



Is Lung Cancer
Screening for You?



Lung cancer screening is not for everyone.
It may be for you.

Screening for any type of cancer involves testing. The test looks for signs of the cancer before it appears. Lung cancer is a serious illness. Healthcare providers and scientists hope that screening will **find lung cancer earlier**. This is **when it is most curable**.

Lung cancer screening involves having a radiologic test. This test is called a **low-dose computed tomography (LDCT)** scan. The test takes many pictures of the inside of your chest using x-rays. The radiation used is much lower than a computerized tomography (CT) scan. The test takes only a few minutes.

Research recommends LDCT screening. Screening can find possible lung cancers in about 1 in every 100 people screened (1%). In the United States, this **could save about 20,000 lives a year—including yours**.



Ask your healthcare provider
if lung cancer screening is right for you.

Some people are more likely to get lung cancer. Anything that increases your chances of lung cancer is called a **risk factor**. If you have one or more risk factors, it doesn't mean you will get lung cancer. In fact, lung cancer can occur in some people who have no risk factors. Knowing your risk factors may help you and your provider make a decision about whether screening is right for you.

Please mark every statement that describes you:

- I am 50–80 years of age
- I have 20 **pack years*** or more of tobacco smoking
- I currently smoke or quit smoking less than 15 years ago

***How to calculate your # of pack years:**

1 pack year = you smoked about 1 pack of cigarettes a day for 1 year

20 pack years = you smoked about 1 pack of cigarettes a day for 20 years

20 pack years = you smoked about half a pack of cigarettes for 40 years



Other factors increase
your risk of lung cancer.

These factors include:

- **Exposure to chemicals and gases** like radon, arsenic, beryllium, cadmium, chromium, and nickel; or asbestos, coal smoke, soot, silica, or diesel fumes.
- Having a **personal health history** of lung cancer or other smoking-related cancer (cancer of the head and neck); or other chronic lung diseases like asthma and emphysema.
- Having a **relative** who had lung cancer.



Please read these **5 facts**
about lung cancer screening:

1. Lung cancer screening is covered by **Medicare** and many other healthcare insurances.
2. Lung cancer screening may detect about half of lung cancers at an early stage. This means more people would become survivors of lung cancer.
3. Lung cancer screening can show other health problems like lung infections or lung damage. These may require treatment and lead to more testing.
4. Lung cancer screening may show findings that may or may not be lung cancer. About 25 in every 100 people screened (25%) have small nodules. More tests will be done to check these nodules for cancer. Follow-up may require additional tests and procedures—some of which may not be needed.
5. Lung cancer screening may be recommended for you once a year.

You can decide to have a screening or not. The decision is yours to make. We want you to understand the facts.

What Is IMPORTANT to You?

Most people do not make decisions about their health care on their own. How does your decision about lung cancer screening affect you? How about other important people in your life?

Please check all the statements that are important to you about having a lung cancer screening.

- 1. I will know more about the health of my lungs.
- 2. I am worried about being exposed to radiation.
- 3. If my doctor and I plan to screen my lungs every year, I will worry less about lung cancer.
- 4. I am afraid that I will have a lung cancer that is not curable.
- 5. I may get unneeded tests or treatments if the screening results are unclear or wrong.
- 6. If I have an early lung cancer it may be curable.
- 7. A screening may uncover other health problems.
- 8. I am worried about feeling like an outcast for smoking.
- 9. Other reason not listed:

10. Other reason not listed:

Which is the MOST IMPORTANT statement that you chose above? Statement # _____

What Is IMPORTANT to Your Family & Friends?

Please check all the statements that are important in relation to your friends and family about having a lung cancer screening.

- 1. My family will be happy that I am taking care of my health.
- 2. My family may worry that a lung cancer will be found.
- 3. My family will worry less about my health.
- 4. Others close to me will suffer if I have a health problem.
- 5. My family may decide to get lung cancer screenings too.
- 6. Friends and family may blame me for having smoked.
- 7. Other reason not listed:

- 8. Other reason not listed:

Which is the MOST IMPORTANT statement that you chose above? Statement # _____

Discuss your decisions with your doctor or nurse.



Planning Ahead

How **important** is it for you to get a lung cancer screening in the next 30 days?

Select a number from 1 to 10 (10 being most important).

1 2 3 4 5 6 7 8 9 10

Resources

DEPARTMENT OF HEALTH & HUMAN SERVICES

smokefree.gov

1-877-44U-QUIT (1-877-448-7848)

Explore several programs that might help you or your family and friends stop smoking. View *Smokefree Text*, *Smokefree Women*, *Smokefree Vets*, *Smokefree Moms*, and *Smokefree Teens*.

Counselors are available to help with quitting and provide information in English or Spanish, Monday–Friday, 8 a.m.–8 p.m. Eastern Time.

GO₂ FOUNDATION FOR LUNG CANCER

go2foundation.org

1-800-298-2436

info@go2foundation.org

Contact for more information about lung cancer screening.

AMERICAN LUNG ASSOCIATION

www.lung.org

1-800-LUNGUSA (1-800-586-4872)

Contact for information about quitting smoking or to ask questions about your lung health. Join the Quitter's Circle®!

Take Control

1-800-QUIT-NOW

Call. It's free. It works.

1-800-784-8669

For details on your state services, go to: <http://map.naquitline.org>

*The most important thing
you and the people you care
about most can do to prevent
lung cancer
is to not smoke.*

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For more information, visit:

<http://lungcancer.sc.com/about>

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