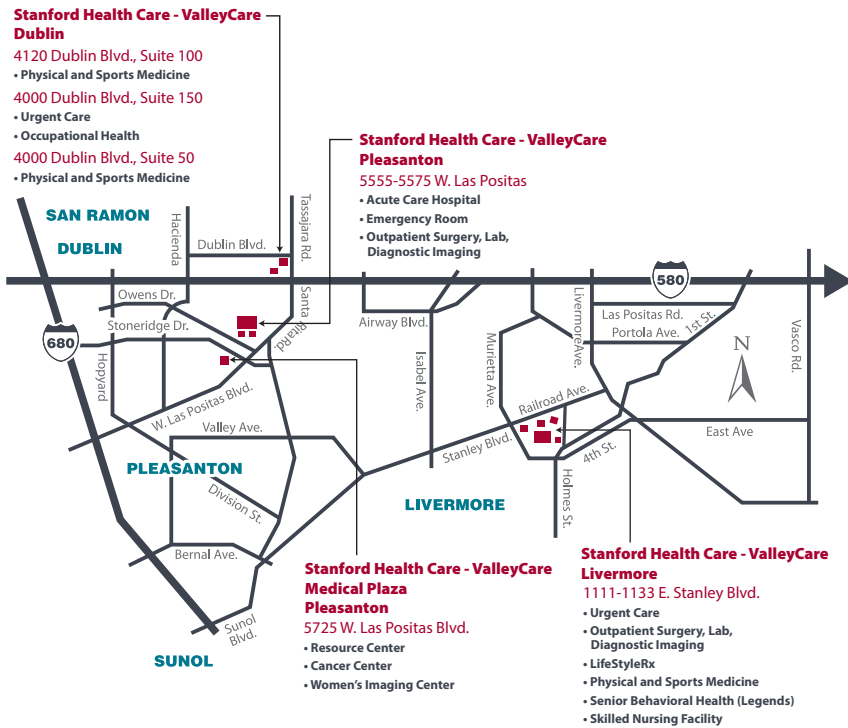


CT Lung Cancer Screening

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Information for Patients and Families

CT Lung Cancer Screening

Lung cancer is the most lethal cancer in America today and the best treatment for lung cancer, as with all cancers, is early detection. The medical community is recommending through published studies that there is a significant benefit to lung cancer screening using low-dose CT. Therefore, our imaging department will be offering this screening test to patients who meet the criteria recommended in either the U.S. Preventive Services Task Force (USPSTF) or National Comprehensive Cancer Network (NCCN) guidelines.

Exam Eligibility

USPSTF Guidelines:

- Individuals between the ages of 55 and 80 years
- Individuals who are currently smoking or have quit within the past 15 years. Screening should be discontinued once the individual has not smoked for 15 years.
- History of at least 30 “pack years” of smoking. (A pack year equals the number of packs smoked per day times the number of years the patient smoked; two packs a day for 10 years equals 20 pack years.)

NCCN Guidelines:

- Individuals \geq 50 years and \geq 20 pack year smoking history and ONE additional risk factor
 - Radon exposure

- Occupational exposure: silica, cadmium, asbestos, arsenic, beryllium, chromium, diesel fumes, and/or nickel
- Cancer history: lung cancer, lymphomas, cancers of the head and neck, smoking related aerodigestive cancers such as esophageal cancer
- Family history of lung cancer
- Disease history (COPD - Chronic Obstructive Pulmonary Disease or pulmonary fibrosis)

Exclusion Criteria for Study

- Pneumonia or acute respiratory infection
- Pneumonia or acute respiratory infection treated with antibiotics in the 12 weeks prior to scheduled low dose CT
- CT Scan of the Thorax within the past 1 year
- Recent hemoptysis
- Unexplained weight loss of more than 15 lbs in the 12 months prior to screening exam

What Will Happen during the CT Examination?

The scanner where we will image you is a large donut-shaped machine. You will lie on a table that slides into and out of this donut-shaped hole or tunnel. Caregivers will help you lie down on the CT scan table. Our technologist will sit behind a window during the CT scan and will be able to see, hear, and speak with you at all times. You will be

asked to change into a hospital gown and to remove all jewelry, earrings, or other metal objects. You will also be asked to hold your breath during the scanning and remain still since movement during imaging may lead to suboptimal results.

False Positives

Over the period that National Lung Screening Trial (NLST) participants were screened, approximately 40% of individuals had a positive CT result, usually consisting of small indeterminate pulmonary nodules considered suspicious for lung cancer, on at least one of the three annual tests. Of these initial findings, 96% were false positives, but required diagnostic follow-up, mostly with further imaging, and in some cases involving invasive procedures such as bronchoscopy, biopsy or surgery. The death rate from any cause in the CT screening group was reduced by 6.7%, compared to the radiography group. One death from lung cancer was prevented per 320 participants in screening.

Radiation Dose Reduction and Optimization

At Stanford Health Care – ValleyCare, we understand that radiation exposure is a concern to referring physicians and patients. We are committed to reducing radiation exposure and following radiation safety principles. CT lung cancer screening will be a low-dose CT exam,

with a radiation dose equivalent to approximately half of the naturally occurring background radiation that a person receives for one year at sea level. This exam does not require intravenous contrast.

Insurance Coverage

Private Insurance and Covered California

Under the Affordable Care Act, effective prevention measures — graded A or B — are included in the Essential Health Benefit. Patients who meet the screening criteria will have insurance coverage for screening without co-payments or other barriers.

Centers for Medicare & Medicaid Services (CMS):

- USPSTF Eligibility Guidelines
- CMS age eligibility is age 55–77 years

Self-Pay Pricing

Self-Pay pricing is available. Please contact Patient Financial Services at 800.549.3720, Monday through Friday 8:00 a.m. to 4:00 p.m.

For more information on Lung Cancer Screening, please call the Lung Nurse Navigator at **925.734.3313** or visit **valleycare.com/imaging**

Scheduling An Appointment

Phone: **925.734.3376**
Fax: **925.373.4104**