

# Should you have your lungs checked?

Talk to your doctor to learn if you're eligible for lung cancer screening — it could save your life.



LOCATIONS

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## Lung Screening

What you  
need to know

Screen Today, Thrive Tomorrow



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**Lung cancer is the leading cause of cancer death.** Every year, as many people die of lung cancer as from breast, prostate, and colon cancers combined.

**Why get screened?** Early-stage lung cancer has no symptoms. By the time symptoms such as coughing up blood or significant weight loss occur, the cancer is usually at an advanced stage. While lung cancer screening won't change whether or not you get lung cancer, entering a screening program can help catch it early when it is easier to treat.

### What happens during screening?

Lung cancer screening is done with a low-dose CT scan. You will not need to drink anything or get an IV. The scan takes about two minutes. You will be on your back, with your hands over your head. You will also need to hold your breath for about three to four seconds.

### Are there risks?

Screening is safe. The radiation exposure for lung screening is much less than a regular CT scan.

### Is screening covered by insurance?

Medicare, Medicaid, and most commercial insurance should cover lung screening at 100%. For most people, there is no out-of-pocket cost for a lung screening.

### How often should you get screened?

Once you have your first lung screening low-dose CT scan, you should return every year until you reach age 80 (77 for Medicare coverage) or it has been 15 years since you last smoked. Regular scans are important to find any changes that might be a sign of lung cancer.

**Screening is quick and easy** and is usually covered by insurance with no co-pay.

**Lung screening saves lives** by finding lung cancer early, when it's easiest to treat.

**Do you qualify for screening?** You can get screened if you:



Are between the  
**ages of 50 and 80**  
(ages 50-77 with Medicare)



Have a history of  
heavy smoking.  
Have a 20-pack year history

Are currently smoking or  
stopped smoking within the  
past 15 years.

*What are pack-years? Multiply the number of packs smoked per day by the number of years smoked to calculate your pack-years.*

### What do the results mean?

**Over 90% of scan results are negative (no cancer).** The scan looks for lung nodules or spots, which are common among people who have smoked and those who live in cities. Most nodules (90%) are not harmful. Instead of counting nodules, doctors measure their size and shape. Very small nodules are usually not a concern.

### What happens if follow-up is needed?

Some nodules may require closer attention, and need a follow-up scan sooner than one year. If you are asked to return in three or six months, it does not mean you have lung cancer; it simply means the doctor is monitoring something closely.

### Can you protect your lungs?

Quitting smoking is the single best thing you can do to reduce your risk of getting lung cancer. However, you don't need to quit smoking to get screened.

**CALL 800-QUIT-NOW or 800-784-8669.**