

Talk with your healthcare provider to decide if you should get a lung cancer screening.



Lung cancer screening is conducted using a low-dose CT scan (LDCT), also known as a low-dose spiral or helical CT scan. This type of diagnostic test creates 3D images of the inside of your chest. It uses a small amount of radiation — less than what you are exposed to from sunshine in one year.

Who should get lung cancer screening?

The United States Preventive Services Task Force (USPSTF) recommends screening with LDCT for people who have a higher risk of getting lung cancer based on smoking exposure and do not currently have symptoms. The USPSTF updates the screening criteria based on the latest research. (See checklist on right.)

Talk with your healthcare provider about getting lung cancer screening if you meet all the following criteria:

- Between 50 and 80 years old
- Have a 20 pack-year smoking history
- Currently smoke or quit within the past 15 years
- Are asymptomatic or do not have any symptoms

How do I know my pack-years?

Multiply the number of years you've smoked



The number of cigarette packs you smoked per day (1 pack = 20 cigarettes)



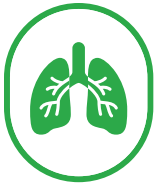
For example:

- 1 pack a day for 20 years = 20 pack-years
- 2 packs a day for 10 years = 20 pack-years
- Half (0.5) a pack a day for 40 years = 20 pack-years

For an online quiz to see if you meet the criteria, visit: LUNGeivity.org/CanIGetScreened.



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How can my healthcare provider and I decide if I should get lung cancer screening?

If you meet the above criteria — or even if you don't — schedule a visit to talk with your healthcare provider about lung cancer screening and ways to lower your risk of getting lung cancer. You should decide together whether you will get a lung cancer screening. (This is called a shared decision-making visit.) Healthcare providers use an LDCT scan to screen for lung cancer, because it can find lung cancer early when it is easiest to treat.

Questions to ask your healthcare provider about lung cancer screening

In a shared decision-making visit about lung cancer screening, you and your healthcare provider can talk about:

- Your health history
- If you fit the USPSTF criteria, using the checklist on the previous page and the online quiz
- Risk factors that may give you a higher chance of getting lung cancer such as smoking or a family history of lung cancer

If you and your healthcare provider decide you should get a lung cancer screening, he or she can help you choose a screening center. Your healthcare provider can also fill out any paperwork your insurance may require such as an order or preauthorization.

These questions may help you with your conversation with your healthcare provider to decide if LDCT screening is right for you:

If I have no signs of lung cancer, why should I get screened now for lung cancer?

Will my insurance cover the cost of the screening?

Is lung cancer screening safe? What are the possible risks (problems)?

How should I prepare for a screening?

What happens during a screening?



Scan the QR Code or visit BaptistHealth.net/LungScreening to learn more and request an appointment.

