

# WHAT TO KNOW ABOUT Lung Cancer Screening

Lung cancer is a disease where cancer cells form in the tissues of the lungs. Lung cancer screening from your doctor helps find lung cancer early, when it is easier to treat. The screening test is a low-dose CT scan.

**A low-dose CT scan** is a test that uses x-rays to create detailed pictures of your lungs.



## SCREENING RECOMMENDATIONS

Huntsman Cancer Institute **recommends a low-dose CT scan every year if you**

- Are 50 years old and older **AND**
- You smoke now or have quit within the past 15 years **AND**
- You have a history of heavy smoking (for example, an average of one pack of cigarettes a day for 30 years)

## SIGNS AND SYMPTOMS

These could be signs of cancer. If you feel or notice any of these things, talk to your doctor as soon as possible.

- A cough that does not go away or gets worse over time
- Blood in mucus coughed up from the lungs
- Pain or discomfort in the chest
- Hoarseness
- Loss of appetite
- Weight loss for no known reason
- Difficulty breathing or wheezing
- Feeling unusually tired



## HOW TO PREVENT LUNG CANCER



**Avoid tobacco.** Avoid all forms of tobacco, including cigarettes, e-cigarettes, vaping, and chewing tobacco.



**Test for radon.** Radon is a radioactive gas that you cannot see, taste, or smell. It is naturally in the ground and sometimes gets into homes and buildings through the soil. Breathing radon over time may cause lung cancer. Testing is the only way to know if your home has radon. Visit [radon.utah.gov](http://radon.utah.gov) to order a test kit.



**Be physically active.** Exercise for at least 30 minutes each day.



**Eat healthy food.** Diets high in fruits and vegetables and low in fats and red or processed meats can help prevent cancer.



**Know your family history.** Talk with your doctor about your own health and your family's health history.



**QUESTIONS?**

**1-888-424-2100**

**[HUNTSMANCANCER.ORG/SCREENING](http://HUNTSMANCANCER.ORG/SCREENING)**

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