

Lung Screening: Making the Right Decision for You



Patient Education

Most lung cancers have spread beyond the lungs by the time they are found, which makes the disease harder to treat. Lung screening is available to make it easier to find lung cancer early, when treatment is more likely to be effective. To learn more, take a look at the answers to these common questions about lung screening.

What is Lung Screening?

Lung screening uses a special computed tomography (CT or “cat scan”) imaging machine to take pictures of your lungs. The pictures are reviewed to see if there are any signs of lung cancer. This is the only proven way of finding the disease early.

Why Should I be Screened?

Lung cancer is the leading cause of cancer deaths in the United States. Yearly screening with CT scans can find lung cancers in the earliest stage, when the cancer is easier to treat.

What is the Cost?

Lung screening is covered by insurance for eligible patients. Please contact us to discuss whether you qualify for CT lung screening.

For more
information call
919-613-4318.

Who Should be Screened?

Screening is recommended for people who are at high risk for lung cancer, but who do not have symptoms yet. If you meet the criteria below, talk to your doctor about yearly screening.

Criteria:

- Ages 50 to 80
- 20 pack-years or more of smoking history
- Currently smoke or quit less than 15 years ago

How to find your pack-years of smoking:

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Years smoked		Packs per day		Pack-years

Why Should I be Screened at Duke?

- The Duke Lung Screening program has access to the most advanced screening tool available: low-dose CT scans, which are safe and highly accurate.
- If cancer is found, you will have direct access to a team of specialists experienced in caring for patients at every stage of lung cancer.
- The Duke team is committed to providing the best possible care, as well as support and education for you and your loved ones.



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What Happens if the Test is Positive?

- About 1 out of 10 screening CT scans is “positive,” meaning there *could* be lung cancer.
- About 4 out of 100 patients with a *positive CT* result are found to have lung cancer.
- If you are diagnosed with lung cancer, our experts will come up with a personalized treatment plan for you.

What Are the Risks of CT Lung Screening?

CT lung screening is safe, painless, and non-invasive. There are some risks with CT screening, though. As with every medical test, it’s important to weigh the risks and benefits before making a decision.

Risks	Benefits
Radiation exposure - All radiation exposure carries some cancer risk, even in low doses. Duke uses a special low-dose protocol to reduce your exposure to radiation.	Finding lung cancer in its earliest stage - Most patients who have lung cancer found with low-dose CT screening are diagnosed earlier in the course of disease. Early diagnosis often leads to better outcomes.
False positives - Sometimes CT screening finds nodules in the lungs that need more testing to see if they are cancer or not.	
False negatives - The signs of lung cancer may be unclear or not be seen on the scan.	

How Can I Lower My Risk of Developing Lung Cancer?

- Stop smoking. This is the most important step toward reducing your risk for lung cancer. If you have already quit, keep up the good work!
- The Duke Cancer Center offers smoking cessation evaluation and counseling, so you’ll have the support you need to quit.

Resources for Screening and Quitting Smoking:

BecomeAnEx.org

CDC.gov/Tobacco/Quit_smoking

ShouldIScreen.com

SmokeFree.gov

Lung.org/Stop-smoking/Join-freedom-from-smoking/

800-QUIT-NOW (800-784-8669) or Quitlinenc.com/

877-44U-QUIT (877-448-7848)



Scan the QR code for Duke Smoking and Tobacco Cessation Program or call 919-613-7848.

