

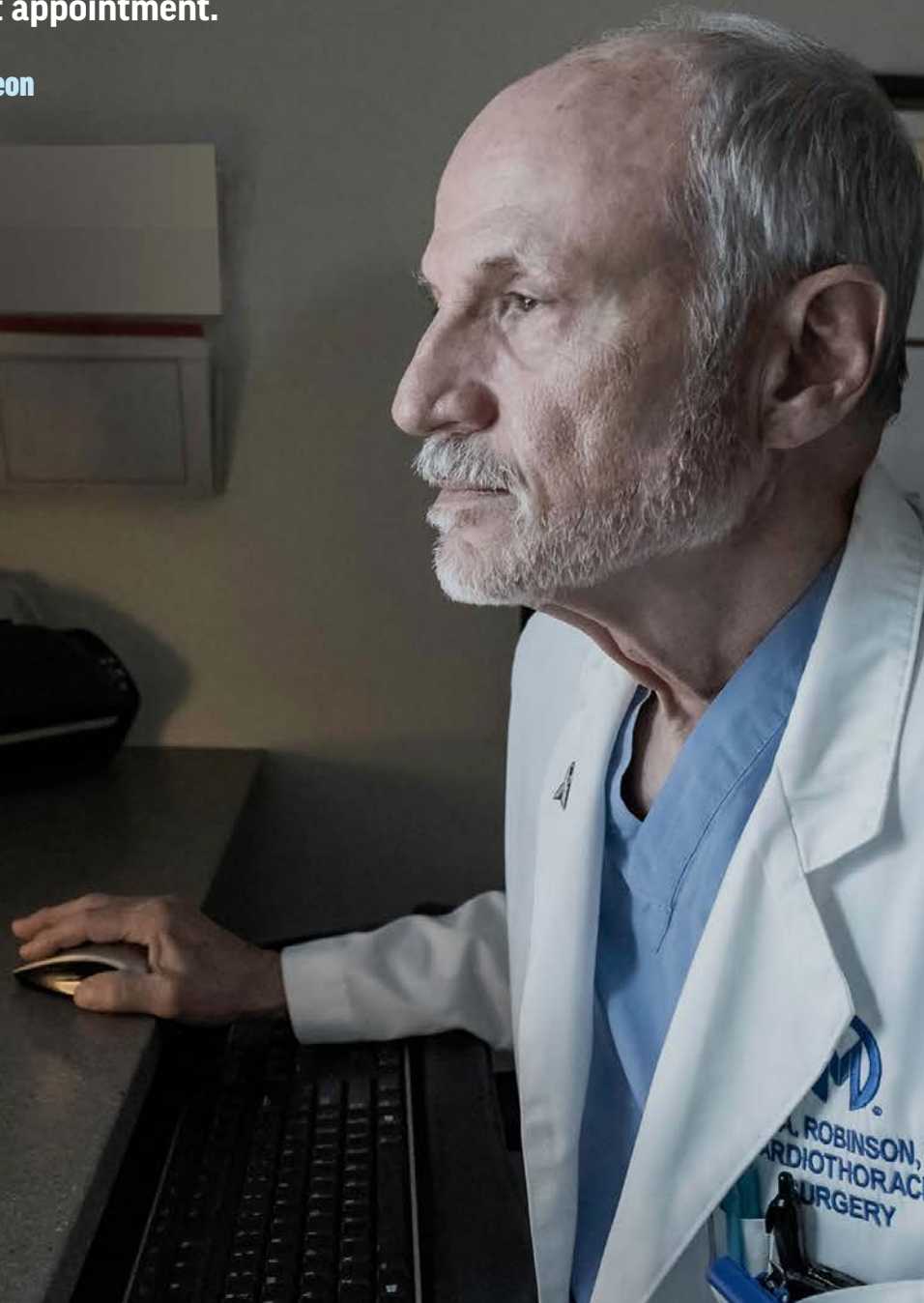


# LUNG SCREENING SAVES LIVES.



What you need to know about Chest CT Scans, eligibility, and where to schedule your Moffitt appointment.

by Lary Robinson, MD | Moffitt Thoracic Surgeon



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## Lung Cancer: The Bad News

Nearly one-quarter million Americans (236,000) will be diagnosed with a new lung cancer yearly... and unfortunately 130,000 will die from the disease. This amounts to 1 person dying every 4 minutes. Yearly lung cancer deaths equal the next 3 cancers combined.

One out of every 17 people (ignoring smoking status) will get lung cancer. One out of every 6 current and former smokers will get lung cancer. However, 25% of lung cancer is now found in never smokers.

## Lung Cancer: The Promising News

When lung cancer is found early, most people are cured long term and resume their normal life! The problem is only 24% of people are diagnosed with early-stage lung cancer.

In 2013, National Lung Screening Trial (NLST) published their results of performing low dose screening chest CT scans on high-risk people and found that low dose CT reduced the lung cancer mortality by 20% compared to chest x-rays. A number of large clinical studies have verified these results. Since the goal of screening is to find this disease at an early potentially-curable stage, we now have an enormous opportunity to find and cure lung cancer.

The most recent recommendations of the US Preventative Services Task Force (USPSTF) for screening low-dose chest CT scans are for the following people who are considered high-risk and

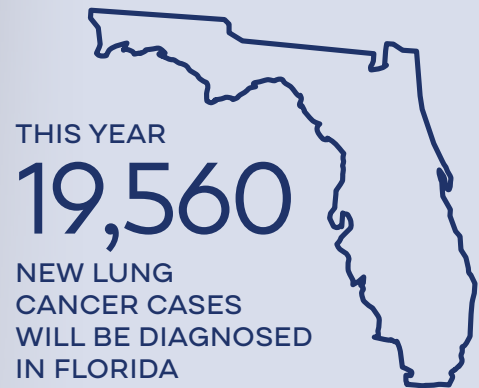
meet these criteria:

- Ages: 50-80
- At least a 20 pack-year history of smoking (1 pack per day for 1 year is 1 pack-year, 2 packs per day for 1 year is 2 pack-years).
- Current smoker or have quit smoking within the last 15 years.

Presently there are approximately 14.5 million Americans who meet these requirements but unfortunately this screening test, which takes less than 10 minutes, is underutilized. Only 5.5% of these high-risk individuals in the U.S take advantage of this important screening.

In Florida, approximately 1 million high-risk individuals are eligible for screening chest CT scans yet only 3% obtain a scan. Since screening picks up approximately 1.5 cancers per 100 scans, and 80% are early (potentially curable) stage cancers, if theoretically all Floridians were screened, we would find 15,000 new lung cancers and 12,000 of them would be potentially curable! Sadly, without CT screening, there are 19,560 new lung cancer cases diagnosed yearly in Florida and only 23% or 4,500 will be cured.

The National Comprehensive Cancer Network (NCCN), the alliance of comprehensive cancer centers which provides evidence-based guidelines for all cancers, recently recommended broadening the screening guidelines to include even more high-risk individuals. Their recommendations will likely be followed in the near future.



**BUT WITHOUT EARLY CT SCREENING ONLY 23% OR**

**4,500 WILL BE CURED**





THE RADIATION DOSE FROM A LOW-DOSE CHEST CT SCAN IS TINY,

**ONLY 1/2**

OF WHAT YOU RECEIVE YEARLY FROM THE ENVIRONMENT.

**To make an appointment for a screening chest CT scan, call 1-888-663-3488 or online at [Moffitt.org](https://Moffitt.org). For additional information email [LungScreening@Moffitt.org](mailto:LungScreening@Moffitt.org) or call 813-745-5662.**

## So, Get Your Screening CT Scan Now! (if you are eligible)

The cost is entirely covered by Medicare, Medicaid (for most people), and almost all health insurance companies.

And if you do not have any of these 3 coverage options, Moffitt has funds to cover the costs for those individuals if you:

- Live in Pinellas, Hillsborough, Pasco, or Polk counties.
- Are uninsured.
- Not on a student or tourist visa.
- 50 years of age or older.
- Meet the income guideline of less than 200% the Federal Poverty Level.

The radiation dose from a low-dose chest CT scan is tiny, only 1/2 of what you receive yearly from the environment (cosmic radiation, the sun, etc.).

A lung nodule is found in about one-fourth of the scans of high-risk individuals. From there, you should proceed to the dedicated Lung Nodule Clinic at **Moffitt's Lung Cancer Early Detection (LEAD) Center**. Our experts carefully follow all of the recommended national guidelines for further testing or just follow-up. You can count on the care you need without being "overtreated."

### Moffitt proudly offers:

- Professional, multi-specialist tumor board reviews of any abnormal screening results.
- Preferential appointments with Moffitt's team of oncologists specializing in lung cancer.
- Free access to tobacco treatment and smoking cessation programs.
- A screening chest CT scan that takes less than 10 minutes - it is a VERY quick single breath-hold test and it's painless. No x-ray contrast dye is needed.
- If you are eligible, you do not need a referral from a doctor.

### Moffitt has three convenient locations:

#### Moffitt Cancer Center

12902 USF Magnolia Drive, Tampa, FL 33612

#### Moffitt Cancer Center at International Plaza

4101 Jim Walter Blvd., Tampa, FL 33607

#### Richard M. Schulze Family Foundation Outpatient Center at McKinley Campus

10920 N. McKinley Drive, Tampa, FL 33612

## What If You Don't Qualify for Lung Screening?

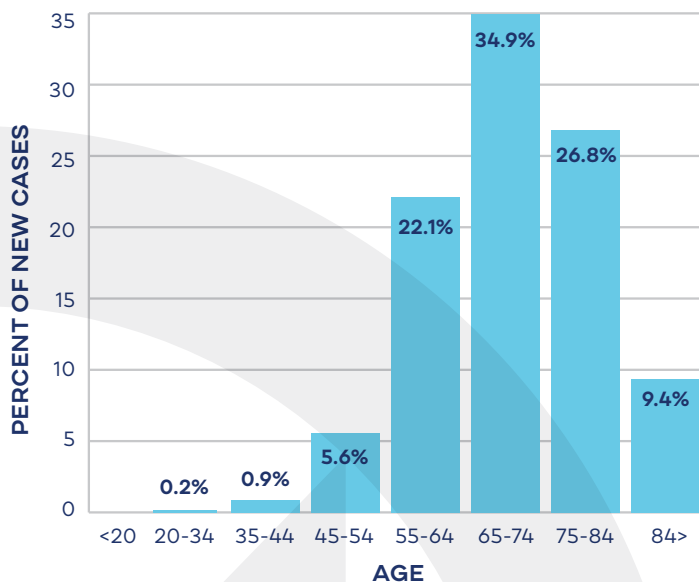
Unfortunately, there are no guidelines or even strong recommendations for the people who fall outside of the current lung cancer screening guidelines. So, who should be concerned?

If all 14.5 million people eligible for chest CT screening obtained a scan (unlikely to be the case), we would theoretically find 145,000 cancers (80% early stage). However, since there are 236,000 new lung cancer cases per year, there are still 90,000 lung cancers that won't be found using the current screening guidelines.

Lung cancer begins to appear after the age of 45, and the peak age for developing lung cancer is 71 years. Currently there are 138 million Americans 45 years and older who are in this age risk group but obtaining screening chest CT scans on all of them is obviously not practical. So how can we decide which individuals who fall outside of the current screening guidelines are at an elevated risk and might benefit by obtaining a low dose chest CT scan?

### There are a number of known and suspected lung cancer risk factors to watch for in addition to age:

1. Presence of emphysema, lung fibrosis, sarcoidosis, prior tuberculosis, and repeated pneumonia.
2. Older age, male, Hawaiian or African American.
3. Strong family history, especially lung cancer in close relatives such as parents, siblings, and children, particularly if the cancer occurred at a younger age (less than 60 years).
4. Second-hand smoke exposure, especially with prolonged family and/or occupational exposure.
5. Cigarette smoking increases the risk of lung cancer 10-35 times compared to never smokers. The more smoking history (pack-years), the greater the risk of lung cancer. About 1 out of 6 smokers will get lung cancer.
6. Cigar and pipe smoking have a 5 times increased risk of lung cancer (and increased head and neck cancer risk) compared to never-smokers.
7. Recreational smoking of marijuana has an 8% increased risk of lung cancer.
8. Inhaled carcinogens that increase the risk of lung cancer (especially in smokers) are asbestos, radioactive ores such as uranium, beryllium, cadmium, silica, vinyl chloride, nickel compounds, chromium compounds, coal products, mustard gas, chloromethyl ethers and diesel exhaust.
9. Significant occupational exposure such as miners, heavy metal workers, and radiation exposure.
10. Arsenic in drinking water.
11. Radon exposure (usually residential).
12. Biomass burning (open fire cooking) inside houses, usually in less developed countries.
13. Prior cancer, especially cancers of the breast, head and neck, esophagus, bladder, kidney, and cervix.
14. Prior chest radiation therapy (such as for breast cancer or Hodgkin's disease).
15. Significant prolonged exposure to air pollution.
16. Possibly exposure to E-cigarettes.
17. Possibly heavy talc exposure in talc miners and talc mills.
18. Possibly other lifestyle factors may contribute: Lack of exercise, obesity, dietary factors such as preservatives, processed foods, or a high-fat/high-refined sugar inflammatory diet.



## What Can You Do If You Are Worried About Lung Cancer?

Early-stage lung cancer usually doesn't have any of the commonly reported symptoms such as persistent cough, coughing up blood, unexplained weight loss, shortness of breath, chest pain, etc. This means that lung cancer may not have symptoms until it spreads, so people without symptoms may be worried about having lung cancer. In fact, most early-stage lung cancer is usually found incidentally on an x-ray or CT scan performed for another reason.

**Therefore, we can offer some suggestions to consider if you are worried about lung cancer.**

- If you are over 45 years old and have one or more close blood relatives with lung cancer, especially if they developed the cancer at a young age, you might wish to consider getting a base-line low dose screening chest CT scan.
- If you have several of the lung cancer risk factors listed above and you are over 45 years old, a low-dose screening chest CT might be reasonable.

**First you should discuss this decision with your personal physician. If you both agree, then your physician can provide you with an order that is needed for a low dose chest CT scan. However, remember there are pros and cons on obtaining any medical test including lung cancer screening CT scans:**

### Pros

- An early stage potentially curable lung cancer may be found.
- You might find another unsuspected health problem that can be treated or closely monitored, such as emphysema, evidence of heart disease or even another tumor in the chest outside of the lungs.
- If the scan shows no abnormality, you will have some peace of mind.

### Cons

- You will be exposed to a very low, insignificant level of radiation, about ½ of what you receive yearly from the environment (cosmic rays, the sun, etc.).
- If there is a suspicious spot (lung nodule) found, you may need to undergo additional scans and possibly invasive tests such as biopsies which carry some significant risks. And if these tests show you don't have cancer, you may have been exposed to the risks you would have avoided if you didn't undergo screening.
- Finding a lung nodule, even a very small one, may cause worry, even if it is actually benign.
- The cost of the screening chest CT scan may not be covered by Medicare/Medicaid or insurance plans if you don't fall into the USPSTF screening guidelines.

**If you don't have Health Insurance coverage and don't qualify for the Moffitt Lung Screening Access Program but think you should get screened, you can self-pay the \$150 out-of-pocket fee at Moffitt.**



**MOST EARLY-STAGE LUNG CANCER IS USUALLY FOUND INCIDENTALLY ON AN X-RAY OR CT SCAN PERFORMED FOR ANOTHER REASON.**





## What If There is a Nodule Found?

Remember, if you do get a low dose screening chest CT scan, as many as ¼ of the scans will demonstrate a lung nodule because they are so common. However only a very small number of nodules found are cancer. With lung nodules, size matters: the larger the nodule, the more likely it's malignant.

There are well-established national guidelines for management of lung nodules found on CT scans, but unfortunately these guidelines are NOT followed nearly 2/3 of the time by community physicians who only occasionally see this problem. Many unnecessary additional tests and invasive biopsies may result.

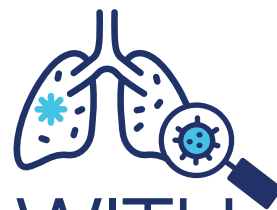
Therefore, we strongly urge people to get their screening chest CT scans (including any people who fall outside of the accepted screening guidelines) at a radiology screening center that is closely affiliated with experienced physicians who specialize in evaluating undiagnosed lung nodules, such as the Lung Nodule Clinic at the Moffitt Lung Cancer Early Detection (LEAD) Center. (R)

**For more information or an appointment at the Lung Nodule Clinic at Moffitt Cancer Center, contact us at:**

**1-888-663-3488**

**Moffitt.org/LungEarlyDetection**

**LungCancerEarlyDetection@Moffitt.org**



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