

Is a lung cancer screening right for me?



Lung cancer screening means testing for cancer before symptoms occur. A test called low-dose spiral computed tomography (CT) is one type of screening that can reduce lung cancer deaths through early detection. Results from the National Lung Screening Trial (NLST) showed that older heavy smokers who were screened with low-dose CT scans had a 20 percent lower rate of death. The test, however, is not recommended for everyone and has risks as well as benefits. The American Lung Association recommends low-dose CT screening for people who meet the following NLST criteria:

- ◆ current or former smoker, age 55 to 74
- ◆ smoking history of at least 30 pack years (one pack a day for 30 years or two packs per day for 15 years, etc)
- ◆ no history of lung cancer

Chest X-rays are not recommended to screen for lung cancer.

Common lung cancer symptoms

While most lung cancers do not cause symptoms until they have spread, see your physician right away if you are bothered by any of these conditions:

- ◆ blood in your spit
- ◆ chest pain
- ◆ hoarseness
- ◆ persistent cough
- ◆ recurring chest infections
- ◆ shortness of breath or wheezing
- ◆ weight loss or loss of appetite

If you are at risk for lung cancer, speak with your physician to see if you are a candidate for a CT scan. He or she can call our Scheduling Department at **(409) 212-7167**

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