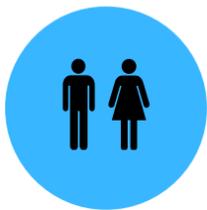


# WHY YOU MIGHT NEED LUNG CANCER SCREENING

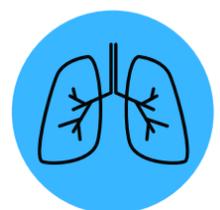
## SCREENING IS NEEDED FOR PATIENTS WHO:



Are aged 55 to 74 years and in fairly good health



Have at least a 30 pack-year smoking history\*



Currently smoke or have quit smoking in the past 15 years

**AND**

**AND**

\*A pack-year is 1 pack of cigarettes (about 20 cigarettes in one pack) per day per year. One pack per day for 30 years or 2 packs per day for 15 years would both be 30 pack-years.

$$\frac{[\text{Number of years smoked}] \times [\text{average number of packs smoked per day}]}{\text{Total pack-year history}}$$

## LUNG CANCER SIGNS AND SYMPTOMS

Cough  
Weight loss  
Loss of appetite  
Short of breath

Chest pain  
Bone pain in shoulder/arm  
Coughing up blood



According to the NCCN guidelines 94 million current or past smokers are at High Risk.



### ESTIMATES FOR 2021

In the U.S., it has been estimated that there will be about 235,760 new cases and about 131,880 deaths from lung cancer alone.

### SCREENING

Screening can be done yearly and is conducted using a CT scan (X-ray). It is a quick and pain-free process. It requires you to lay down on a table and hold completely still for a couple of seconds. The table slides into the round opening of the scanner and the scanner moves around your body. While it is moving it is taking pictures of your lung tissue.



**Your health is important and should be controlled. Talk with a healthcare provider today about getting screened for lung cancer.**



IT'S NEVER TOO LATE TO STOP SMOKING



Pharmacy students from NCODA's Professional Student Organization (PSO) chapters at the following colleges assisted in assembling this cancer screening resource:

1. University of Iowa College of Pharmacy
2. University of Missouri - Kansas City School of Pharmacy
3. Washington State University College of Pharmacy and Pharmaceutical Sciences
4. Wingate University School of Pharmacy

# WHY YOU MIGHT NEED LUNG CANCER SCREENING

## COMMON RISK FACTORS



### SMOKING

Tobacco smoking is the number one risk factor for lung cancer, linked to 80-90% of cases. Secondhand smoke also increases one's risk.



### RADON

Radon exposure is the second leading cause, linked to 20,000 cases per year. Radon is a naturally occurring gas and its radioactive particles can get trapped into your lungs when you breathe.



### EXPOSURE

Occupational exposure increases one's risk even more than smoking. This includes exposure to asbestos, arsenic, silica, chromium, diesel exhaust, and more.



### MEDICAL HISTORY

Personal or family history of cancer, radiation therapy, and HIV infection all increase the risk of developing lung cancer.

## REFERENCES

[www.nccn.org](http://www.nccn.org)  
[www.cancer.org](http://www.cancer.org)  
[www.lung.org](http://www.lung.org)  
[www.cdc.gov](http://www.cdc.gov)



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