

Why Screen for Lung Cancer?

- Lung cancer is the leading cause of cancer death.
- Screening is used to find early-stage lung cancer.
- Early-stage lung cancers can often be cured with surgery.
- Screening for lung cancer can save lives, but may also cause harm.

Screening for lung cancer is NOT the right choice for everyone. Use the “What are my options?” table to talk about screening with your health care provider.



To reduce your risk of lung cancer, talk with your health care provider about reducing exposure to **tobacco and radon.**

Am I Eligible for Lung Cancer Screening?

Adults who meet each of the following criteria are eligible to screen for lung cancer:

50-80 years old and in fairly good health

Currently smoke or have quit smoking within the past 15 years

20 pack-year history of tobacco use

No signs or symptoms of lung cancer

Is Screening for Lung Cancer Right for Me?



How many pack years have I smoked?

Number of years smoked

X Packs smoked per day

= Pack years



Use this decision aid to learn your options and make an informed decision about screening for lung cancer with your health care provider

What is a Low-Dose Chest CT?



- A low-dose chest CT uses a computer and a series of chest x-rays using a low-dose of radiation to look for lung cancer before a person has symptoms.
- You will lie still on a CT table for about 10 minutes.
- Lung cancer screening is recommended **every year** until a person is no longer eligible.
- Screening is covered by Medicare and most private insurance plans, meaning for most people there is not cost.

What are my options?

Testing Options	Frequently Asked Questions				
	What are reasons to screen for lung cancer?	What are reasons <i>not</i> to screen for lung cancer?	What do I have to do?	How often do I have to screen for lung cancer?	What can I do to reduce my risk of lung cancer?
Yes, screen for lung cancer using low-dose CT scan	<ul style="list-style-type: none"> • Low-dose CT is the only test available that can lower the chance of dying from lung cancer. • If cancer is found at an early stage, treatment may work better. 	<ul style="list-style-type: none"> • Exposure to radiation. • False alarms- The CT scan showing an abnormality, but further testing finds no cancer. • Biopsies of the lung to test for cancer can cause harm like pain or bleeding. • Anxiety- It is normal to feel anxious waiting on results. 	<ul style="list-style-type: none"> • Work with your health care provider to schedule a low-dose CT scan. • Discuss your results with your provider to see if any more testing is needed. • If CT scan showed no lung cancer, schedule your annual lung cancer screening for the next year. 	<ul style="list-style-type: none"> • Once a year for as long as you are eligible. 	<ul style="list-style-type: none"> • Exposure to both tobacco and radon significantly increases the risk of developing lung cancer. • To reduce your risk of lung cancer, speak with your provider about quitting smoking and testing your home for radon.
No, do not screen for lung cancer using low-dose CT scan	<ul style="list-style-type: none"> • You may miss a chance to find cancer at an earlier and more treatable stage. 	<ul style="list-style-type: none"> • You have other health concerns you would rather focus on right now. • You are not sure you would want to have treatment for lung cancer if found. 	<ul style="list-style-type: none"> • Plan to discuss lung cancer screening with your healthcare provider again next year. 	<ul style="list-style-type: none"> • You should discuss lung cancer screening with your healthcare provider every year. 	

What is most important to me as we make this decision?

What questions do I have?

What did we decide today?

- Yes, schedule my lung cancer screening I need more time to decide
 No, I don't want to be screened for lung cancer at this time



Today I will reduce my lung cancer risk by:

- Remaining tobacco-free
- Commit to being smoke-free
- Testing my home for radon