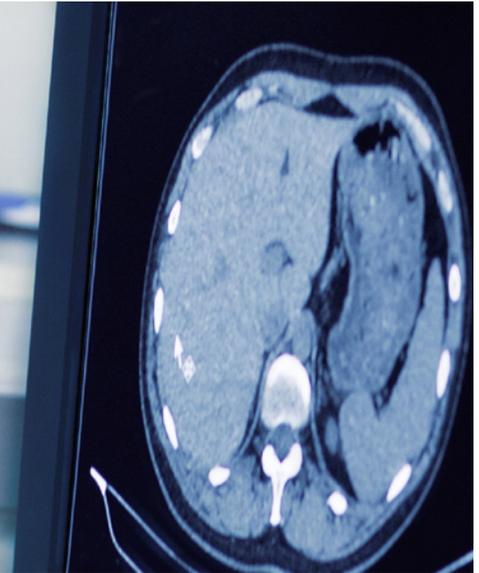




Every cancer. Every life.™

Do You Need Lung Cancer Screening?



How to know if lung cancer screening is right for you

Screening for lung cancer can help find changes in the lungs that may be cancer. Screening people at higher risk may help decrease their risk of dying from lung cancer.

The American Cancer Society recommends yearly lung cancer screening with a low-dose CT (LDCT) scan for people who:

- Are ages 50 to 80 years and who smoke or used to smoke

AND

- Have at least a 20 pack-year history of smoking (A pack-year is equal to smoking 1 pack or about 20 cigarettes per day for a year. For example, a person could have a 20 pack-year history by smoking 1 pack a day for 20 years, or by smoking 2 packs a day for 10 years.)

Before deciding to be screened, people should discuss with their health care provider the purpose of screening, how it is done, and the benefits, limits, and possible harms of screening. People who still smoke should be counseled about quitting and offered resources to help them quit.

How an LDCT scan works

An LDCT scan, or low-dose computed tomography scan, is the test used to screen for lung cancer.

This test shows pictures of a cross-section of your lungs. It shows more detail than an x-ray. An LDCT scan can help find changes that might be cancer and can show a tumor's shape and size.

LDCT scans expose people to a small amount of radiation with each test. Talk to your doctor if you are thinking about your risk for lung cancer and whether to be screened.

What it's like to get an LDCT scan

The scan is painless and usually takes a few minutes once you're in the machine.

The scanner is a big, ring-shaped machine. You lie on a flat table that slides back and forth inside the hole in the middle of the scanner. You'll be asked to hold your breath for a short time. You'll hear buzzing and clicking as the scanner switches on and off.

A radiology technologist does the LDCT scan. You'll be alone in the exam room during the LDCT scan, but the technologist will be able to see, hear, and talk to you at all times.

You may be asked to undress and put on a gown. You'll need to take off any clothing or objects with metal, such as zippers, underwire bras, jewelry, or piercings. Also, let the technologist know if you have a pacemaker or other implanted medical devices. You would still be able to have an LDCT scan, but extra care would be taken.

Insurance coverage for lung cancer screening

Lung cancer screening is covered by Medicare and by many private health insurance plans. Your health care team can help you find out if your insurance will provide coverage.

Getting your lung cancer screening test results

After the scan, a radiologist (a doctor who is trained to read LDCT scans) will look at your scan and send the results to your doctor. LDCT scans often show very small areas in the lung called nodules that end up not being cancer. Still, getting a call that something was found on your scan and that you might need more tests can be scary. Be sure to take time to talk to your doctor to learn more about your results.

What the screening results mean

Here are some ways the results of an LDCT scan might be reported:

- There are no problems seen in your lungs, or the nodules seen do not look like cancer. You should get another LDCT scan in a year.
- The results are not clear. Your doctor may want to watch you closely and do another LDCT scan soon to look for changes. Ask your doctor what to expect.
- Your LDCT scan shows problems in your lungs that probably are not cancer, but might get worse over time. Talk to your doctor about what you need to do.
- Your LDCT scan shows something in your lungs that may be cancer. You may need more testing to see if it's cancer. Ask your doctor what your next steps will be.

What you can do to help lower your lung cancer risk

If you smoke, quit. It's important to know that getting screened for lung cancer does not replace quitting smoking. Your doctor can talk to you about your risk for lung cancer and can refer you to the help you need. You can also call the American Cancer Society at **1-800-227-2345** or visit our website at **cancer.org/quittobacco** for tips and resources that can help increase your chances of quitting for good. We're here when you need us.

Visit cancer.org/healthy/find-cancer-early to learn more.

