



# Do you currently smoke or have you smoked in the past?

Lung cancer screening with a low-dose computed tomography scan may be right for you.



Screening tests check for cancer in people who don't have any signs or symptoms. These tests may help find cancer early, when it's small and may be easier to treat.

A low-dose CT (LDCT) scan is the test used to screen for lung cancer. This is a type of x-ray to help doctors look at your lungs. The scan is painless and takes just a few minutes. You will not have to change out of your clothes.

Your doctor can talk with you about lung cancer screening and determine if you are eligible for screening. Together, you can decide if lung cancer screening with LDCT is right for you.

Check with your doctor about your insurance coverage.

### How many pack years have I smoked?

<input type="text"/>	Number of years smoked	
X <input type="text"/>	Average number of packs* smoked per day	
<hr/>		
= <input type="text"/>	Pack years	*1 pack = 20 cigarettes

The American Cancer Society recommends yearly lung cancer screening only for adults at **higher risk of the disease who meet each of the following criteria:**

**Age:** 50 to 80 years old and in fairly good health

**Smoking history:** People who have at least a 20 pack-year smoking history, currently smoke, or have quit within the past 15 years.

A pack-year smoking history is the number of packs of cigarettes per day multiplied by the number of years smoked. For example, someone who smoked 2 packs a day for 10 years [2 x 10 = 20] has 20 pack-years of smoking, as does a person who smoked 1 pack a day for 20 years [1 x 20 = 20].



### What should I know about lung cancer screening?

- **An LDCT scan gives more detailed pictures than a standard chest x-ray.** Standard chest x-rays are not recommended for lung cancer screening
- **Additional testing may be necessary.** Many people who smoke or have smoked previously have lung nodules that can be seen on an LDCT scan, and your doctor may want to take another look at these if you have them.
- **Follow-up.** People who choose to be screened should be willing to undergo additional tests and treatment if something is found. Additional testing doesn't always mean you have lung cancer.
- **Overtreatment.** Sometimes screening leads to finding and treating a cancer that would never have caused symptoms.
- **Radiation exposure.** LDCT exposes people to a small amount of radiation with each test. It's about the same as the normal amount of radiation people are usually exposed to in the environment over a 6-month period. It's also less than the dose from a standard CT, but more than the dose from a chest x-ray. Experts agree the benefits of screening greatly outweigh the very small chance that annual LDCT scans (over many years) could cause cancer.
- **Screening reduces the risk of dying from lung cancer.**
- **If you choose to be screened, it is important to return each year for LDCT screening.**
- **Quitting smoking can help reduce your risk of lung cancer.** You do not have to have quit smoking before being screened for lung cancer, but if you currently smoke, talk with your doctor about a plan and tools to help you quit.

Call your American Cancer Society at **1-800-227-2345** or visit **[www.cancer.org](http://www.cancer.org)** for information about lung cancer screening or for help quitting smoking.