



Get your
lung cancer
screening
every year



Lung cancer screening should be done every year even if your first test shows you do not have cancer.

Who is eligible for lung cancer screening?

MD Anderson recommends lung cancer screening every year for people who:

- Currently smoke or quit within the past 15 years
- Are between the ages of 50 to 80 years old
- Have a smoking history of 20 cigarettes a day for 20 years or the equivalent of that (this is called *20 pack years*)

Scan the QR code to use our lung screening calculator and find out if you are eligible.



If you are eligible for lung cancer screening, talk to your doctor to see if this exam is right for you.

Why is yearly lung cancer screening important?

- Yearly lung cancer screening can find cancer even if you have no symptoms.
- The test is a low-dose CT exam that finds 8 out of 10 lung cancers at an early stage.
- Without screening, most lung cancers are found at a late stage.
- If lung cancer is caught early, patients are less likely to die from it.

Tips to remember to schedule and attend yearly lung cancer screening:

- Schedule your lung cancer screening when you schedule other yearly doctor appointments like your physical exam or well-woman exam.
- Set multiple reminders for specific dates on your calendar or phone.
- Add scheduling your screening appointment to your to-do list.
- Plan ahead — arrange transportation prior to scheduling a date and ensure your appointment time does not conflict with any work or family commitments.
- Reward yourself for attending your appointment, like picking up your favorite food after.
- If you end up being unable to attend, reschedule your screening when you cancel.
- **At your lung cancer screening visit, ask your doctor if you are eligible to return next year.**

Yearly lung cancer screening is not a substitute for quitting smoking.

Quit smoking today — it's the best thing you can do for your health. Your risk of lung cancer drops by half within 10–15 years of quitting smoking.

The best way to quit is by using medication and counseling.

- Call 1-800-784-8669 or text QUIT to 47848.
- Talk to your doctor about treatment options.
- Visit SmokeFree.gov for more information.

This literature was developed with support from the Cancer Prevention & Research Institute of Texas.