



# Is Lung Cancer Screening Right For Me?

**A decision aid for people considering lung cancer screening with low-dose computed tomography.**

If you have smoked for many years, you may want to think about screening (testing) for lung cancer with specific low-dose CT lung cancer exam.

Before deciding, you should think about the possible benefits and risks of lung cancer screening. This decision aid will help prepare you to talk with your health care professional about whether lung cancer screening is right for you.

## Should you be screened for Lung Cancer?

- Are you 55 to 77 years old?
- Are you asymptomatic (have no signs or symptoms of lung cancer such as a new cough that doesn't go away, a hoarse voice, coughing up blood or rust-colored spit, shortness of breath, wheezing, or have infections such as bronchitis or pneumonia that won't go away)?
- Are you a current smoker or a former smoker who has quit within the past 15 years?
- Do you have a tobacco smoking history of at least 30 pack-years (see the calculator below)?

## Calculate Your Pack-Years

(20 cigarettes = 1 pack)

<input type="text"/>	x	<input type="text"/>	=	<input type="text"/>
Number of years smoked		Average number of packs smoked per day		Pack-years

## What is Lung Cancer?

Lung cancer happens when abnormal cells form in the lungs and grow out of control. These cells can form a tumor and can spread to other parts of the body. Lung cancer is often diagnosed once it has spread outside of the lungs. About 9 out of 10 people with lung cancer die from the disease because it is found after it has spread.

- Lung cancer is the leading cause of cancer death in the US. Each year, about 230,000+ people are diagnosed with lung cancer and 130,000+ people die from lung cancer.
- Most people diagnosed with lung cancer are 65 years or older. The average age of diagnosis is 70 years old.

## What are the possible benefits & risks of CT lung cancer screening?

### BENEFITS:

- Greater chance of not dying from lung cancer
- Greater chance of not dying from any cause
- Screening can find heart disease or older lung scarring

### RISKS:

- False alarms and unneeded additional testing
- Overdiagnosis
- Radiation Exposure

With a CT lung cancer screening there is minimal risk of any effects from radiation exposure. The machine uses about one-fifth the amount of ionizing radiation as a standard chest CT scan. The amount of radiation from a CT lung cancer screening is about the same as an average human receives in six months from natural background radiation by living on planet Earth.

## What resources can help me quit smoking?

Your doctor can counsel you and prescribe medications to help. Other resources include: Call 1-800-QUIT-NOW, visit Smokefree.gov (<http://smokefree.gov>), or you can call your state health department or visit their website to see about what resources they have available to assist you.



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