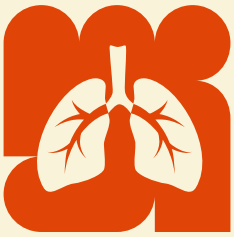
Lung Cancer: A Patient's Guide to Screening for Early Detection

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Who should be screened for lung cancer?



The US Preventive Services Task Force recommends that people aged **50-80** years who **smoked for 20 pack-years,** currently smoke, or **quit smoking within** the previous **15 years** should be screened every year for lung cancer to detect cancer before symptoms occur. Early detection leads to better outcomes.

A pack-year is the number of packs of cigarettes smoked per day multiplied by the number of years spent smoking. A standard cigarette pack contains 20 cigarettes.

50-80-20-15



People aged **50-80** years



Smoked for 20 pack-years



Quit smoking within the previous **15 years**

Pack-Years = Packs per Day × Number of Years Smoked

If you smoked 1 pack each day for 20 years or longer and you are between the ages of 50 and 80 years, then screening is recommended for you. This is the same as smoking 2 packs each day for 10 years or longer.

Talk with your healthcare professional about your insurance coverage for low-dose CT screening. Only adults who are at high risk for developing lung cancer are approved for screening.

Why screen for lung cancer?

National Lung Screening Trial*

Patient population	Intervention	Finding
53,454 people at high risk for lung cancer at 33 US medical centers 	Low-dose CT vs chest x-ray annual screening 	20% reduction in mortality due to lung cancer in the low-dose CT group compared with the chest x-ray group

*Following this study, the US Preventive Services Task Force recommended that people at high risk be screened for lung cancer using low-dose CT.

What are the benefits and risks of receiving annual low-dose CT scans?

Benefits of Screening

- Decreased mortality from lung cancer
- Increased quality of life
- Discovery of other health risks*

*Significant occult health risks could include thyroid nodules, severe coronary artery that is silent, early renal cancer, breast cancer, and aortic aneurysm.

Risks of Low-Dose CT

- False-positive or false-negative results
- Disease detection
- Unnecessary testing and procedures

What can you expect with low-dose CT screening?

1. 
2. 
   Low-dose CT scan
3. 
   3-4 minutes
4. 
   Computer image

You will receive the results after a doctor has interpreted your data.



Besides smoking and age, what other factors increase the risk of having lung cancer?



- **Environmental exposure** to asbestos, radon, and second-hand smoke
- **Occupational exposures** experienced by US veterans and firefighters
- **Personal history** of chronic lung disease
- **Family history** of lung cancer (eg, sibling or first-degree relative)
- Evaluation to include **more risk factors** in future screening recommendations is an active research area

Links for more information about lung cancer and screening

- American Cancer Society
- National Cancer Institute
- Centers for Disease Control and Prevention
- US Preventive Services Task Force

References
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