



Every cancer. Every life.™

# Do you smoke, or have you smoked in the past?

Lung cancer screening with a low-dose computed tomography scan may be right for you.



Screening tests check for cancer in people who don't have any signs or symptoms. These tests may help find cancer early, when it's small and may be easier to treat.

A low-dose CT (LDCT) scan is the test used to screen for lung cancer. This is a type of x-ray to help doctors look at your lungs. The scan is painless and takes just a few minutes. You may be asked to undress and put on a gown.

Your doctor can talk with you about lung cancer screening and determine if you are eligible for screening. Together, you can decide if lung cancer screening with LDCT is right for you.

The American Cancer Society recommends yearly lung cancer screening for adults at **higher risk of the disease who meet each of the following criteria:**

**Age:** 50 to 80 years old and in fairly good health

**Smoking history:** People who have at least a 20 pack-year history of smoking.

A pack-year smoking history is the number of packs of cigarettes per day multiplied by the number of years smoked. For example, someone who smoked 2 packs a day for 10 years [2 x 10 = 20] has 20 pack-years of smoking, as does a person who smoked 1 pack a day for 20 years [1 x 20 = 20].

**How many pack years have I smoked?**

	<input type="text"/>	Number of years smoked
<b>X</b>	<input type="text"/>	Average number of packs* smoked per day
<b>=</b>	<input type="text"/>	Pack years

\*1 pack = 20 cigarettes



## What should I know about lung cancer screening?

- **An LDCT scan gives more detailed pictures than a standard chest x-ray.** Standard chest x-rays are not recommended for lung cancer screening
- **Insurance coverage.** LDCT scans are covered by Medicare and by many private health insurance plans. Check to see if your insurance will provide coverage.
- **Remove metal objects.** You'll need to take off any clothing or objects with metal, such as zippers, underwire bras, jewelry, or piercings.
- **Additional testing may be necessary.** Many people who smoke or smoked previously have lung nodules that can be seen on an LDCT scan. Your doctor may want to take another look at the nodules if you have them.
- **Follow-up.** People who choose to be screened should be willing to get additional tests and treatment if something is found. If your doctor suggests more testing, it doesn't always mean you have lung cancer.
- **Overtreatment.** Sometimes screening leads to finding and treating a cancer that would never have caused symptoms.
- **Radiation exposure.** LDCT exposes people to a small amount of radiation. It's less than the dose from a standard CT. Experts agree the benefits of screening greatly outweigh the very small chance that annual LDCT scans (over many years) could cause cancer.
- **Screening reduces the risk of dying from lung cancer.** Finding lung cancer early can increase the chance that treatment will work.
- **If you choose to be screened, it is important to return each year for LDCT screening.**
- **Quitting smoking can help reduce your risk of lung cancer.** Lung cancer screening does not protect you from the harms of smoking. If you smoke, talk with your doctor about a plan and tools to help you quit.

To learn more, visit the American Cancer Society website at [cancer.org](https://www.cancer.org) or call us at **1-800-227-2345** for information about lung cancer screening or for help quitting smoking. We're here when you need us.