

# What are my options?

# Is Screening for Lung Cancer Right for Me?

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 do?	How often do I screen for lung cancer?	What can I do now 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- when the CT scan shows 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>Because exposure to both tobacco and radon significantly increases the risk of developing lung cancer, discuss options for quitting smoking and testing your home for radon with your healthcare provider.</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  
 Committing to being smoke-free  
 Testing my home for radon



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

# 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**.

# 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**.

# 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?

$$\begin{array}{r} \text{Number of years smoked} \\ \times \text{Packs smoked per day} \\ \hline = \text{Pack years} \end{array}$$

Ex: 36 years x 1.5 packs per day = 54 pack years