



Screening is NOT a reason to keep smoking.

Regardless of your decision for screening or what we see on your CT, you should work with your healthcare provider to reduce your chance of getting lung cancer.

It is strongly recommended that you stop smoking if you currently smoke.

- Don't start smoking again if you have already quit.
- Stopping smoking is important even if you don't have any signs that smoking has hurt your lungs.
- Stopping smoking also reduces your chance of getting heart problems and other diseases, and will improve your quality of life.

What resources can help me quit smoking?

Your doctor can counsel you and prescribe medications to help quit smoking.

Other Resources to Help Stop Smoking:

- www.tnquitline.com
- 1-800-QUIT-NOW
- Erlanger Smoking Cessation Program Registration 423-778-LINK (5465)



Erlanger Lung Cancer Screening Program

Thoracic Oncology Nurse Navigator
423-778-5281

Smoking Cessation Program
Questions? 423-778-7745
To Register 423-778-LINK (5465)

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Heart and Lung Institute

Patient & Family Information

Lung Cancer Screening with
Low Dose Computerized
Tomography (LDCT)



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Heart and Lung Institute

Lung Cancer Screening with LDCT

Lung cancer is the leading cause of cancer death and the 3rd most common cancer in the United States. Yet when it's caught early, there are more treatment options and higher survival rates.

Lung cancer usually doesn't cause noticeable problems until it is "late-stage." Most people are diagnosed with late-stage lung cancer. Based on established screening guidelines, patients who are considered high-risk for lung cancer benefit from having a low-dose CT screening to detect early lung cancer.

What is lung cancer screening?

Screening is used to find early-stage lung cancer. Lung cancer screening looks for early lung cancers using low-dose computed tomography (LDCT). LDCT is a CT ("CAT") scan that uses a low dose of radiation.

Should I get screened?

Screening is NOT the right choice for everyone. You should consider being screened if you have **all three** of these risk factors:

- You are 55–80 years old.
- You are a current smoker or a former smoker who quit less than 15 years ago.
- You smoked at least 30 pack-years (this means 1 pack per day for 30 years or 2 packs a day for 15 years, etc.).

If you have **all three** of these risk factors, most experts recommend talking to your healthcare provider about screening. You are **not** eligible for a screening if you have:

- Pneumonia or an acute respiratory infection treated with antibiotic 12 weeks prior to the scheduled CT.
- Had CT scan of the chest within the past year.

Symptoms of Lung Cancer

- New cough that won't go away.
- Change in chronic cough.
- Coughing up blood.
- Weight loss without trying.

Speak to your healthcare provider immediately if you have any of these symptoms.

Other risk factors for lung cancer include:

- Family history of lung cancer.
- Exposure to asbestos or radon.
- Exposure to someone else's smoke ("secondhand smoke").
- Certain lung diseases like emphysema or fibrosis.
- Talk to your doctor about ways that might help you reduce your risk of getting lung cancer.

What will happen if I decide to get screened?

- You will talk to your doctor if you meet the criteria for lung screening.
- Your doctor will get an appointment for the CT scan.
- During the procedure you will lie still on a CT table for about 10 minutes.
- You will get a "low-dose" radiation CT.
- You will be contacted with the results and the follow-up plan.
- Make sure all your questions are answered.
- If you have a nodule, a follow-up appointment will be arranged.
- Talk to your doctor about how you are doing with the results, especially if you are stressed or anxious.
- You should expect to have CT scans at least once a year until you do not meet the criteria for lung cancer screening.

The Bottom Line

- Screening people at high risk of getting lung cancer can save lives.
- Screening people at low risk of getting lung cancer can cause more harm than benefit.
- No matter what you decide about lung cancer screening, work with your healthcare provider to quit smoking.

Your decision:

- Yes, get screened
- No, don't get screened
- Still thinking

I'm still undecided, how should I make this decision?

- It is normal to be undecided after getting this information.
- Remember, there is no hurry to make this decision.

Talk to your physician and your family and/or support system.

