

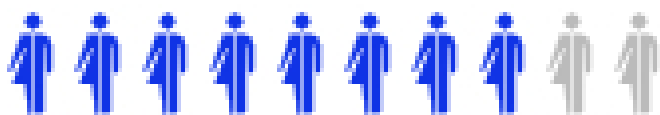
Considering Lung Cancer Screening

Lung Cancer

Lung cancer is a disease in which cells in the lung(s) grow out of control.

Lung cancer is the leading cause of cancer death among adults. More people die of lung cancer each year than from colon, breast and prostate cancers combined.

Smoking is the biggest risk factor for lung cancer.



8 out of 10 lung cancers are caused by smoking.

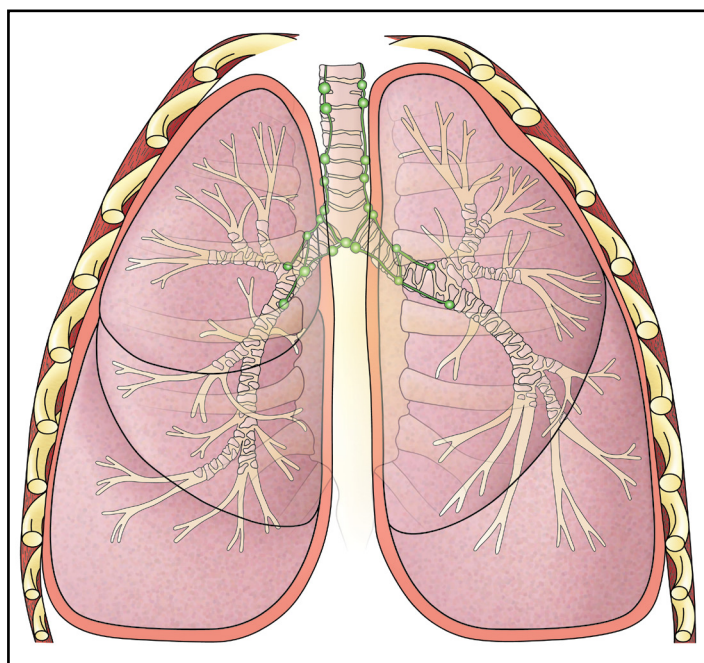
Lung Cancer Screening

Lung cancer screening is done to find lung cancer early when it is most treatable.

Your health care provider will talk with you to see if you qualify for a lung cancer screening. It uses a CT (computed tomography) scan to provide a detailed picture of your lungs.

Your provider will talk to you about the following. Together, you will decide what is best for you:

- the benefits and risks of screening
- your preferences and values around screening
- quitting smoking (See page 3.)



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The lungs are a pair of cone-shaped breathing organs inside your chest.

Importance of Ongoing Screening

It is important to have a low-dose lung cancer screening every year to monitor for development of lung cancer.

Having your screening every year increases the chance of finding lung cancer early and being treated successfully.

- what the possible results can be and how will you be informed
- how you will need to have low-dose lung cancer screening each year.

Screening Guidelines

The Centers for Medicare & Medicaid Services recommends lung cancer screening if you are between the ages of 50 and 77 if and all of these criteria apply:

- you have no signs or symptoms of lung cancer (coughing up blood, trouble breathing, fatigue and unexpected weight loss)
- you have a history of heavy smoking (20-pack-year history). This means that you have smoked the equivalent of 1 pack of cigarettes each day for 20 years or 2 packs each day for 10 years.
- you smoke now or have quit within the last 15 years.

Benefits and Risks of Lung Cancer Screening

Benefits

- According to the National Lung Screening Trial (NLST), lung cancer screening lowers your risk of dying from lung cancer by 20 percent over 3 years of screening. Continuing to screen yearly may lower your risk even more.
- The screening can find lung cancer in the earliest and most treatable stages.
 - About 3 or 4 out of every 100 lung nodules (abnormal spot) are cancer.
- The screening is painless and takes less than 1 minute. Your visit will take about 30 minutes in total.
- The screening program offers counseling to help you quit smoking and tobacco use.

Risks

- The screening may be a false-positive. This happens when something looks like cancer but is not.
 - About 1 out of 8 people will get this result. You may or may not need more tests or procedures to confirm there is no cancer.
- The screening may be a false-negative. This happens when the test does not show that lung cancer is present when it may be.
 - Fewer than 1 out of 10 people who have lung cancer will get this result.
- The radiation dose for the screening is equal to the radiation exposure the average person gets in 1 year from being in the environment.



A CT scan machine uses a low dose (amount) of radiation to make detailed images of your lungs. The scan only takes a few minutes and is not painful. You don't need to prepare for the scan.

Insurance Coverage

- Medicare will cover the cost of lung cancer screening test for people age 50 to 77 years old.
 - Medicare requires that you talk with your primary care provider to see if this test is right for you.
- Some insurance providers do not cover the cost for this test. Call your insurance provider to find out if your health plan covers this test.
 - If your insurance provider does not cover the cost for this test, talk to your primary care provider. You may qualify for a discount.

Check with your insurance provider if you can get screening until age 80.

My Understanding

Questions	Answers
If I meet the criteria for the CT screening, how much will I benefit?	Research has shown a 20 percent decrease in lung cancer deaths in heavy smokers who received a low-dose CT as a screening test.
Is the low-dose CT screening option safe for me?	There is some radiation exposure with this type of CT exam. These levels are still considered safe.
Is screening the only option to help prevent lung cancer?	No. Screening does not stop lung cancer from occurring. It can only find it. The best way to reduce the risk of lung cancer is to not smoke or to quit smoking.
Do I have to get screened right after I meet with a health care provider? How often is the screening recommended?	Your health care provider will refer you for low-dose CT if they think a screening test is right for you. A scheduler will contact you to set up an appointment. You will need to have follow-up screenings each year (or as your provider recommends) as long as you meet the criteria for screening.
What happens if screening shows a lung nodule or abnormal spot inside or outside of the lung?	If the screening shows an abnormal lung nodule of concern, a nurse will call you to go over your results, what they mean, and talk about the next steps with you, including if you need to see a lung specialist.
Is the low-dose CT screening cost covered by insurance?	Medicare will cover the cost of this screening for people ages 50 to 77 years old. Medicare requires that you talk with your primary care provider to see if this test is right for you. Your primary care provider may decide lung cancer screening is right for you up to age 80. Other insurance plans may vary. Call your insurance provider to find out what is covered under your plan. If your insurance provider <u>does not</u> cover the cost for this test, please talk to your primary care provider. You may qualify for a discount.

Need Help Quitting Smoking?

■ Quit Partner

- 1-800-QUIT-NOW (1-800-784-8669) or quitpartnermn.com
- American Indian: 1-833-9AI-QUIT or aiquit.com
- Spanish: 1-855-DEJELO-YA (1-855-335-3569) or quitpartnermn.com/es

— asiansmokersquitline.org

■ online tobacco cessation support

- smokefree.gov
- **American Lung Association/
Tobacco Quit Line**
- 651-227-8014 or 1-800-586-4872

My Preferences

Check your preference for each item as you decide what is most important to you. This may help guide your decision.

Questions	My Thoughts
1. Do you understand the low-dose CT screening explained in this document?	
2. Do you understand the benefits and risks of having low-dose screening or not having screening? What matters most to you?	
3. As you think about the possible risks, what are your fears or concerns?	
4. At this time, do you feel that screening fits best with your goals?	
5. Do you think you have enough support and information to make a decision?	
6. If you answered “no” to question 5, what may be getting in the way of you doing this?	

My Preference at This Time

have the screening do not have the screening undecided