Breathe Easy with a **LUNG SCREENING**

**Low-Dose Lung CT Screening**

**Early Detection is Key**

In December 2013, the U.S. Preventive Services Task Force (USPSTF) released recommendations for annual screening for lung cancer with low-dose computed tomography (CT) in adults 55 to 80 years who have a 30 pack-a-year smoking history and currently smoke or have quit within the past 15 years.

This follows the information provided by the National Lung Screening Trial (NLST) indicating that compared to chest X-rays, a low-dose lung CT detected lung cancer at an earlier and more treatable stage, increasing survival rates by 20 percent. Renown Health offers a low-dose lung CT screening and individuals who are current or former smokers should consider this lung screening.

**2014 Screening guidelines**

- 55 to 80 years old
- Have a 30 pack year history (for example, an average of smoking one pack of cigarettes per day for 30 years or two packs per day for fifteen years)
- Current smoker or have quit smoking within past 15 years

**Procedure and follow-up care**

Your screening results will be shared with Pulmonary Medicine Associates, a Renown Nurse Navigator and your Primary Care Physician, if provided. If there is an abnormal finding, your Primary Care Physician will be notified, and you will be scheduled for evaluation and follow up with a lung specialist at Pulmonary Medicine Associates. Any abnormal lung nodules will need to be followed with periodic lung CT scans for two years or longer. Other abnormal findings may require further referral and assessment.

If you have questions about the lung screening program at Renown, or would like to schedule a low-dose lung CT screening, contact Lisa Gardner, RN, BSN, OCN, Nurse Navigator at 775-982-4257.

**About the National Lung Screening Trial**

The NLST was a randomized national trial conducted by NCI involving more than 53,000 current and former heavy smokers with a 30 pack-year history, ages 55 to 74. The study compared the effects of two screening procedures for lung cancer – a low-dose helical computed tomography (CT) and standard chest X-ray - on lung cancer mortality and found 20 percent fewer lung cancer deaths among trial participants screened with low-dose helical CT.

For more information about the lung screening program at Renown visit renown.org/lung.