

# Importance of early detection for lung cancer

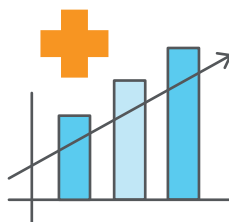


In recent years, a test known as a low-dose CAT scan or CT scan (LDCT) has been studied in people at a high risk of getting lung cancer. LDCT scans can help find abnormal areas in the lungs that may be cancer. Research has shown that using LDCT scans to screen people at higher risk of lung cancer saved more lives compared to chest X-rays. For higher risk people, getting yearly LDCT scans before symptoms start helps lower the risk of dying from lung cancer.

## Why should I recommend screening to patients who qualify?

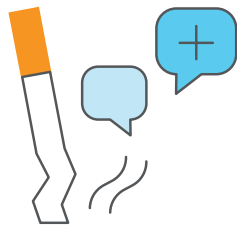
Lung cancer screening for high-risk people can improve outcomes:

- In most cases, lung cancer is not detected early; about 16% of people are diagnosed at an early stage
- 5-year survival rates increase from 4% (stage 4) to 55% (stage 1) if detected earlier



## How can I help my patients?

1. Discuss benefits and risks of screening and questions around access
2. Identify nearby screening locations
3. Encourage your institution or practice to set up a screening program
4. Encourage patients to share their full smoking history and other risk factors
5. Advise patients who use tobacco to quit and offer resources to continue progress
6. Patients who quit or reduce tobacco use should be congratulated and encouraged to continue their progress



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## What should I do next?

- Stay up-to-date on the latest screening criteria
- Understand that while screening is currently only covered for those with an extensive smoking history, other considerations such as family history, exposure to chemicals (radon, asbestos, etc.), or secondhand smoke might warrant a discussion
- Include screenings in conversations with your patient when appropriate
- Discuss the risk for lung cancer if it is not appropriate to screen at this time
- Remember that quitting smoking at any time is beneficial to a patient's health



The Lung Cancer Awareness Month Coalition is a group of leading international research and advocacy organizations. For additional resources, please visit **LCAM.org**.