

LUNG CANCER

Urge your patients to get a lung cancer screening.

A low-dose CT scan has been proven to reduce mortality risk by 20%.

The screening is the result of findings of the National Lung Screening Trial (NLST), conducted in 2002 – the first randomized trial to show that low-dose CT scans significantly reduce mortality from lung cancer.

Low-dose CT scans have been endorsed by the American Cancer Society, the American Lung Association, and the U.S. Preventive Services Task Force.

The latest research from the International Early Lung Cancer Action Program (I-ELCAP) shows that patients diagnosed with lung cancer as a result of annual CT screenings have an overall cure rate of 80%, regardless of stage and type of treatment.

Who should be screened:

- Current and former smokers age 50 to 80.
- Patients who have smoked a pack of cigarettes a day for the last 30 or more years, or two packs a day for the last 15 or more years.
- Patients who quit smoking within the last 15 years and had smoked a pack of cigarettes a day for 30 or more years, or two packs a day for 15 or more years.

How to refer patients for a lung cancer screening:

- Patients can be screened through diagnostic services.
- Patients can visit HealthyDelaware.org and, under the Next Steps box, click on Nurse Navigators to have a screening scheduled for them.
- Patients who smoke should also be referred to the Delaware Quitline to help them quit smoking by using proven methods.

If your patient's insurance doesn't cover the cost of a screening, there are programs in Delaware that can help cover the cost.

Patient Talking Points

Get the conversation started with your patients who are current or former smokers:

- There is now a screening for smokers that can detect lung cancer early, when it's most treatable.
- The screening is a low-dose CT scan. It is painless and noninvasive, and takes about 20 seconds once you've registered, changed clothing, and been positioned on the scanning table.
- Lung cancer has no symptoms in its early stages.
- Chest X-rays can't find small abnormalities that could be early-stage lung cancer.
- Studies have shown that a low-dose CT scan can find cancer early, reducing the risk of dying of lung cancer by 20%.
- Recent research shows that patients diagnosed with lung cancer as a result of annual CT screenings have an overall cure rate of 80%.
- Minimal radiation is used in the screening.
- This screening is recommended by the American Cancer Society and the American Lung Association.
- If your insurance doesn't cover the cost of the screening, there are programs available in Delaware that can pay for your screening. Visit HealthyDelaware.org for more information.
- I can schedule the screening for you, or you can visit HealthyDelaware.org to have a nurse navigator schedule a screening for you.



HealthyDelaware.org/LungRisk