

What About Smoking?

Regardless of your decision to be part of the lung cancer screening program, avoiding tobacco products is the most powerful way to lower your chance of suffering or dying from lung cancer, emphysema or a heart attack.

If you have already quit smoking, please understand that it takes 15 years to reduce your risk of lung cancer death to that of a non-smoker.

Why Stop Smoking?

Quitting smoking decreases your risk of:

- High blood pressure
- Lung infections
- Heart attack
- Coughing, sinus infection, fatigue and shortness of breath
- High carbon monoxide levels in the blood
- Cancer of the lung, mouth, throat, bladder, esophagus, kidney, pancreas and colon

Resources:

Ohio Tobacco Quit Line
1-800-784-8669

American Cancer Society
1-800-ACS-2345
www.cancer.org

American Lung Association
1-800 LUNG USA
www.lungusa.org

American Heart Association
1-800-AHA-USA1
www.americanheart.org



**Salem Regional Medical Center
is the Region's ONLY ACCREDITED
Lung Cancer Screening Center**

Medical Imaging Dept.
1995 East State Street
Salem, Ohio 44460

SALEM REGIONAL
MEDICAL CENTER

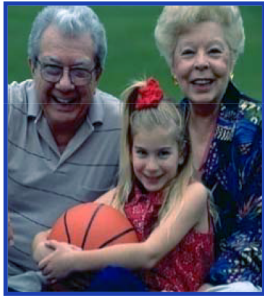
Helping You Decide About Lung Cancer Screening



A Patient Information & Shared Decision Aid

 **SALEM REGIONAL
MEDICAL CENTER**

Why Screen for Lung Cancer?



The goal of Low-Dose CT lung cancer screening is to detect cancer when it is very small, before it has spread to other sites in the body.

Lung cancer is most treatable when identified in its earliest stages.

Lung cancer is the leading cause of cancer death in the U.S., with more people dying of lung cancer than breast, colon and prostate cancers combined.

Those who smoke are 25-times more likely to develop lung cancer than non-smokers.



What is Lung Cancer Screening?

Lung cancer screening looks for signs of this disease before there are any symptoms in patients who are at high risk. Modeled after mammography, which has been successful in detecting breast cancer, Low-Dose lung cancer screening uses a state-of-the-art CT (computed tomography) scanner to take pictures of the lungs to detect potentially treatable lung cancers.

Annual screening by Low-Dose CT has been proven to provide a 20% reduction in lung cancer deaths in high-risk patients.

Once begun, you should continue annual screening exams until age 77, or until 15 years have passed since you stopped smoking, for the best chance of early lung cancer diagnosis and treatment. You should stop screening if you develop a major illness, which would prevent a lung cancer work-up and treatment.

Who Should be Screened?

Nationally, it has been determined that lung cancer screening should be offered annually to adults who meet the following 4 criteria:

- ☐ Between the ages of 55-77.
- ☐ Asymptomatic- No signs or symptoms of lung cancer. No major medical problems that would prevent cancer work-up and treatments if discovered during screening.
- ☐ Current smoker OR
Quit smoking within past 15 years
(____ Years since quitting)
- ☐ Tobacco smoking history of 30+ pack years

HOW TO FIND YOUR PACK YEARS

<input type="text"/>	X	<input type="text"/>	=	<input type="text"/>
Number of years you have smoked		Average number packs per day		Pack years

To determine if you're eligible for Medicare or other insurance coverage, call (330) 332-7300. A self-payment option is available.

What are the Benefits?

Reduced Risk

You may be less likely to die from cancer: Studies show a 20% reduction in lung cancer deaths in high-risk patients.

Lung cancer may be identified early before symptoms: Studies show 9 out of 10 lung cancers can be detected by screening before symptoms appear, such as trouble breathing, bleeding or pain.

More Treatment Options

Earlier diagnosis may mean more successful treatment options. Early lung cancer may be removable with surgery; advanced lung cancers are often inoperable. Studies show early treatment allows some patients to live a longer life.

Are There Any Harms?

False Positive Results (False Alarms)

There is a chance of a false positive, which is a result that looks like cancer but is not. Studies show that 365 in 1,000 patients screened may have a false alarm, with 25 of those requiring an invasive procedure (such as a biopsy or surgery), and 3 of those having a major complication.

Over Diagnosis

4 in 1,000 screened are diagnosed with a slow-growing cancer that wouldn't have led to illness or death.

Radiation Exposure

Some people may worry about radiation exposure from lung cancer screening. SRMC's Low-Dose lung cancer screening uses the most advanced CT technology, which means the radiation used is very low. The radiation dose (less than 3 mGy) is less than half of the average annual radiation received by those living in the U.S.

Although studies have shown that high-dose or repeated radiation exposures may cause cancer or other health problems; for smokers, the benefits of low-dose screening is much greater than the potential risks from radiation.

What if My Exam is Abnormal?

You should not undergo screening unless you are willing to allow for lung cancer work-up and treatment. This may include additional imaging tests and potentially invasive procedures.

For More Information...

If you have questions about **Salem Regional Medical Center's Lung Cancer Screening Program**, call **SRMC Medical Imaging at (330) 332-7413**; or talk with your doctor to determine if lung cancer screening is right for you.