



# What You Should Know About Lung Cancer Screening

Lung cancer is the leading cause of cancer-related death in the U.S. But, when caught in its early stages, there is the best chance for a successful outcome. This is why lung cancer screening is so important.

Here are some common questions people have about lung cancer screening and their answers!

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Who should get a lung cancer screening?

People at high risk for lung cancer should be screened. You may be eligible for annual lung cancer screening if you meet ALL of these criteria:

- You are between the ages of 50-80
- You have 20 pack-years of smoking or more.
- You currently smoke or have quit within the past 15 years
- **If you are a member of the Philadelphia Fire Fighters' & Paramedics Union (Local 22) there is no age or smoking history eligibility criteria as it has been waived by the union.**

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How will I be screened for lung cancer?

People at high risk of developing lung cancer but who show no existing signs or symptoms of the disease should schedule a low-dose computed tomography (LDCT) scanning of the chest. A computed tomography scan—also known as a CT scan or CAT scan—uses computer-controlled X-rays to create three-dimensional images of the body while only exposing you to a minimal amount of radiation.

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Do I need to prepare for a low-dose CT scan?

No, not at all. There is no preparation required for this screening. You just need to be able to lie still. The whole procedure takes under 15 minutes, and you can wear your regular clothes.

## HOW TO FIND YOUR PACK YEARS OF SMOKING

$$\begin{array}{ccc} \square & \times & \square = \square \\ \text{Number of} & & \text{Average} & & \text{Pack years} \\ \text{years you} & & \text{number of} & & \\ \text{have smoked} & & \text{packs per day} & & \end{array}$$

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## How will I find out the results of my lung cancer screening?

If your screening shows something that needs more evaluation, our team of specialists will help you schedule the appropriate follow-up test for you. A single CT scan is not enough to diagnose lung cancer. For this reason, it is important to be sure to schedule the CT scan annually.

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## Is a chest x-ray the same as getting screened by low dose CT?

No. The only recommended screening test for lung cancer is a low-dose CT. Regular chest x-rays have been studied as a screening test for people at higher risk for lung cancer, but they haven't been shown to help most people live longer, therefore they are not recommended for regular screening.

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## Are there any risks to lung cancer screening?

Screening for lung cancer can find small lung nodules that may not turn out to be cancer, but require additional testing to be sure. This can cause anxiety for many people. However, for most high risk patients, the benefits of lung cancer screening outweigh these risks.

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## How often do you I need to be screened for lung cancer?

The United States Preventive Services Task Force (USPSTF) recommends that all people who meet the eligibility criteria for lung cancer screening be screened once a year.

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## Does my health insurance cover a low-dose CT scan?

Screening for lung cancer may or may not be covered by your health plan. First, find out if your insurance is accepted at Fox Chase Cancer Center or Temple University Hospital. We are committed to working with you, your doctor and your insurance carrier to make sure you have full access to our services. You may also qualify for financial assistance.

**Screening for lung cancer is covered by the Philadelphia Firefighters & Paramedics Union Health Plan. Members can schedule a screening free of charge at Fox Chase Cancer Center or any Temple University Hospital location.**

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## Why should I go to the Temple Lung Center or Fox Chase Cancer Center for my lung cancer screening?

Fox Chase Cancer Center and the Temple Lung Center, two of Philadelphia's world-class health centers, have joined together to provide the most comprehensive and expert lung care in the region. This multi-specialty and holistic approach to diagnosis and treatment of all lung conditions ensures that you will get the best care, tailored to your specific needs.

**For more information or to make an appointment for a lung cancer screening at one of our five locations, call: 1-800-TEMPLE-MED.**



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**Non-discrimination notice:**

It is the policy of Fox Chase Cancer Center and Temple University Hospital, Inc., that no one shall be excluded from or denied the benefits of or participation in the delivery of quality medical care on the basis of race, ethnicity, religion, sexual orientation, gender, gender identity/ expression, disability, age, ancestry, color, national origin, physical ability, level of education, or source of payment.