

# STEPS TO CONSIDER



## What will this cost?

Lung cancer CT screening exams for eligible individuals are covered by most insurance programs including Medicare/Medicaid. Contact your insurance plan for coverage details such as deductibles and co-pays.

## What's next?

- ✔ Visit your healthcare provider to talk about lung cancer screening.
- ✔ Get a clear explanation of the possible benefits and risks.
- ✔ Ask your healthcare provider for a referral to a screening center.

✂ Cut on the dotted line. Take this on your next checkup.

Talking to your healthcare provider about lung cancer screening:

- 1 Am I eligible?
- 2 What are the benefits and risks?
- 3 Please refer me to a screening center.

*Still smoking? Ask your healthcare provider about medications to help you quit and visit the Quitline:*

**NYSmokeFree.com**



For help to quit –

Visit **NYSmokeFree.com**

Text **"QUITNOW"** to **333888**

Call **1-866-NY-QUITS**  
(1-866-697-8487)

If you are deaf, hard of hearing, or speech disabled, call **7-1-1** and give the Operator the Quitline number.

Follow us on...

f X @ P in /nysmokefree

Not insured? Visit [nystateofhealth.ny.gov](http://nystateofhealth.ny.gov).

Developed by Roswell Park Cessation Services for the New York State Quitline located in Roswell Park Comprehensive Cancer Center Buffalo, NY.

# LUNG SCREENING

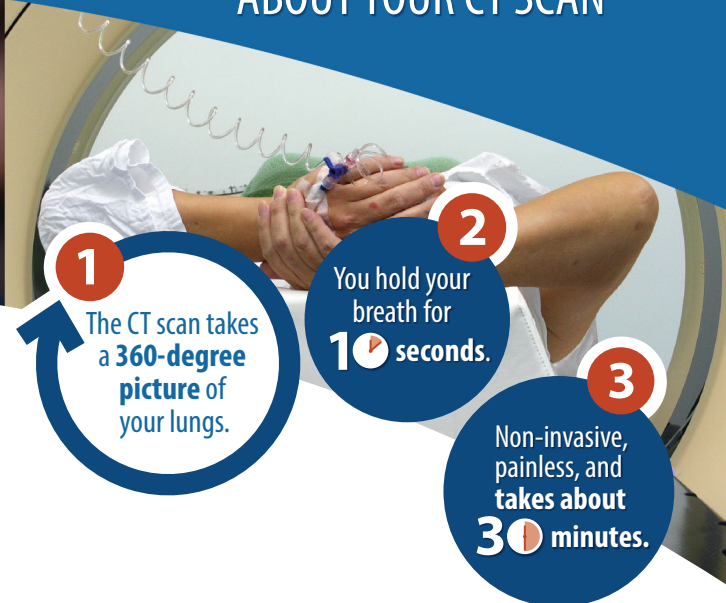
*Early cancer detection saves lives.*



# WHY SCREEN?

# COMMENTS FROM A SURVIVOR

# INFORMATION ABOUT YOUR CT SCAN



If I hadn't been screened for lung cancer, I probably wouldn't be here today.

*Charlene, Lung Cancer Survivor*

1 The CT scan takes a 360-degree picture of your lungs.

2 You hold your breath for 10 seconds.

3 Non-invasive, painless, and takes about 30 minutes.

## Screening for lung cancer is here and it can save your life!

A low-dose CT scan for people at high risk is the only proven way to detect lung cancer before there are any symptoms.



Lives can be saved, especially since lung cancer kills more people each year than all major cancers combined.



Lung cancer is **most treatable** when it is found in the earliest stages.

## Should I get a lung screening?

A low-dose CT scan for lung cancer is recommended if you answer yes to either of the following statements:

I am **50 to 80 years old** and a **current or former smoker** who smoked for **20 years or more**

**OR**

I am **50 to 80 years old** and a **former smoker** who quit **less than 15 years ago**

## What is a low-dose CT scan?

A low-dose CT scan is an X-ray with a very low dose of radiation. Images taken by the scan are combined to provide a detailed picture of your lungs.

## What you need to know.

Like all screening tests, there are pros and cons to consider. With low-dose CT scans, there is a chance of a "false alarm". This means results look like cancer but are not and may lead to more tests.

**If you are at high risk, it is important to get screened.** If you smoke, the best thing you can do is quit.

