



- Smoking increases your risk of getting lung cancer by 15–30 times.
- Even breathing in someone else’s smoke (i.e., secondhand smoke) causes lung cancer.
- Lung cancer is the leading cause of cancer death—90% of lung cancer deaths are caused by smoking.

Lung cancer screening reduces lung cancer deaths.

- The only recommended lung cancer screening exam is called “low-dose computed tomography.”
- This is a type of X-ray that works by capturing pictures of your lungs.
- What happens during a lung cancer screening exam?
 - The process is quick and painless. You lie down on a table, and then the table slides in and out of the scanning machine. These X-rays create a detailed picture of your lungs. They are then examined by a doctor specialized in lung cancer diagnosis.

Who is **eligible** for lung cancer screening?

According to the U.S. Preventive Services Task Force, individuals who meet all the following requirements should have lung cancer screening every year:

- Currently smoke or quit within the past 15 years.
- Are between the ages of 50 to 80 years old.
- Have a smoking history of 20 “pack-years”* or more.

* “PACK-YEAR” CALCULATOR

$$\begin{array}{ccccccc}
 \underline{\hspace{2cm}} & \div & 20 & = & \underline{\hspace{2cm}} & \times & \underline{\hspace{2cm}} & = & \underline{\hspace{2cm}} \\
 \text{\# of} & & \text{Divide} & & \text{\# of} & \text{Multiply} & \text{\# of years} & & \text{Your} \\
 \text{cigarettes} & & \text{by 20} & & \text{packs} & & \text{you've} & & \text{“pack-year”} \\
 \text{per day} & & & & \text{per day} & & \text{smoked} & & \text{number}
 \end{array}$$

Do you meet the criteria above? Review the **benefits** and **risks** to lung cancer screening on the other side and talk to your doctor to see if lung cancer screening is right for you.



What are the **benefits** of lung cancer screening?

- Lung cancer screening is important for the early detection of lung cancer.
 - Early detection means that there is a higher likelihood that the cancer can be cured.
 - Screening finds 80% of lung cancers at an early stage. Without lung cancer screening, 70% of lung cancers are found at a later stage.
- Certain groups of people are less likely to be diagnosed early, such as Black Americans, Latino Americans, Asian Americans and Pacific Islanders, and Indigenous Americans.
 - For these groups, lung cancer screening is especially important to increase the chance of survival following a lung cancer diagnosis.



Are there any **risks** to screening?

- “Low-dose computed tomography” does expose you to a small amount of radiation.
 - Screening exposes you to the same amount of radiation you would receive in six months just by living on Earth.
- Screening can also lead to “false-positives.”
 - A false-positive means that the screening exam found something in your lungs that is not actually there, or that is not harmful.
 - Therefore, you may have to have additional tests (such as a biopsy).

RESOURCES FOR LUNG CANCER SCREENING

- Talk your doctor to discuss lung cancer screening—find a doctor conversation guide here: <https://tinyurl.com/ALALDCTDCG>
- Learn more about what to expect from lung cancer screening here: <https://tinyurl.com/LDCTEXPECT>
- Find out if your insurance covers a lung cancer screening exam here: <https://tinyurl.com/LDCTCOVERAGE>
- Find the closest place to get lung cancer screening here: <https://tinyurl.com/LDCTLOCATOR>