LUNG CANCER SCREENING
for SMOKERS and FORMER SMOKERS

The Michigan Cancer Consortium recommends lung cancer screening for people at risk. The goal of screening is to detect the disease at a stage when it is not yet causing symptoms and when treatment will be most successful. Please complete the quick assessment below if you are a smoker or former smoker. Lung cancer screening using Low-Dose Computerized Tomography (LDCT) at Covenant Cancer Care Center may be the right choice for you.

If you answer YES to these three questions, you fit the criteria and should consider being screened for lung cancer:

☐ Yes ☐ No Are you 55-77 years of age?

☐ Yes ☐ No Do you smoke or did you quit in the past 15 years?

☐ Yes ☐ No Do you have a history of smoking 30 pack years or more?

- Calculate how many "pack years" you have smoked. 1 pack year = smoking 1 pack of cigarettes a day for a year (i.e., a 30 pack year history = smoking 1 pack a day for 30 years or 2 packs a day for 15 years).

  My pack year history = _____ pack years.

- Long-term smokers (>20 pack year history), 50-77 years old, with a history of lung disease (i.e., COPD, pulmonary fibrosis, etc.), a family history of lung cancer or a personal history of exposure to cancer causing agents over time (i.e., radon or asbestos exposure) may also qualify for screening.

If You Smoke and Want to Quit:

- Talk to your health care provider.
- Go to *www.michigan.gov/tobacco* for tools to help you quit smoking.
- Call the Michigan Tobacco QuitLine at 1-800-QUIT-NOW (784.8669) for help over the phone.
- Call the Covenant Cancer Care Center at 989.583.5014 to register for our next "Fresh Start" class.

It is not easy to quit smoking, but getting help can increase your probability for success.

To get more information about how to schedule a LDCT lung cancer screening exam or for information on quitting smoking, contact the Covenant Cancer Care Center at 989.583.5014.

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