

# Low-Dose CT Lung Screening



Information  
for Patients



**RIS**  
RADIOLOGY AND IMAGING SPECIALISTS

# Should I be screened for lung cancer?

If you're a current or former smoker, or have other risk factors,  
**THE ANSWER MAY BE YES.**



**Lung cancer**  
causes **more**

**deaths** each year  
than any other form  
of cancer.

In fact, more people die from lung cancer than colon, prostate and breast cancer combined.

## Why is lung cancer so deadly?

Because too often, it is only detected after the disease has already spread throughout the lungs or to other parts of the body.

When it comes to lung screening, many people say, "I'd rather not know." But when you can detect it before outward symptoms appear, lung cancer can be treated more effectively.

# LUNG SCREENING BASED ON RISK

The National Comprehensive Cancer Network (NCCN) supports lung screening for those at high risk for lung cancer. The following chart can help you determine if you're high risk:

## RISK GROUPS

Risk Criteria	Screening Recommendations
<b>High Risk</b> <ul style="list-style-type: none"><li>• 55 - 80 years old, and</li><li>• ≥ 30 pack-years of smoking (unless you quit smoking 15 years ago)</li></ul>	Start lung cancer screening
<b>High Risk</b> <ul style="list-style-type: none"><li>• 50 - 80 years old,</li><li>• ≥ 20 pack-years of smoking or second-hand smoke, and</li><li>• One other risk factor (except for second-hand smoke)</li></ul>	Start lung cancer screening
<b>Moderate Risk</b> <ul style="list-style-type: none"><li>• 50 - 80 years old, and</li><li>• ≥ 20 pack-years of smoking or second-hand smoke, and</li><li>• No other risk factors</li></ul>	No screening at this time
<b>Low Risk</b> <ul style="list-style-type: none"><li>• &lt; 50 years old, and/or</li><li>• &lt; 20 pack-years of smoking</li></ul>	No screening at this time

## HOW DO I KNOW IF I'M AT RISK?

Any heredity or lifestyle factors that increase your chance of developing lung cancer is called a “risk factor.” For lung cancer, risk factors include:

- Tobacco smoking
- Contact with secondhand tobacco smoke
- Contact with asbestos or cancer-causing agents
- Contact with radon
- Family history of lung cancer
- Personal history of lung disease or other cancers

## WHY YOU SHOULD START LUNG SCREENING NOW

If you fall within one of the two “high risk” groups on the chart (located on the opposite side), lung screening is recommended because:

- It can detect cancer at an earlier, more treatable stage
- It reduces your chances of dying from lung cancer or lung disease
- It can lead to less invasive surgery with less lung tissue removed

It is important to note that screening may lead to false positives, which can result in unnecessary testing, treatment or both. In addition, screening may not find cancer early enough to be cured. However, the benefits of lung screening far outweigh the potential drawbacks.

## HOW IS LUNG SCREENING PERFORMED?

Lung screening uses low-dose computed tomography (LDCT). It is fast, painless and completely non-invasive. You simply lie down and hold your breath while the CT scanner takes X-ray-based pictures of your lung and chest.

If no lung problems are detected, your LDCT should be repeated in one year.

Lung screening is a service interpreted by the radiologists of Radiology and Imaging Specialists. After your test, the images will be interpreted by one of our specially trained radiologists, who will then present a written report of the findings to your physician.

## **IS THE TEST COVERED BY INSURANCE?**

In many cases, LDCT screening is covered by insurance. Please ask your insurance company if your plan covers you. If not, it is offered as a cash payment procedure for a nominal fee.

## **WHAT IF THE LUNG SCREENING FINDS SOMETHING?**

It is not uncommon for a LDCT to find a small nodule or mass in the lungs, especially in current or former smokers. Most nodules are not cancer, and could be the result of an old infection, scar tissue or another cause. Your doctor may want to monitor the nodule over time, or recommend another imaging test or biopsy.

## **DON'T WAIT... TALK TO YOUR DOCTOR TODAY.**

Your doctor knows that lung cancer screening with LDCT is proven and saves lives. Talk to your doctor about your individual risk factors and to help determine if a lung screening test is right for you.

***For more information,  
talk to your doctor or call  
(863) 688-2334.***

***[www.ris-lrh.com](http://www.ris-lrh.com)***





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