

ARE YOU AT HIGH RISK OF GETTING LUNG CANCER?



Getting screened for lung cancer may help save your life.

Lung cancer screening is a test for people who are at high risk of getting lung cancer because of their age and smoking history.

You should be screened for lung cancer if you:

- Are **50-80** years old, and
- Smoke now, or have quit **within the past 15 years, and**
- Have smoked an average of **1 pack of cigarettes a day for 20 years***

**For example, you could have smoked 1 pack a day for 20 years, 2 packs a day for 10 years, 1/2 a pack a day for 40 years, etc.*

What if I quit smoking, then started again?



Maybe you quit smoking for a day, a month, or even for several years. If so, that's great!

But lung cancer risk adds up over your lifetime. So even if you quit for any period of time, lung cancer screening still may be recommended for you.

WHAT IS THE SCREENING TEST LIKE?

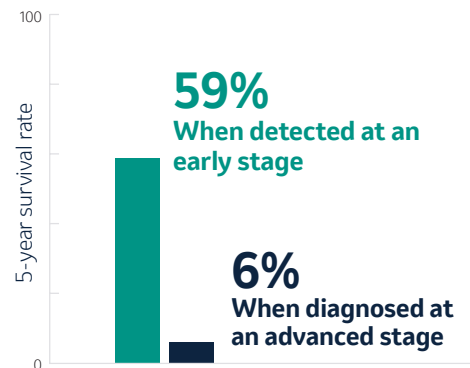
- The test is called LDCT (that's short for "low-dose computed tomography," also called a low dose "CT scan")
- The scan only takes a few minutes
- You lay on a table while an X-ray machine takes pictures of your lungs

People whose lung cancer is diagnosed early are nearly **10X MORE LIKELY TO LIVE LONGER**

One way that doctors measure the success of a cancer treatment is by how many people survive for 5 years after their cancer is diagnosed. **The chart on the right shows that the chance of surviving lung cancer is much higher when cancer is detected early.**

Having an annual lung cancer screening is one thing you can do to increase the chance of finding cancer early.

5-year survival rate for lung cancer:



HOW OFTEN SHOULD I BE SCREENED?



Screening for high-risk individuals **should be done once a year** from **ages 50-80**

If your screening doesn't show any sign of lung cancer, that's good news! But it doesn't mean you should stop getting screened. Keep on top of your risk by making lung cancer screening part of your yearly health care routine.

If you (or someone you care about) are at high risk of getting lung cancer, yearly screening is a smart move. Talk to your doctor today.

KNOW THE MOST COMMON SYMPTOMS OF LUNG CANCER—DON'T IGNORE THEM



If you are at risk for lung cancer, see your health care provider right away if you notice any of these symptoms:

- Coughing that gets worse or doesn't go away
- Chest pain
- Shortness of breath
- Wheezing
- Coughing up blood
- Feeling very tired all the time
- Losing weight for no known reason
- Hoarseness
- Loss of appetite
- Lung infections that don't go away or keep coming back

WHAT ARE THE RISK FACTORS FOR LUNG CANCER?



- **Cigarette smoking** is the **#1 risk factor** for lung cancer
- **Increasing age** is also a risk factor for lung cancer
- Using other **tobacco products such as pipes or cigars** also increases lung cancer risk
- **Second-hand smoke** can also increase lung cancer risk

Are there other factors that can raise the chance of getting lung cancer?

Even people who have never smoked may have risk factors that increase their chance of getting lung cancer, including:



Exposure to **radon gas**



Previous radiation therapy to the lungs



Personal or family history of lung cancer



Air pollution



Exposure to **asbestos** or other **cancer-causing agents**

Early diagnosis could help save your life or the life of someone you care about



If you or someone you care about:

- **have any lung cancer symptoms**, see your doctor right away
- **have any risk factors for lung cancer**, be sure to discuss them with your doctor
- **are eligible for a yearly lung cancer screening**, make it a part of your health care routine

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