Mass General Brigham

HEALTH DECISION SCIENCES
Let's Decide Together

Lung Cancer Testing: Should I get a CT scan?

Why are you being offered the lung cancer screening CT scan?
It is because you meet the 2021 United States Preventive Services Task Force Guidelines for this test:

- ✓ **You meet age criteria (between 50-80)**
- ✓ **You have smoked the equivalent of a pack of cigarettes a day for 20 years**
- ✓ **You are currently smoking cigarettes OR you have quit smoking in the last 15 years**
- ✓ **You are healthy enough to have treatment for lung cancer if cancer is found**

Testing Options	Frequently Asked Questions			
	What are some reasons to choose this option?	What are some reasons not to choose this option?	What do I have to do?	How often do I have to do this testing?
No testing at this time	You have other health concerns you would rather focus on right now You are not sure you would want to have treatment for a lung cancer if one is found	You may miss a chance to find cancer at an earlier and more treatable stage	There is nothing to do right now Plan to discuss this testing with your doctor again in a year	You should discuss the lung cancer screening test with your primary care provider every year, as long as you are eligible for the test
Low-dose radiation CT scan	This is the only test available that can lower the chance of dying from lung cancer If cancer is found at an early stage, treatment may work better	Exposure to extra radiation "False alarms": the CT scan shows an abnormality but there is no cancer found; most abnormalities (over 90%) do not turn out to be lung cancer Some cancers found on CT scan would never grow to become life-threatening Biopsies of the lung to test for cancer can have complications (pain, bleeding, punctured lung)	Schedule a CT scan with your primary care office. Discuss your results with your doctor to see if any more testing is needed If the testing shows no lung nodules, schedule a lung scan for the next year	Once a year for as long as you are eligible for the test: • Until you are older than 80, OR • Until it has been more than 15 years since you quit smoking

1. What's most important to you as we make this decision? _____

2. What did we decide today? :

- ☐ Order CT scan now
- ☐ Not have scan this year; discuss again next year
- ☐ Decide later:
  - ☐ need more information
  - ☐ need to discuss with others
  - ☐ need to think about it more
  - ☐ consult with another doctor

3. What are the next steps and follow-up? _____

4. If you do still smoke, work on a quit plan. Smoking is the leading cause of lung cancer in the US. Please discuss ways to quit with your primary care provider. _____

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