



A LUNG SCREENING can make all the difference.

DON'T WAIT. GET SCREENED.

Goshen Health and the Goshen Center for Cancer Care's lung screening program focuses on the early detection and treatment of lung cancer for individuals at high risk in our community and surrounding area.

Early detection substantially increases your chances for a positive outcome. A quick, simple low-dose CT scan can aid in the diagnosis and successful treatment of lung cancer at an early stage, giving our nationally recognized experts a clear picture of how they can best treat you or someone you love.

NOTE: If you have had a chest CT within the last year, a waiting period of one year between chest CT and low dose lung CT is recommended.

DO I MEET THE CRITERIA FOR A LUNG SCREENING?

Screening is only for people who are most likely to develop lung cancer. There are pros and cons to screening. Your doctor may recommend a screening if you meet the following criteria. Early screenings may save your life.

50-77
YEARS OLD

+

SMOKED
AT LEAST
20 PACK*
YEARS

+

CURRENTLY
A SMOKER
OR QUIT
SMOKING
IN THE LAST
15
YEARS

*Pack years is the number of cigarette packs smoked every day multiplied by the number of years smoked.



FREQUENTLY ASKED QUESTIONS

How do I know if I qualify?

Many people who have smoked over 20 years and are 50 – 77 years old or are at high risk may qualify for this screening. Talk to your provider to find out if you qualify for the program.

What if I think I have symptoms of a lung condition?

Talk with your healthcare provider. Symptoms include: fever, chest pain, a new or changing cough, shortness of breath that you have never felt before, coughing up blood, or unexplained weight loss. If you have any of these symptoms, you are not eligible for a screening and should see your doctor for a plan of care.

Do I need to have a lung screening exam every year?

Yes. We recommend an annual low-dose CT lung screening exam for everyone until treatment is no longer a reasonable decision. Your doctor will be able to help you in the decision making process.

How effective is a low-dose CT lung screening?

Studies have shown that annual lung screenings can lower the risk of death from lung cancer by 20 percent in people who are at high risk.

How is the screening performed?

It's easy. The exam takes less than 10 seconds. We don't use medications or needles. You can eat before and after the exam. You can wear your street clothes, as long as the clothing on your chest does not contain metal. You must be able to hold your breath for at least 6 seconds while we take the chest scan.

Are there any risks to low-dose CT lung screening?

Yes. Risks and limitations include:

- **Radiation exposure:** Low-dose CT lung screening uses radiation to create images of your lung. Radiation can increase your risk of cancer. The amount of radiation is small – about the same as a screening mammogram. Your doctor considers the benefits of the screening to outweigh the risks of radiation exposure from this exam.
- **False negatives:** No test, including low-dose CT lung screening, is perfect. You may have a medical condition, including lung cancer, not found during your exam. This is called a false negative.
- **False positives/additional testing:** Sometimes we find something in the lung that could be cancer but is not. This is called a false positive. To make sure these findings are not cancer, you may need to have more tests. Occasionally, patients need a procedure, such as a biopsy, that can have potential side effects.
- **Findings not related to lung cancer:** This exam also captures images of areas of your body next to your lungs.

In a small percentage of cases (5 to 10 percent), the scan shows an abnormal finding in the kidneys, adrenal glands, liver or thyroid. You may need further examination by your healthcare provider.

What can I expect from the results?

In about 1 out of 4 low-dose CT lung screening exams, we find something in the lung that may require additional imaging or evaluation. Most of the time these findings are lung nodules.

Lung nodules are small collections of tissue in the lung. Nodules are common and more than 97 percent are not cancer (benign). Most are normal lymph nodes or small areas of scarring from past infections.

To distinguish benign (noncancerous) nodules from cancerous ones, we may need to take more images before your next screening exam. If the nodule has suspicious features (i.e., large or odd shape or grows over time), we will refer you to a specialist for further testing.

When will my doctor and I get the results?

Both you and your doctor will receive results within two weeks.

Where can I find help to quit smoking?

Our Smoking Cessation Program at Goshen Health can help you stop smoking for the rest of your life. Call (574) 364-3759 for more information.

What should I do next?

Ask your primary care provider if you qualify for a lung screening. Once you have a provider's referral, you or your provider can call (574) 364-2400 to schedule your screening.

