

Get Screened for Lung Cancer?

You are at high risk IF:

You are between 55 and 80 years old

AND

You are currently smoking or quit in the last 15 years

AND

You have a smoking history of at least 30 pack years*



Some people are at high risk for lung cancer.

A new test, or screening – called a low-dose CT scan – helps doctors find lung cancer before there are symptoms. The low-dose CT scan has been proven to save lives by finding lung cancer early.

IF THESE GUIDELINES APPLY TO YOU, talk to your doctor or other healthcare provider about lung cancer CT screening.

IF THESE GUIDELINES DO NOT APPLY, but you still worry about your risk for lung cancer, talk with your doctor or other healthcare provider.

***pack years = your average # of packs per day X # of years smoked**

EXAMPLES:

1 pack a day X 30 years = 30 pack years

1.5 packs a day X 20 years = 30 pack years



LUNG CANCER
EDUCATION • AWARENESS
DETECTION • SURVIVORSHIP

Potential Benefits and Harms of Lung Cancer Screening

+	Potential benefits of being screened for lung cancer	The facts*
Reduced risk	Reduced chance of dying from lung cancer.	4 fewer lung cancer deaths when 1,000 people are screened.
	If caught early, treatment may be more successful.	Studies show that early treatment of lung cancer allows some patients to live a longer life.
	It may detect cancer before you have any symptoms.	9 out of 10 lung cancers will be detected by screening.
More treatment options	If caught early, you may have more treatment options.	Early lung cancer may be removable with surgery. Advanced lung cancers are often inoperable.
-	Potential harms of being screened for lung cancer	The facts*
False alarms	There is the chance of a false alarm. A false alarm is a result that looks like cancer but is not.	365 in 1,000 will have a false alarm.
	A false alarm could lead to an invasive procedure like surgery or a biopsy.	25 in 365 of those with a false alarm will have an invasive procedure.
	Invasive procedures sometimes cause serious complications.	3 in 25 invasive procedures from false alarms will have a major complication.
Over diagnosis	Sometimes screening identifies slow growing cancers that would not lead to illness or death.*	4 in 1,000 people will be diagnosed with a slow growing cancer that would not lead to illness or death.

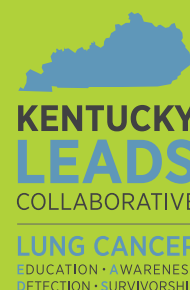
*Benefits and harms based on results of the National Lung Screening Trial, which included three annual screens and five years of additional follow up. For more information cancer.gov/clinicaltrials/noteworthy-trials/nlst

Are there radiation risks from the CT scan?

Low-dose CT scans expose people to radiation. Over time, exposure to repeated or high doses of radiation may cause cancer and other health problems. For heavy former or current smokers, the benefit of screening is probably much greater than the harm from radiation.

Most important thing you can do?

Stop smoking. Whether or not you are screened, quitting cigarettes is the most powerful way to lower your chance of dying or suffering from lung cancer, emphysema, and heart attacks. For help quitting, call **1-800-QUIT-NOW**.



Adapted with permission from Dartmouth-Hitchcock Norris Cotton Cancer Center.