

Why get Lung Cancer Screening?

Hello, Elkoans, I'm Dr. Althaus with HDI, a board-certified diagnostic radiologist specializing in interventional and vascular radiology. Did you know that lung cancer is the second leading cause of death behind heart disease? The good news is that a lung cancer screening program can help you find and fight lung cancer in its early stages before symptoms even appear. Discuss with your doctor whether a LDCT scan might be right for you.



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Dr. Althaus attended St. Olaf College in Northfield, MI, and the University of Wisconsin. She completed her diagnostic radiology residency and received fellowship training in cardiovascular and interventional radiology at University of Minnesota Hospital and Clinic. She is Board Certified by the American College of Radiology in both Vascular and Interventional Radiology.

About lung cancer screening

HDI provides lung screenings using the latest imaging technology performed by our highly-skilled technologists and radiologists.

- Lung cancer can be detected using a screening test called a low-dose CT scan (LDCT). It has the potential to detect lung cancer at earlier stages, before it causes symptoms, when it has the best chance of being cured.
- Low-dose CT scans produces a series of multiple images of the lung. This advanced technology allows us to examine the images in greater detail with more accuracy.
- In the National Lung Screening Trial, low-dose CT scans resulted in fewer lung cancer deaths compared to screening with a standard chest X-ray.

Should I be screened for lung cancer?

Lung cancer screening is recommended for adults who have the greatest risk of lung cancer. Early detection can find lung cancer in its early stages when treatment is most beneficial.

Determine your eligibility by answering "Yes" or "No" to the following questions:

- Are you between 55 and 77 years old?
- Do you smoke now or have you quit in the past 15 years?
- Do you have a 30 "pack year" or greater smoking history?
- Are you able and willing to tolerate treatment if lung cancer is discovered?

If you answered yes to all of the questions above and have no acute symptoms, you are eligible for lung screening.

How is lung cancer screening performed?

The exam takes between 15-30 minutes to complete and no preparation is needed. During the scan, you will be asked to hold your breath for a few seconds. If you have had prior chest CT scans, please notify your doctor and obtain copies because HDI can use them to tell if a finding is new or stable.

What are the risks of screening?

- *False positive finding:* screening may show an abnormal result that turns out to be non-cancerous but may need further diagnostic tests or referral to a specialist.
- *False negative finding:* screening does not detect all lung cancers.
- *Over diagnosis:* screening can discover small lung cancers that may not cause you any harm in your lifetime but can result in further testing or surgery.
- *Incidental findings:* screening sometimes shows findings in other organs such as the heart.
- *Further testing:* 25% of patients will require further testing. The majority of these findings are not cancer.
- *Radiation risk:* the radiation dose of a LDCT scan is equal to about a quarter of the naturally occurring background radiation received at sea level per year.
- *Anxiety:* a lung cancer screening and evaluation may cause significant stress and anxiety for some patients.

How can I get screened?

Talk to your doctor about your risk for lung cancer. If you are eligible for lung screening, your doctor can refer you to HDI for an exam.

All LDCTs performed by HDI are read by our expert thoracic (chest) radiologists who have advanced and specialized training in lung imaging. We'll interpret your exam in a timely manner and send your doctor a report. Your doctor may contact you to recommend next steps and HDI can help create a customized care plan with your provider for further evaluation if necessary.

REMEMBER, THE BEST WAY TO REDUCE YOUR RISK OF LUNG CANCER IS TO STOP SMOKING.

