

Helping you decide about

Lung Cancer Screening

This guide outlines the benefits and harms of lung cancer screening using low-dose CT scans, allowing you and your healthcare provider to choose whether the screening is right for you.

What is Lung Cancer Screening?

Lung cancer screening looks for “spots” in the lungs called pulmonary nodules, which may be cancerous. It is best performed with low-dose advanced imaging equipment called computed tomography, or CT, which can detect nodules up to 10 times smaller than can be seen by X-ray.

Why should I be screened?

Lung cancer is most treatable when it is identified in the earliest stages.

Who should be screened for lung cancer?

Adults who meet all three of the following criteria:

- Current or former heavy smoker with at least 30 pack-years history of smoking
- Between the ages of 55-77
- No present symptoms of lung cancer, coughing up blood or chest pain

HOW TO FIND YOUR PACK YEARS OF SMOKING

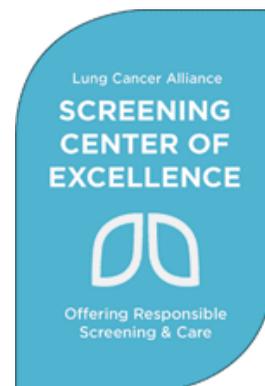
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number of years you have smoked		average number of packs per day		pack years

Where should I be screened?

Major medical studies demonstrate that the greatest benefit from lung cancer screening is gained when the screening is done at medical centers with access to multi-disciplinary lung cancer diagnosis and treatment programs. The first scan may lead to additional testing, so find a center that is able to interpret and respond to your results.



UPMC Pinnacle is recognized as a lung cancer screening center of excellence by the national Lung Cancer Alliance and the American College of Radiology. Since 2011, UPMC Pinnacle offers patients a multi-disciplinary pulmonary nodule clinic to provide rapid evaluation and treatment of pulmonary nodules by a team of experts.



UPMC Pinnacle complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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Potential benefits and risks of lung cancer screening

Use the table below to consider the possible benefits and risks of lung cancer screening.

+	The benefits of being screened for lung cancer	The facts*
Reduced Risk	Reduced chance of dying from lung cancer.	4 fewer lung cancer deaths when 1,000 people are screened.
	If caught early, treatment may be more successful.	Studies show that early treatment of lung cancer allows some patients to live a longer life.
	It may detect cancer before you have any symptoms.	9 out of 10 lung cancers will be detected by screening.
More treatment options	If caught early you may have more treatment options.	Early lung cancer may be removable with surgery. Advanced lung cancers are often inoperable.
—	The harms of being screened for lung cancer	The facts*
False alarms	There is the chance of a false alarm. A false alarm is a result that looks like cancer but is not.	365 in 1,000 will have a false alarm.
	A false alarm could lead to an invasive procedure, like surgery or a biopsy.	25 in 365 of those with a false alarm will have an invasive procedure.
	Invasive procedures sometimes cause serious complications.	3 in 25 invasive procedures from false alarms will have a major complication.
Over diagnosis	Sometimes screening identifies slow growing cancers that would not lead to illness or death.*	4 in 1,000 people will be diagnosed with a slow growing cancer that would not lead to illness or death.

*Benefits and risks are based on results of the National Lung Screening Trial, which included three annual screens and five years of additional follow up. For more information, visit cancer.gov/clinicaltrials/noteworthy-trials/nlst

Are there radiation risks from the CT scan?

Low-dose CT scans expose people to radiation. Over time, exposure to repeated or high doses of radiation may cause cancer and other health problems. For perspective, the reduction in deaths from lung cancer with CT screening is larger than the reduction in deaths from the target cancers of other common screening tests, such as mammograms for breast cancer.

The most important thing you can do

Don't smoke. Regardless of your screening decision, avoiding cigarettes is the most powerful way to lower your chance of dying or suffering from lung cancer, emphysema and heart attacks. For help quitting, call 1-800-QUIT-NOW.

Benefits of quitting smoking

Within minutes of quitting smoking you will experience benefits:



*Source: BeTobaccoFree.gov

Taking the next step

Talk to your healthcare provider about lung cancer screening. For more information about lung cancer screenings at UPMC Pinnacle, call **717-231-8399** or visit us online at UPMCPinnacle.com/LungScreening.