



## if that was you then, get your lungs screened now.

surviving lung cancer starts with a scan

Lung cancer causes more deaths than colon, breast, and prostate cancers combined. Take charge of your lung health and ask your doctor about lung cancer screening.

Screening is not recommended for everyone. Talk to your doctor.

[screenyourlungs.org](https://screenyourlungs.org)

to learn more and download resources

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# Lung Cancer Screening - It's About Your Health

## WHY SHOULD I GET CHECKED?

- Lung cancer screening is a preventive health check, like a mammogram or a colonoscopy
- A low-dose computed tomography (LDCT) scan is a recommended method for lung cancer screening in high-risk patients. This type of scan uses 75% less radiation than a regular CT scan and does not require any needles
- An LDCT scan can find something before you know it's there and before you have symptoms
- False alarms, called “false positives,” can occur. A false positive means that something is found but it is not cancer. Your healthcare provider may order more tests to make sure
- A study of more than 15,000 patients, called the NELSON trial,<sup>\*</sup> showed that lung-cancer mortality was significantly lower among those who underwent LDCT screening than among those who underwent no screening

<sup>\*</sup>Nederlands-Leuvens Longkanker Screenings Onderzoek trial.

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## WHAT ELSE SHOULD I KNOW?

Yearly LDCT screening is recommended by the USPSTF if you meet all of the following criteria for high-risk patients:

- 50 to 80 years old
  - A person who smokes or who has quit within the past 15 years
  - A person who smokes heavily (or used to smoke heavily)
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- Lung Cancer screening is covered by Medicare for high-risk patients 50 to 77 years old and by most commercial insurance and VA plans for patients 50 to 80 years old

**Talk to your healthcare provider to find out if lung cancer screening is right for you.**

