

Possible Signs/Symptoms of Lung Cancer

- A cough that does not go away
- Chest, shoulder, back, or arm pain
- Unexplained weight loss
- Feeling short of breath
- Coughing up blood
- Wheezing

Anyone with possible signs/symptoms of lung cancer should not undergo lung screening. Instead, prompt medical attention should be sought.

Smoking Cessation

Smoking is the greatest risk factor for developing lung cancer. If you have quit smoking, congratulations! This is the first step in reducing your risk for lung cancer. If you still smoke, there are numerous local resources to help you quit. Please discuss available options with your primary care physician.

Telephone Based Cessation

Illinois Tobacco Quit Line
1-866-QUIT-YES (1-888-784-8937)

The Quitline may offer Nicotine Replacement Therapy to help individuals with limited or no insurance.

For more information go to www.quityes.org or call the number listed above.

Radon

Radon is a radioactive element that occurs naturally from decaying uranium in the soil. It is a clear, odorless, tasteless gas that can be found in homes. Exposure to high levels of radon for many years has been associated with an increased risk of lung cancer.

For information about testing your home for the presence of Radon go to the Illinois Emergency Management Agencies website at www.state.il.us/iema/radon or contact the Radon Program Coordinator at the Ecology Action Center at 309-454-3169.



COMMUNITY
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A collaboration of



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Lung Cancer

Screening Guidelines



High Risk Individuals

Individuals at a high risk for developing lung cancer who meet the following criteria:

- Age 55-74 years *
* The age at which CT lung cancer screening should be discontinued is not known and is the subject of active research
 - Have a 30 or more “pack year” history of smoking
 - Current smoker or have quit within past 15 years
- OR**
- Age \geq 50 years
 - Have a 20 or more “pack year” history of smoking
 - Have additional lung cancer risk factors, not including second-hand smoke exposure that increase the risk of lung cancer

Additional Lung Cancer Risk Factors include:

- Radon Exposure
- Occupational exposure to chemicals such as silica, cadmium, asbestos, arsenic, beryllium, chromium, diesel fumes, nickel, coal smoke, and soot
- Personal history of lung cancer, lymphoma, cancers of the head + neck, or other smoking related cancer
- Family history of lung cancer
- Personal history of COPD or pulmonary fibrosis

Screening Recommendation

Start lung cancer screening

A baseline low-dose computed tomography (CT scan) is recommended. A physician order is required for this test.

**Number of packs per day
x years of smoking
= pack years**

Two examples

1 pack a day
x 30 years
= 30 pack years

2 pack a day
x 15 years
= 30 pack years

➤ Individuals are encouraged to talk to their healthcare provider about the pros and cons of lung cancer screening.

➤ These guidelines were developed based on current lung cancer screening recommendations from the National Comprehensive Cancer Network www.nccn.org

Moderate Risk Individuals

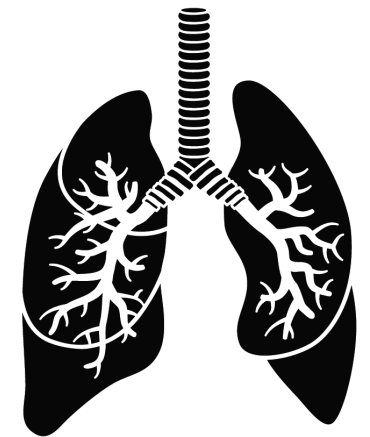
- Age \geq 50 years
- Have a 20 or more “pack year” history of smoking or second-hand smoke exposure
- No additional risk factors

➤ **No screening at this time**

Low Risk Individuals

- Age $<$ 50 years
- Have less than a 20 “pack year” history of smoking

➤ **No screening at this time**



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Disclaimer: The Community Cancer Center recognizes that insurance companies may or may not pay for this testing. We encourage you to check with your carrier prior to testing.