

Lung Screening Program

Frequently Asked Questions

Lung screenings help detect signs of cancer early before symptoms begin. And early detection gives you more options for treatment. Find out how this simple test could save your life.

How do I know if I qualify?

Many people who have smoked over 20 years and are 50 years or older are at high risk and 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.

How much does the screening cost?

This program is offered at no cost, if you meet the criteria.

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.

GROUP 1

If you are a current smoker he/she must first meet two criteria. If you have quit smoking you must meet all three criteria.

_____ 55 years or older

_____ Smoked at least 30 pack years*

_____ Quit smoking within the last 15 years

GROUP 2

You must meet first two criteria PLUS one additional risk factor.

_____ 50 years or older

_____ Smoked at least 20 pack years*

_____ Have one or more risk factors other than second-hand smoke

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

Additional risk factors

Anything that increases your chances of lung cancer is called a risk factor. Known risk factors are:

- History of smoking
- A parent, sibling, or child with lung cancer
- Chronic Obstructive Pulmonary Disease (COPD) or Pulmonary Fibrosis
- Having had certain cancers
- Major contact with radon, asbestos, arsenic, beryllium, cadmium, chromium, nickel, coal smoke, soot, silica, or diesel fumes

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

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.

(continued)

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 free 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?

Call (574) 364-2400. We'll help you determine if you qualify for this program and schedule your screening right away. You do not need to be a patient of Goshen Health to participate.



Goshen Health

Goshen Outpatient
Imaging Center

1115 Professional Drive
Goshen, IN 46526

Call for an appointment (574) 364-2400.

