



**LOW-DOSE CT**

**LUNG  
SCREENING**

**AT DAVIS MEDICAL CENTER**

## **Frequently Asked Questions**

Studies show that for some smokers, Lung Cancer Screenings can help detect tumors earlier and improve the prognosis for those with lung cancer.

This FAQ provides information about Low-Dose CT Lung Screening (LDCT).

If you have other questions, please call 304.637.3185 or visit [www.dmhhealthylungs.com](http://www.dmhhealthylungs.com).



### **Who should get an LDCT lung screening exam?**

For lung cancer in particular, a number of groups have agreed on the criteria for people who should consider a CT scan of their lungs even if they have no symptoms. According to the National Lung Cancer Partnership, guidelines from the American Cancer Society, The American College of Chest Physicians/American Society of Clinical Oncology/American Thoracic Society and The American Lung Association recommend CT screening for lung cancer only for the following

“high-risk” individuals:

- People 55-74 with a history of heavy smoking - at least “30-pack years”, which would include people who smoked one pack of cigarettes per day for 30 years or people who smoked two packs per day for 15 years, or three packs per day for 10 years, etc.
- If not currently smoking, quit within the prior 15 years.

Others also might want to consider the precautionary step, according to The National Comprehensive Cancer Network. That entity suggests including people over 50 years of age with at least 20 pack-years plus at least one other risk factor. Risk factors for lung cancer and exposure to specific chemical agents include history of other cancers, family history of lung cancer, and COPD or pulmonary fibrosis, exposure to asbestos, arsenic, beryllium, cadmium, chromium, diesel fumes, nickel, radon, silica and uranium.

As always, Davis Medical Center recommends a decision regarding a Lung Cancer Screening be made in conjunction with your doctor.

### **Does it matter if I have symptoms?**

Specific symptoms may be a sign that you have a condition in your lungs that should be evaluated and treated by a health care provider prior to a LDCT. These symptoms may affect the results of lung screening and could delay the treatment you need. Symptoms include fever, chest pain, a new or changing cough, coughing up blood, shortness of breath (that you have not felt before) or unexplained weight loss.

### **Is LDCT lung screening effective in preventing death from lung cancer?**

The National Cancer Institute reported that a study of 53,454 smokers showed the CT scan was the only screening test that lowered the chance of dying from lung cancer. The study showed that four fewer people out of 1,000 died of the disease compared to chest X-ray subjects.

### **How is LDCT lung screening performed?**

The screening is performed in the diagnostic radiology department of Davis Medical Center. During the exam spiral CT scans create 3-D images by rotating the scanner around the body, in this case to check for abnormalities in the lungs. The procedure takes less than one minute and no medications are necessary. You are permitted to eat before and after the exam.



### **Are there any risks to consider?**

Although advance screening has proven to save lives, it is not without risks that patients and their physicians should consider. A conversation is a must before starting the screening process, but here are some things to consider:

- The CT scanner utilized by Davis Medical Center delivers a low dose of radiation, but exposure to radiation does carry some inherent risk. By utilizing specific techniques, the amount of radiation in LDCT lung screening is small.
- Scans may show a “false positive,” or indicate abnormality that is not cancerous. Additional follow up tests or procedures may be recommended. Some invasive procedures such as a bronchoscopy, biopsy or surgery can have potential side effects. In rare cases, those procedures can lead to major complications.
- It is possible that you may have a medical condition, including lung cancer, which is not found during your exam. This is referred to as a “false negative”.
- Early screening procedures have proven to help, but a CT scan may discover a lung cancer at a more advanced stage.
- Images captured during the LDCT lung screening also capture images of areas of your body next to your lungs. In a small percentage of cases, the CT scan will show an abnormal finding in one of these areas. Your health care provider may recommend further examination or additional testing.

### **How much does it cost?**

The cost of the program is \$99 and includes the Low Dose CT Screening and a Smoking Cessation class. The fee will be collected the day of your test. Insurance cannot be billed for your screening exam. Your insurance may be billed for additional tests should they be recommended following the CT Lung Screening.

### **What can I expect from the results?**

- Approximately 1 out of 4 LDCT lung screening exams will find something in the lung which may require additional evaluation or imaging. Often these findings are lung nodules. Lung nodules, which are common, are very small collections of lung tissue. Most are normal lymph nodes or small areas of scarring from past infections.
- Less common are cancerous lung nodules. Cancerous small lung nodules can be cured more than 90% of the time.
- To distinguish benign (noncancerous) nodules from nodules that are in fact cancer, more images may be needed before the next annual screening exam. If the nodule has suspicious features you will be referred to specialist for further testing.

### **When will I get the results?**

Results should be expected within 2 weeks of your screening exam. If you do not hear from us within 2 weeks, please be sure to call 1.304.637.3764.

### **Will my results be sent to my physician?**

Yes, the physician who ordered your screening exam will receive a copy of the results. Abnormal results will also be sent to Dr. Ronald Mudry, Pulmonologist, for review and follow up care.

### **Where can I find help to quit smoking?**

A brief smoking cessation class is a required part of the Low Cost CT Lung Screening and will be scheduled at the time of your exam.

Davis Memorial Hospital also offers smoking cessation classes through our Community Wellness program. Information is available by calling 304.637.3139. You can also visit the American Cancer Society webpage for information and resources on quitting smoking. <http://www.cancer.org/healthy/stayawayfromtobacco/>

### **How do I make an appointment?**

Call 304.637.3185 to see if you qualify and to schedule your lung screening exam. You will need an order from your physician for the exam.