

Is Lung Cancer Screening Right For Me?

GUIDELINES*

You are at high risk IF:

You are between 55 and 77 years old (or age 80 with private insurance)

AND

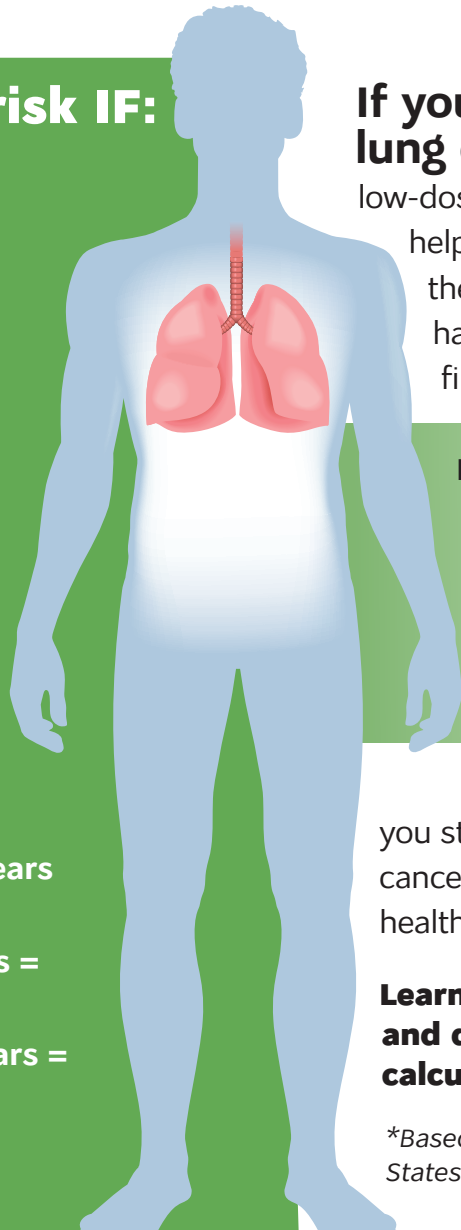
You are currently smoking or quit in the last 15 years

AND

You have a smoking history of at least 30 pack years

Pack years = your average number of packs per day multiplied by number of years smoked, for example:

- 1 pack a day X 30 years = 30 pack years
- 1.5 pack a day X 20 years = 30 pack years



If you are at high risk for lung cancer a new screening, called low-dose computed tomography (LDCT), helps doctors find lung cancer before there are symptoms. LDCT screening has been proven to save lives by finding lung cancer early.

IF YOU FEEL YOU ARE AT HIGH RISK, talk to your doctor or healthcare provider about LDCT screening. You may also contact our patient navigator at (928) 771-5454.

IF YOU ARE NOT AT HIGH RISK, but you still worry about your risk for lung cancer, talk with your doctor or other healthcare provider.

Learn more at bit.ly/yrmc-lungcare and download the free pack year calculator.

**Based on the recommendation of the United States Preventive Services Task Force.*



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