

What You Should Know About Lung Cancer Screening and New Guidelines

What is the goal of lung screening?

The goal of lung screening is to identify cancer at an early stage when it is easier to cure. Without lung cancer screening, lung cancer is usually not found until a person develops symptoms when the cancer can be much harder to treat.

Who should get a lung screening?

The *new guidelines** from the US Preventive Services Task Force recommends lung screening for the following group of people who are at high risk for lung cancer:

- Age 50-80
- Current or former smokers (if former, have quit within the past 15 years) who have a 20 pack year history of smoking. For example, someone who smoked 1 pack a day for 20 years or 2 packs a day for 10 years. Your doctor can help you calculate your pack year amount if needed.
- No lung symptoms such as cough or shortness of breath.

The old guidelines (listed on the back) are currently covered by insurance and CMS, often with no copay. Check with your doctor to see if you are eligible under the new guidelines.

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



Lung cancer is the most fatal cancer in the U.S. and the largest risk factors are smoking and age. Recent research has proven that annual low dose CT scans can reduce the risk of death.

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.

What are the risks of lung cancer screening?

There are several risks and limitations of lung cancer screening. You will be exposed to a small amount of radiation during the exam, but the CT is low dose and four times less than a routine CT

chest. You and your physician can decide if the benefits of the screening outweigh the risks of 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). Some patients screened may have a spot that requires more testing, ranging from more diagnostic testing to a biopsy, but the majority of these simply get a follow up CT scan to monitor the spot. Your doctor may recommend follow-up care based on national guidelines.

*See Previous Guidelines on back.

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 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 at Invision Sally Jobe and the HealthONE family of hospitals. Call for more information.

720.493.3459



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Why Invision Sally Jobe?

Every Invision Sally Jobe site is designated by the American College of Radiology as a Lung Cancer Screening Center. This designation is awarded to facilities that demonstrate adherence to the highest clinical quality standards and participation in the ACR Lung Cancer Screening registry. Our exams are interpreted by subspecialty trained radiologists who collaborate with lung cancer experts in the Denver community.

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 has seven convenient locations that offer Lung Cancer Screening CT:

- Aurora
- Denver Tech Center
- Golden
- Littleton
- Lone Tree
- Parker
- Southwest Littleton

Visit InvisionSallyJobe.com for addresses and more information.

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 <https://lungcancerscreeningsaveslives.org/>

**This information in this flyer reflects the newest guidelines for lung cancer screening. However, some insurance companies may not have updated their coverages yet to correspond to the new guidelines. Talk to your doctor to determine eligibility.*

Previous Guidelines

- 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.