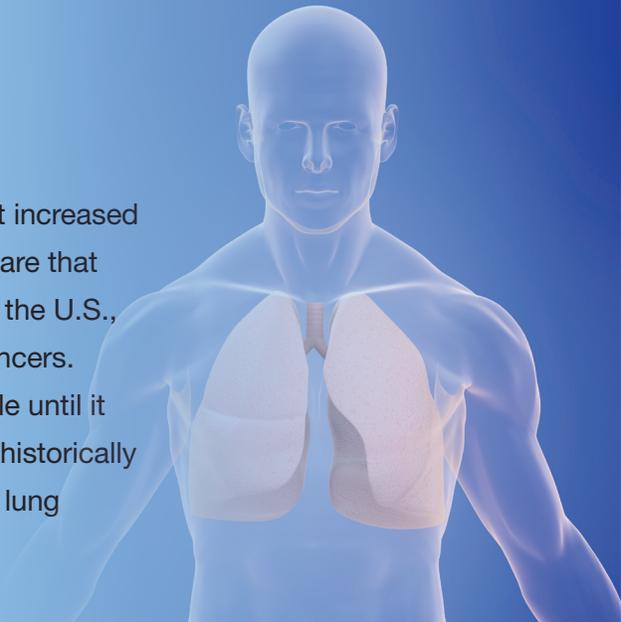


Are you at risk for lung cancer?

Here's something you should know.

As a smoker, you already know that you are at increased risk for lung cancer — but you may not be aware that lung cancer is the number one cancer killer in the U.S., far greater than breast, colon and prostate cancers. Lung cancer has historically been undetectable until it has reached a late, often incurable stage and historically only 15 percent of all patients diagnosed with lung cancer will be alive in five years.



Here's what you may not know.

Lung cancer screening with low dose CT scanning has now been proven to reduce mortality in high risk groups, much like mammography for breast cancer and colonoscopy for colon cancer. In fact, the National Lung Screening Trial (NLST), a study sponsored by the National Institutes of Health which screened over 50,000 individuals at risk, showed a remarkable 20-percent reduction in lung-cancer related deaths using low-dose spiral CT, as compared to plain chest X-ray films. This reduction in lung cancer-related deaths comes from finding cancer at an earlier and very treatable stage.

Moreover, the Swedish Cancer Institute (SCI) has the most experience in the Northwest with low-dose CT screening for lung cancer, resulting from more than 12 years of participation in an international research program. During these 12 years of screening, patients who were diagnosed with lung cancer had an early stage treatable tumor 85 percent of the time, far greater than the national average. The careful multidisciplinary approach that has been learned from this experience ensures that all possible safeguards are in place to protect the participant from harm.

Who should get a screening CT scan?

The NLST study targeted current or previous smokers between the ages of 55 and 74 with at least a 30 pack-years history of smoking — that's the equivalent of smoking one pack per day for 30 years, two packs per day for 15 years, etc. — and either currently smoking or having quit within the past 15 years. For those over the age of 74, with at least a 30 pack-years history, screening may still make sense and should be discussed with a member of the lung cancer screening team.

How Spiral CT scan differs from an X-ray.

The scan takes multiple cross-sectional images of the lungs, providing highly detailed views that can reveal lung nodules too small to show up on a traditional X-ray. The traditional X-ray can identify lung cancers the size of a dime; however, the CT scan can pick up abnormalities the size of a grain of rice. That's a critical difference — because the larger the tumor, the higher the chance that cancer cells have already spread to other parts of the body and thus become incurable.

The scan is quick, simple and painless.

The scan takes less than a minute. There are no dyes or injections and nothing to swallow. Your entire appointment, start-to finish, will take about 30 minutes. SCI is well aware of radiation exposure risks and subsequently the exposure to radiation for lung screening has been reduced to the lowest possible dose through the latest technology in CT imagers.

What happens if the scan finds something? Will I hear right away?

Results normally take about a week. You should also know that finding abnormalities in the lungs is common but that most abnormalities are harmless. Following your scan you will have a scheduled visit with a member of the Lung Cancer Screening team to discuss the results of your scan in person. Should the CT scan find something that indicates early-stage lung cancer, you and the team can begin to discuss your next steps, including further tests and/or treatment. And that's the good news because success rates for treating the disease at this stage are much higher than that of late-stage lung cancer.

Is the cost of the CT scan covered by my insurance company?

The cost of the screening low-dose CT scan is not currently reimbursed by most insurance plans. Payment is due at the time of the CT scan. Should the scan identify an abnormality that warrants further testing, this would likely be reimbursed by most insurance plans.

What does the Lung Cancer Screening Program offer me?

Our program offers a comprehensive, face-to-face, tobacco related disease evaluation and risk assessment. Since quitting smoking is the best way to reduce the risk of developing lung cancer and other significant health risks you will also be offered smoking cessation counseling, treatment and support. The initial visit to our clinic will also include a discussion about the potential risks and benefits of screening for lung cancer. Once your screening CT scan is complete your results will be reviewed by members of our multidisciplinary team who have expertise in lung cancer. You will have a follow-up visit scheduled to review the CT results, discuss what the results mean for you and make a plan with your provider for further care, if any is recommended.

How do I learn more and schedule an appointment?

If you are interested in learning more or to schedule an appointment you can call **206-386-6800**, Monday through Friday, 8 am to 5 p.m.

Visit us on the web at www.swedish.org/LCSP.



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