

What You Should Know About Lung Cancer Screening

What is the goal of lung screening?

The goal of lung screening is to identify cancer at an early stage. Without lung cancer screening, lung cancer is usually not found until a person develops symptoms. At that time, the cancer is much harder to treat.

Who should get a lung screening?

Lung screening is recommended for the following group of people who are at high risk for lung cancer:

- Age 55-77
- People who have smoked at least an average of 1 pack a day for 30 years. This includes people who still smoke or have quit within the past 15 years

Those who have symptoms of a lung condition at the time of screening, such as a new cough or shortness of breath may not be eligible.

What is lung cancer screening and how is it performed?

Lung cancer screening is performed using a CT (CAT) scan to take a picture of your lungs. It's one of the easiest screening exams you can have — it's fast, painless, and non-invasive. No medications are given and no needles are used. You can also eat before and after the exam.

How often should I get screened?

Screening is a program over time, not a single test. An annual scan is recommended for most individuals who meet the screening criteria.



Studies have shown that lung cancer screening can lower the risk of death from lung cancer by 20 percent in people who are at high risk.

What are the risks of lung cancer screening?

There are several risks and limitations of lung cancer screening. During this exam there is a small amount of radiation you will be exposed to — about the same amount a person would receive from a screening mammogram. It's important to remember that your physician has determined that the benefits of the screening outweigh the risks of being exposed to the small amount of radiation from this exam.

Lung cancer screening tests can find nodules that look like cancer when they are not (called false positives) or may miss some cancers (false negatives). As

many as half the patients screened may have a spot that requires more testing, ranging from more diagnostic testing to an invasive biopsy; 95% of these spots will not be cancer. You may need more frequent CT scans to monitor the nodules; so your doctor may recommend follow-up care based on national guidelines.

What can you expect from the results?

Your healthcare provider will receive the results of your exam and discuss any concerning findings with you. Additionally, Invision Sally Jobe partners with HealthOne hospitals where your case may be reviewed by a

multidisciplinary team of physicians who are lung experts. If your exam is abnormal, we will contact your healthcare provider and offer to refer your case to that team of experts.

What about smoking?

Screening is not a substitute for smoking cessation. Even in older, heavier smokers, those who stop smoking before or shortly after starting annual screening have an additional 20% reduction in their risk of dying from lung cancer. It is never too late to stop. Ask your doctor to guide you on how best to stop smoking or call 1.800.QUIT.NOW.

I think I qualify for lung cancer screening. What should I do next?

NOTE: An order from your healthcare provider is required for a lung cancer screening exam. Contact us if you would like assistance.

Lung Cancer screening is available throughout the HealthONE and Invision Sally Jobe family of hospitals. Call for more information.

720.493.3459

Insurance Coverage and Financial Concerns

Exams are most often covered by insurance, as long as they are clinically indicated. Please contact your insurance carrier if you have questions. We recognize that financial concerns may prevent some patients from seeking necessary healthcare exams. We pride ourselves on being sympathetic and flexible. We offer a dedicated financial navigator, as well as assistance with pre-authorization and any necessary insurance appeals after the exam is completed. If you have financial concerns or need additional guidance on how to speak with your insurance company about your exam, please call our Patient Care Coordination line.

Locations

Invision Sally Jobe offers convenient locations throughout the Denver metro area. Visit www.invisionsallyjobe.com to find the location nearest you.

Why Invision Sally Jobe?

Every Invision Sally Jobe breast imaging site is a National Quality Measures for Breast Centers® (NQMBC) Certified Quality Breast Center of Excellence™. This designation is awarded to facilities that consistently demonstrate excellence in patient care and adherence to the highest clinical quality standards. Invision Sally Jobe is the only breast network in Denver metro area to earn this distinction.

Invision Sally Jobe is also an American College of Radiology (ACR) Breast Imaging Center of Excellence and fully certified by the FDA.

For more information about our commitment to quality, please visit www.invisionsallyjobe.com.

- Navigation
- Research
- Financial flexibility
- Comprehensive care
- Specialized radiologists
- Clinical quality

To schedule an appointment, call 720.493.3700.

For other inquiries, call our Patient Care Coordination line at 720.493.3459 or email pcc@riaco.com.

To learn more, visit <http://lungcancerscreeningsaveslives.org/>.

