

### WHAT IS LUNG CANCER?

Lung cancer happens when abnormal cells form in the lungs and grow out of control. These cells can form a tumor and can spread to other parts of the body. Lung cancer is often diagnosed once it has spread outside the lungs. About 9 out of every 10 people with lung cancer die from the disease because it is found after it has spread.

### Who Should Be Screened For Lung Cancer?

*You are eligible for a CT Lung Screening if you:*

- Are between 55 and 75 years old
- Smoked for 30 or more pack years, who quit less than 15 years ago
- Are 50 years plus, smoked for 20 or more pack years, and have at least one more risk factor than second-hand smoke

#### **CALCULATING PACK YEARS:**

(20 cigarettes = 1 pack)

|          |  |
|----------|--|
| ○        | Number of years smoked                 |
| <b>X</b> | Average number of packs smoked per day |
| —————    |  |
| =        | ○ Pack-years                           |

### Lung Cancer Signs & Symptoms

*Talk to your doctor if you have any of the following signs or symptoms:*

- ➔ Cough that lasts
- ➔ Chest pain that is often worse with deep breathing, coughing, or laughing
- ➔ Hoarseness
- ➔ Weight loss and loss of appetite
- ➔ Coughing up blood or rust-colored sputum (spit or phlegm)
- ➔ Shortness of breath
- ➔ Tiredness that lasts
- ➔ Pneumonia
- ➔ Noticing new wheezing sounds with your breathing
- ➔ Pain when swallowing

### Questions for my doctor:

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