptoms. Some people may have more than one lung nodule. This is not necessarily more serious than having a single nodule.

### **How common are lung nodules?**

Lung nodules are very common. About 1 in 4 older people who smoke or who have ever smoked will have lung nodules. About 1 in 10 people who have never smoked may also have lung nodules.

### **Are lung nodules cancerous?**

Most lung nodules are benign (non-cancerous) however in a small number of people a lung nodule could be an early lung cancer.

### **What might have caused my lung nodule?**

Lung nodules are common in people who have had TB (Tuberculosis) in the past. Lung nodules can also be due to different causes, these include:

- A small area of infection.
- Scarring from previous lung infections.

### **Is there a way to find out why I have a lung nodule?**

It is not easy to find out the cause of a lung nodule. This is because they are so small that a biopsy (taking a piece of the nodule away for examination), is not always possible.

