



## Lung Cancer Screening

Finding lung cancer early through a yearly low-dose CT (LDCT) screening, rather than waiting for symptoms to appear, can help to prevent death from lung cancer. Lung cancer is the leading cause of cancer death, and nearly 90% of cases are related to cigarette smoking.

### LDCT Screening is recommended for persons who meet all of the following criteria:

- Age 50–80 years old
- Minimum 20 pack-year smoking history (multiply average number of packs per day times years smoked)  
Calculate pack year history at [www.smokingpackyears.com](http://www.smokingpackyears.com)
- Current smokers and former smokers who quit less than 15 years ago
- No symptoms of lung cancer
- Prior participation in a documented shared decision making session with a primary care provider
- Prior counseling on the importance and availability of smoking cessation and abstinence, if applicable

### Benefits:

- Yearly LDCT is the only screening test shown to lower the chance of death from lung cancer
- The largest study of lung cancer screening found that yearly LDCT saves 3 out of 1,000 people from dying of lung cancer
- Screening may reveal an unsuspected abnormality other than lung cancer
- For those who are still smoking, screening may provide motivation to quit

### Limitations and possible harms:

- Not all lung cancers can be detected by LDCT screening
- We expect that 130 out of 1,000 people will have abnormalities detected that might require CT scan monitoring or other tests but will turn out to not have cancer
- Rarely, a detected abnormality that is not cancer may lead to a biopsy or surgery, for no benefit
- Screening may lead to detection and treatment of lung cancer that would not have become a problem in the patient’s lifetime (overdiagnosis)
- LDCT involves exposure to a small amount of radiation, about the same amount of radiation one gets from the environment in less than one year

### Siteman Cancer Center Facts

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**For those who are still smoking, screening may provide motivation to quit.**

**A dedicated Nurse Navigator assists patients and their healthcare providers throughout screening and follow-up.**

**Screenings are interpreted by dedicated thoracic radiology subspecialists at the Mallinckrodt Institute of Radiology.**



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## Insurance Coverage for LDCT Screening:

- Patients are encouraged to contact their insurance provider before the test to ask about any expected out-of-pocket costs.
- Follow-up tests may require out-of-pocket costs or co-pays.

**Siteman Cancer Center is committed to lowering the risk of death from lung cancer, while minimizing the potential harms that can occur after screening. Our carefully designed program includes the following:**

- Encouragement of screening only for those likely to benefit
- Follows U.S. Preventive Services Task Force, Centers for Medicare and Medicaid Services, National Comprehensive Cancer Network, and American College of Radiology guidelines on lung cancer screening
- Dedicated Nurse Navigator to assist patients and their health care providers throughout screening and follow-up
- Interpretation by dedicated thoracic radiology subspecialists at the Mallinckrodt Institute of Radiology
- Standardized reporting using the American College of Radiology Lung-RADS™ system
- Same day or next morning screen interpretation
- Negative results mailed to patient and primary care provider
- Abnormal results phoned and mailed to patient and primary care provider by dedicated Nurse Navigator
- Option to refer to a Washington University thoracic surgeon for monitoring and management of abnormalities possibly due to lung cancer
- Emphasis on smoking cessation

### To order a LDCT screening examination

In Epic, enter order "CPT:71271, IMG200A Lung Cancer Screening"

Or, download an order form at [siteman.wustl.edu/lungcancerscreening](http://siteman.wustl.edu/lungcancerscreening) and fax it to 314-454-8103.

Siteman offers a team of clinical referral specialists who assist providers seeking treatment for their patients. To request an appointment, call 314-747-3046 or 877-251-6485 toll free from 8 a.m. to 4:30 p.m., Monday through Friday. Referrals also can be made online through a secure appointment request service at [siteman.wustl.edu/refer](http://siteman.wustl.edu/refer).

### Do you still smoke?

Quitting smoking is the single most important step you can take to prevent lung cancer, as well as other diseases of the lungs, heart, blood and brain.

#### 1-800-QUIT-NOW

- Talk directly to trained counselors
- Text "Siteman" to 47848 (Message and data rates may apply)
- For more information, visit [siteman.wustl.edu/lungcancerscreening](http://siteman.wustl.edu/lungcancerscreening)

**Costs may differ based on your specific benefit and coverage information, as well as the specific services you receive. Please contact your insurance provider to ask about your expected out-of-pocket costs."**



Siteman Cancer Center complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Atención: hay servicios de asistencia de idiomas disponibles a su disposición sin costo. Llame al 314-747-5682 (TTY: 1-800-735-2966).

注意: 免费提供语言协助服务, 如有需要敬请致电 314-747-5682 (TTY: 1-800-735-2966)。