STEPS TO CONSIDER

What's this going to cost me?

Lung cancer CT screening exams for **eligible individuals are covered by insurance programs including Medicare / Medicaid**, although insurance programs vary in the deductibles and co-pays. Contact your insurance plan for coverage details. If you are uninsured the cost can range from $300-$500*

**In New York, the average cost of a pack of cigarettes is about $14.00; a pack-a-day habit adds up to $420 per month or $5,040 per year.*

What's next? Visit your doctor to talk about getting a low-dose CT scan to screen for lung cancer. You will discuss your complete health history and get a clear explanation about the possible benefits and risks. Ask your doctor for a referral to a screening center experienced in reviewing low dose CT scan and lung cancer early detection. Use the cut-off below to help you discuss this with your doctor.

Cut here and take with you when you visit your doctor:

1. **Because of my age and smoking history, I would like to talk about getting a low-dose CT scan for lung cancer screening.**
2. **Can you explain the benefits and risks of this procedure?**
3. **Please refer me to a screening center experienced in reviewing low-dose CT scan and lung cancer early detection.**

Looking to quit smoking? Call the New York State Smokers' Quitline at **1-866-NY-QUITS** (1-866-697-8487) or visit ***nysmokefree.com***

For more information visit

nysmokefree.com

or call

1-866-NY-QUITS

(1-866-697-8487)

Looking to talk to other smokers trying to quit?
Or talk to a Quit Coach online?
Join the smoke-free community

qunity.nysmokefree.com

Or join us on...

Social support can increase your chance of quitting successfully by 50%.

So get social!

LUNG CANCER SCREENING

Early detection saves lives

New York State Smokers' Quitline / nysmokefree.com / 1-866-NY-QUITS (1-866-697-8487)/ Developed by Roswell Park Cessation Services at Roswell Park Cancer Institute / Buffalo, NY

WHY SPIRAL CT SCAN?

Screening for lung cancer is here and it can save your life!

The evidence is in; a **low-dose** CT scan is the only proven way to detect signs of lung cancer before there are any symptoms in people at high risk. Lung cancer is most treatable when it is found in the earliest stages.

Why all the excitement?

because lives can be saved, especially since lung cancer kills more people each year than all major cancers combined...

and now we know that low-dose CT scan is a proven way to detect lung cancer early when it is most treatable and curable...

this means many lives each year will be saved by early detection using low-dose CT lung cancer screening...one can be yours!

ADVICE FROM A SURVIVOR

Should I get the low-dose CT scan lung cancer screening?

Low-dose CT scan for lung cancer is recommended if you answer yes to the following 3 statements used to identify those at high risk.

- *I am **55 to 75 years old***
- *I am a current or former smoker who **quit within 15 years***
- **Do you smoke** *or **did you quit less than 15 years ago?***

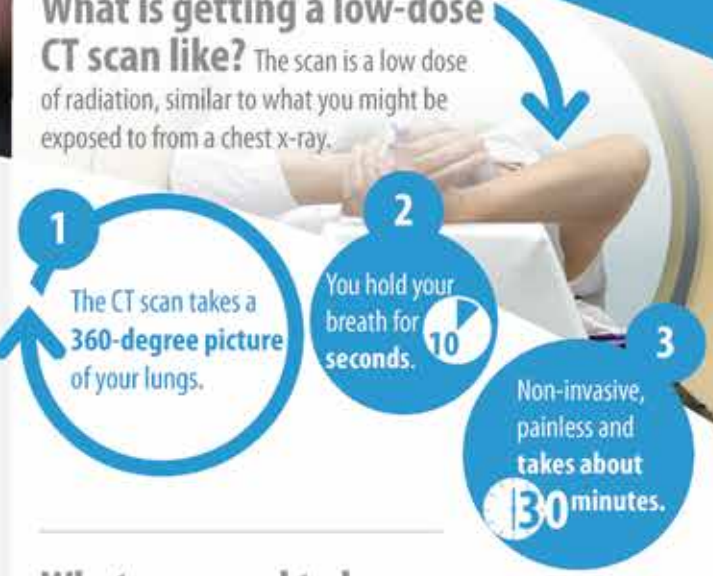
Do you meet some, but not all the examples above? Talk to your doctor.

Your doctor will answer any questions you may have concerning the low-dose CT scan, and whether it's right for you.

INFORMATION ABOUT YOUR CT SCAN

What is getting a low-dose CT scan like?

The scan is a low dose of radiation, similar to what you might be exposed to from a chest x-ray.



1. The CT scan takes a **360-degree picture** of your lungs.
2. You hold your breath for **10 seconds.**
3. Non-invasive, painless and **takes about 30 minutes.**

What you need to know.

Like all screening tests, there are pros and cons to consider. Talk with your doctor.

PRO

Lung cancer screening can reduce the risk of dying from lung cancer by catching and treating it early.

CON

There is a chance of a "false alarm". This means the results look like a dangerous cancer but is not and this leads to more tests.

Old News Worth Repeating... Smoking is the number one risk factor for lung cancer and is linked to 90% of lung cancers. Quitting smoking remains the single best way to reduce your risk of lung cancer.