

Early detection and diagnosis of lung cancer

nch.org/lung

The NCH Early Lung Cancer Screening Program

A lung cancer screening with low-dose CT (LDCT) has been shown by research to save lives by finding lung cancer early in people who are considered high-risk. At this time, only those considered high-risk are eligible for this screening. The following are some questions you may have about the LDCT. If you have additional questions, please speak with your primary healthcare provider.

Benefits

- ✓ Find lung cancer at an early stage for a better chance of survival
- ✓ The opportunity to re-evaluate the benefits of quitting smoking

Risks

- Small amount of radiation that is less than a CT chest regular dose and about the same as an Xray of the spine (6 months of background radiation from our environment)
- False negatives, such as missing a very small lung cancer
- False positives or incidental findings that may require further testing (the majority of pulmonary nodules that show up on screening turn out to be harmless)
- Anxiety or worry about possible lung cancer that turns out to be a benign or harmless finding

Eligibility

- Ages 55-80 who have smoked at least an average of 1 pack a day for 30 years or the equivalent, such as 2 packs a day for 15 years.
- Currently smoking or have quit within the past 15 years.
- No new symptoms of possible lung cancer, such as unexplained weight loss, coughing up blood, new cough.

If you have questions about eligibility or to request a screening, contact your primary care physician. If you do not currently have a primary care physician, call **HealthConnection** at **1-844-NCH-HEALTH** or visit nch.org/findadoctor.



To determine if you are eligible for the screening, take our online assessment at nch.org/lung.

Excellence Starts Here

How to prepare for the screening

There is no special preparation for this test. It requires you to lay flat on your back on a table and takes no more than 10 minutes. Wear comfortable clothing with no metal in the area of the chest. If you have metal implants in your chest or back, let the technician know.

How often do you need the screening?

- Re-evaluate with physician annually, even if no suspicious findings

Does insurance cover the screening?

- The screening is covered by Medicare/ Medicaid and most insurances – check with Medicare or your insurance carrier to ask about coverage.

What happens if the screening shows an abnormality?

If the screening shows abnormal findings, it will be reviewed by our multidisciplinary team of experts, which includes interventional pulmonologists, oncologists, pathologists, pulmonologists, radiologists and thoracic surgeons. The team will work together to make recommendations for further evaluation, which might include additional imaging, biopsy or a surgical consult. A lung patient navigator will contact you to coordinate follow up and address any concerns.

Where can I find help quitting smoking?

- Call **HealthConnection** at **1-844-NCH-HEALTH** to find out about our smoking cessation programs, including weekly support groups, classes and individual counseling sessions led by our certified Tobacco Treatment Specialists.
- Or, call the **Illinois Quitline** at **1-866-QUIT-YES** or the **American Cancer Society** at **1-800-227-2345**.

Though LDCT can detect lung cancer early, quitting smoking is still the single best way to reduce your risk.



Northwest Community Hospital is a charitable organization and provides financial assistance to people who are eligible. For more information, please call **847-618-4542** or visit our website at **nch.org**.

Excellence Starts Here