

# Lung Cancer Screening

*Using Low Dose CT Information Guide  
for Patients and Referring Physicians*

## Why?

Lung cancer is the leading cause of cancer deaths in the United States. Results from The National Lung Screening Trial were published in *The New England Journal of Medicine* and showed a dramatic reduction (20%) in lung cancer deaths among high-risk patients who were screened yearly with low-dose CT scans of the chest when compared to patients screened with standard chest X-rays. Screening can find cancer at an earlier stage, when it is easier to treat.

## How?

Screening is done with a low-dose spiral computed tomography (LDCT) scan. This scan is like a regular CT scan but less radiation is used. You won't need to drink contrast or have contrast injected.

## Who?

Lung cancer screening is not for everyone. It is recommended that certain high risk individuals be screened. Read the guidelines on the back of this card for more information.

## Risks

- LDCT exposes you to radiation but it equals half of the dose the average person living at sea level receives from naturally occurring radioactive materials and cosmic radiation from outer space. For people living at a higher altitude, it equals one-third of the dose. LDCT exposure is one-fifth of the exposure from conventional chest CT scans.
- Abnormal findings on LDCT may require additional testing to determine whether or not cancer is present. Further testing may cause anxiety.
- LDCT scanning may appear normal while cancer is present, but is too small to detect. This may impart a false sense of security.

## Cost

Most insurance carriers are accepted. Patient is liable for applicable co-payments and/or co-insurance. Affordable rates for non-participating insurances and self-pay patients are available.

## To Learn More

Call 321.361.5599 or fax 321.952.6179 to find out if lung cancer screening is right for you.

**FOR HELP QUITTING, VISIT  
[www.ahectobacco.com](http://www.ahectobacco.com) or call 877.252.6094**

## Eligibility

People 55 to 77 years old  
+  
Minimum 30 pack year history\*  
+  
Currently smoking or quit within the past 15 years  
+  
No symptoms of lung cancer (for example, no coughing up blood, no unintentional weight loss)  
+  
No history of any cancer within the last 5 years  
+  
In good health

Eligibility may be extended beyond the defined criteria at the provider's discretion

\*Pack years = packs smoked per day X  
number of years smoked

For example, 10 pack year history =  
1 pack smoked per day for 10 years

## Lung Cancer and Smoking

While this brochure provides information regarding lung cancer screening using low-dose CT, it is widely recognized that the single most important preventable cause of lung cancer is cigarette smoking.

It is estimated that 1 in 15 people will be diagnosed with lung cancer, with the risk in smokers being significantly higher than the risk in non-smokers.

Screening is NOT a substitute for smoking cessation, and quitting remains the most effective way to reduce morbidity and death related to lung cancer.

In addition to discussing a screening CT, we strongly encourage you to take this opportunity to talk about smoking cessation with your healthcare provider.

If you have other questions, please don't hesitate to call us. We want you to feel comfortable and informed about your exam. Our telephone is listed below.

Your appointment is:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**Call 321.361.5599 or visit [HF.org/cancer](http://HF.org/cancer) to find out if lung cancer screening is right for you.**