LUNG CANCER SCREENING: WHY START NOW?

IT'S A YEARLY CHECK

Lung cancer screening is a regular preventive health check, like a mammogram or a colonoscopy. Lung cancer screening checks your lungs while you are healthy and looks for any changes from year to year. This screening is for patients at high risk. Read below to learn more about who should be screened.

WHY SCREEN FOR LUNG CANCER?

- A lung cancer screening may find nothing, or it can find something before you have symptoms
- If a lung cancer screening finds something unusual, it is more likely to find it at an early stage. You may have more options when cancer is found at an earlier stage
- A low-dose computed tomography (LDCT) scan is recommended as part of a yearly health check for people at high risk for lung cancer

SHOULD *YOU* GET SCREENED?

Yearly lung cancer screening is recommended if you are at high risk. You may be at high risk if you meet all of the following criteria:

- Are 55 to 80 years old
- Smoke now, or have quit smoking in the past 15 years
- Are a heavy smoker, or were a heavy smoker

WHAT IS HEAVY SMOKING?

Examples of heavy smoking are

- 1 pack a day for 30 years
- 2 packs a day for 15 years
- 3 packs a day for 7.5 years

WHAT HAPPENS DURING A LUNG CANCER SCREENING?

The LDCT procedure only takes a few minutes. You will lie on your back on a table while pictures of your lungs are taken.

The specialist who reviews your LDCT image is looking for any area on your lungs that might appear abnormal. It is important to discuss any outcomes of an LDCT screening and to follow up with your healthcare provider.

DO YOU SMOKE?

Quitting smoking is one of the most important steps that you can take for your health. Lung cancer screening can help find early cancer and, if you are a current smoker, it is an opportunity to help you quit.

Your healthcare provider should talk to you about the benefits of quitting smoking and provide you with information, support, and resources to quit.

ARE YOU COVERED?

For high-risk patients, lung cancer screening is covered by Medicare for patients 55 to 77 years old and by most commercial insurance plans for patients 55 to 80 years old.

Make the decision together—talk to your healthcare team about the benefits and risks of screening.

Think. Screen. Know.

Talk to your doctor.

LUNG CANCER ALLIANCE

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