



Focus on Your Lungs

A Screening You Don't Want to Miss



Talking to Your Doctor About Lung Cancer Screening

Medical appointments can be overwhelming, but conversations with your doctor shouldn't be. Use this tip sheet to help you prepare to talk to your doctor about lung cancer screening during your next appointment.

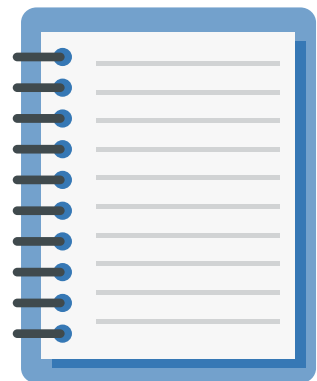
Did you know?

Most people don't experience lung cancer symptoms until the cancer is advanced. Yearly screening can help save lives by finding lung cancer earlier, before it has spread. The earlier the stage the better chance of a cure.

Go prepared

A few days before your appointment, take some time to collect important information in a folder or a notebook. Doing this will help you feel confident and prepared to talk to your doctor.

- Think about the kind of questions you'd like to ask your doctor and write them down to take with you to your appointment. See the last page of this guide for some ideas to get you started.
- Make notes about any changes in your health or routine, like sleep, diet or exercise tolerance. This can ensure you won't forget anything you want to discuss and give your doctor an overall picture of your health.
- Talk to your family to learn more about their medical history. This can help your doctor assess if you have a higher risk for lung cancer or other diseases.
- **[Take our short quiz.](#)** This can help you understand if you may be at high risk for lung cancer and give you more information to share with your doctor.



Always be honest

You know yourself best - your habits, your lifestyle, how you're feeling. Being open with your doctor will help them provide the best care.

- Most people with early stages of lung cancer don't experience symptoms. But if you do notice any changes in your health, be sure to share your symptoms with your doctor even if you think it may be embarrassing or unnecessary. No one knows your body better than you, so speak up and let your doctor know how you are really feeling.
- Let your doctor know if you currently smoke or quit within the past 15 years. The greatest risk for lung cancer is a history of smoking, so be honest about your smoking habits. It is crucial information for your doctor to understand.
- Don't let fear prevent you from talking about your lifestyle, diet, alcohol consumption or non-prescribed drugs. Your doctor is there to help you and can best help if they have a full view of your issues and needs.



Speak up for yourself

Take control of your health. Speaking up for yourself and working with your doctor to make health care decisions that are right for you are all critical pieces to getting your best health care.

- Try to take notes during the appointment or ask your doctor if you can record the conversation on your phone. This can help you digest what your doctor is saying and give you something to refer to after you leave the office.
- Bring a family member or loved one with you for extra support. They can also jot down answers to your questions and make sure you don't miss any important information.
- Don't be afraid to get a second opinion.
- Tell your doctor about your concerns and ask for all your options so that you can agree on what will work best for you.
- If you do not understand what your doctor is saying, ask them to explain it again. Your doctor is there to guide you and help you understand what is going on. They want you to speak up if you're feeling confused.

Talking to your doctor about lung cancer can feel overwhelming, but it doesn't have to be.

Arriving prepared can help relieve some of your stress and help you to have a more productive conversation with your doctor.



Unsure of where to start?

Here are some questions you could ask your doctor about lung cancer and lung cancer screenings:

1. Am I at risk for lung cancer? What are my risks?

2. Do you recommend that I undergo lung cancer screening?

3. What are some of the more common symptoms of lung cancer?

4. If I am eligible for a lung cancer screening, how often should I have one?

5. How do I schedule my appointment?

6. How long will it take to get the results from my screening?

7. What should I do with the results once I receive them?

8. How can I improve my lung health?

Additional Notes:
