

# Talk with your doctor to decide if you should get a lung cancer screening



To screen for lung cancer, doctors use a low-dose computed tomography (LDCT) scan. An LDCT scan can find lung cancer early when it is easiest to treat.



## Who should get lung cancer screening?

The United States Preventive Services Task Force (USPSTF) recommends screening with LDCT for people who have a higher risk of getting lung cancer based on smoking exposure and do not currently have symptoms. The USPSTF updates the screening criteria based on new research. The checklist below has the latest criteria.

### Use this checklist to see if you meet the USPSTF screening criteria

Talk with your doctor about getting lung cancer screening if you are all of these:

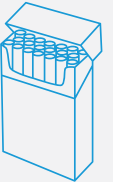
- Between 50 to 80 years old
- Have a 20 pack-year smoking history
- Currently smoke or quit within the past 15 years

For an online quiz to see if you meet the criteria, visit [URL for quizlet].

## How do I know my pack-years?

**Multiply:**

Number of years you've smoked × The number of cigarette packs you smoked per day (1 pack = 20 cigarettes)



For example:

- 1 pack a day for 20 years = 20 pack-years
- 2 packs a day for 10 years = 20 pack-years
- Half (0.5) a pack a day for 40 years = 20 pack-years

## How can my doctor and I decide if I should get lung cancer screening?

If you meet the criteria above – or even if you don't – schedule a visit to talk with your doctor about lung cancer screening and ways to lower your risk of getting lung cancer.

You should decide together with your doctor if you will get a lung cancer screening. This is called a **shared decision-making visit**.



In a shared decision-making visit about lung cancer screening, you and your doctor can talk about:

- Your health history
- If you fit the USPSTF criteria, using the checklist on page 1 and the online quiz
- Risk factors that may give you a higher chance of getting lung cancer, such as smoking or a family history of lung cancer

If you and your doctor decide you will get a lung cancer screening, your doctor can help you choose a screening center. Your doctor can also fill out any paperwork your insurance may require, such as an order or preauthorization.



## Questions to ask your doctor about lung cancer screening

These questions may help you talk with your doctor about LDCT lung cancer screening. Write your doctor's answers next to the questions.

- If I have no signs of lung cancer, why should I get screened now for lung cancer? \_\_\_\_\_  
\_\_\_\_\_
- Will my insurance cover the cost of the screening? \_\_\_\_\_  
\_\_\_\_\_
- Is lung cancer screening safe? What are the possible risks (problems)? \_\_\_\_\_  
\_\_\_\_\_
- How should I prepare for a screening? \_\_\_\_\_  
\_\_\_\_\_
- What happens during a screening? \_\_\_\_\_  
\_\_\_\_\_

To learn more, visit **LUNgevity.org** and read the 6 mini booklets in the lung cancer screening series