



**Clydeside Action
on Asbestos**



Asbestosis

Helpline 0800 089 1717

www.clydesideactiononasbestos.org.uk

What is asbestosis?

Asbestosis is a chronic lung condition caused by prolonged exposure to asbestos. It causes fibrosis or scarring of the lungs, usually developing 20 years or more after first exposure to asbestos dust. Symptoms can include shortness of breath, cough, chest tightness and chest pain. Whilst asbestosis can be a condition that progresses over time, progression is more common in smokers. There is also a greatly increased risk of developing lung cancer if you are a smoker and have been diagnosed with asbestosis.

Is there any treatment?

There is no specific treatment for asbestosis and any symptoms are managed as they occur. If you are having difficulty managing your daily life because of your condition your consultant or GP may consider referring you for Pulmonary Rehabilitation.

Pulmonary Rehabilitation courses are designed to help you cope with your condition and can include exercise programmes and information about maintaining health, to manage troublesome breathlessness. Medication to make breathing easier and oxygen therapy may also be considered.

Management of asbestosis should include things such as stopping smoking and vaccinations against potentially dangerous lung conditions such as influenza and pneumonia.

If you are having difficulty managing symptoms such as breathlessness or pain, or if there is a worsening of your symptoms you should seek medical advice.

In many cases, symptoms can be managed using self-management techniques. Clydeside Action on Asbestos have produced a DVD which explains what self-management is and gives demonstrations of the techniques that can be used to help you to manage your condition.



“I was diagnosed with asbestosis last year and was struggling to deal with the fact that I would get breathless doing the things that I enjoy, like walking and gardening. When I contacted Clydeside Action on Asbestos, they sent me a copy of their self-management film. There was information about managing breathlessness and also about prioritising my day to day activities. I found the DVD be a great source of advice and information.”

You can order a **free copy** of DVD by contacting us or film can be viewed on our website at **www.clydesideactiononasbestos.org.uk**.

Am I entitled to compensation?

As asbestosis is caused by exposure to asbestos, you are entitled to seek legal advice about pursuing compensation. It is advisable to do this even if you think that your employers are no longer trading or that your exposure was many years ago. Clydeside Action on Asbestos can provide advice and assistance with pursuing compensation.

If you have been diagnosed with asbestosis you may also be entitled to additional social security benefits and payments. Clydeside Action on Asbestos offer a welfare rights service. This means that we can provide advice about any social security benefits and payments you may be entitled to based on your personal circumstances.

Where can I get additional advice and support?

We understand how important it is to have support and information following your diagnosis and this is why we provide monthly support groups across Scotland. The group meetings are friendly and informal and give people the chance to meet others who have been diagnosed with an asbestos related condition. For information about the times and locations of the support group please contact us. Information and support is also available on our website.





The main objective of **Clydeside Action on Asbestos** is to provide advice, support and information to those affected by a diagnosis of an asbestos related condition.

The charity has a Welfare Rights Service, campaigns to influence legislation and policy and works in partnership with healthcare professionals within the NHS to produce publications, host conferences, run support groups and receive referrals.

Our Welfare Rights team provide information and assistance with obtaining entitlement to state benefits and compensation.

We have been assisting people with asbestos related disease and their families for over 25 years and have a well established reputation for providing expert advice and assistance to people whose lives are affected by a diagnosis of an asbestos related condition.



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245 High Street, Glasgow G4 0QR
T: 0141 552 8852
E: admin@clydesideaction.co.uk

www.clydesideactiononasbestos.org.uk

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