

# 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

How many pack years have I smoked?

Number of years smoked

X  Packs smoked per day

=  Pack years

# Is Screening for Lung Cancer Right for Me?



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.
- Medicare and most private insurance plans cover the cost of screening, so for most people, it's **free**.

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

## 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