



ARE YOU A SMOKER OR FORMER SMOKER?

A Low-Dose CT Scan Could Save Your Life!

The National Lung Screen Trial (NLST) findings reveal that those who received low-dose CT scans had a 15-20% lower risk of dying from lung cancer than those that received standard chest X-rays. So, ask yourself the following questions:

What's My Risk?

Number of packs smoked per day

Years you have smoked

Packs per year history

_____ × _____ = _____

You are considered High Risk if you are:

- A current or former smoker age 55-74 AND you have a 30 pack per year history
- Older than age 50 with a 20+ pack per year history or
 - Radon or occupational carcinogen exposure (asbestos, arsenic, diesel fumes, etc.)
 - Family history of lung cancer
 - COPD or pulmonary fibrosis
 - Personal history of cancer or lymphoma

NOTE: If you quit smoking less than 15 years ago, you are still considered High Risk.

How Do I Decide If I Should Be Screened?

Discuss your medical history, and the risks and benefits of screening with your physician. In order to be covered by Medicare, you must visit your physician and have an order.

Is This Screening Covered By My Insurance?

Your insurance may or may not cover the cost of a CT scan for detection of early-stage lung cancer. This screening is covered by Medicare when ordered by your physician after a lung cancer screening counseling appointment.

What You Need To Know

The majority of lung cancers are often caused by cigarette smoking and usually not detected until symptoms develop. By that time, the disease is often more advanced, making a cure much less likely.

- Lung cancer is the leading cause of cancer-related deaths in the U.S.
- Over half of those with lung cancer die within one year of being diagnosed.
- Low-dose CT scans provide earlier detection, when lung cancer is most treatable and curable.
- All patients must be asymptomatic

What You Can Do

- If you are a smoker, STOP SMOKING.
- Avoid exposure to secondhand smoke.
- Make your home and work environment smoke-free.
- Test your home for radon.
- Be aware of industrial compounds.

THE BEST WAY TO PREVENT LUNG CANCER IS TO NEVER SMOKE OR STOP SMOKING NOW!

If you are still smoking, talk to your physician about ways to help you quit.

For more information on lung cancer screening, call 252.436.1146.

**MARIA PARHAM
HEALTH**

Duke LifePoint Healthcare

mariaparham.com