Focus on Your Lungs
A Screening You Don't Want to Miss

Debunking Myths about Lung Cancer Screening

Use this resource to help learn facts about lung cancer screenings using a low-dose computed tomography (LDCT) scan, as we expose common misconceptions about these potentially lifesaving tests.

MYTH

You must have symptoms to qualify for a lung cancer screening.

FACT

Symptoms (such as a new cough) are not a requirement for lung cancer screening.

Current screening guidelines aim to increase lung cancer screenings to help more people detect lung cancer earlier before symptoms are present. People who already have symptoms may need other tests beyond just screening.

MYTH

Only active smokers need to be screened for lung cancer.

FACT

People who currently smoke or have smoked in the last 15 years may qualify for a lung cancer screening.

The greatest risk for lung cancer is a history of smoking. Adults between ages 50 and 80 years old should be screened for lung cancer every year if they currently smoke tobacco or quit within the past 15 years, and have at least a 20 pack-year smoking history*.

*A pack-year equals the number of packs of cigarettes a person smoked per day, multiplied by the number of years they have smoked. For example, a person with 20 pack-years could have smoked 1 pack a day for 20 years, or 2 packs a day for 10 years, or half a pack a day for 40 years, etc.

MYTH

Lung cancer screenings are painful and invasive.

FACT

A lung cancer screening test usually takes a few minutes, and it doesn't require any medications or needles.

During a low-dose CT (computed tomography) scan, you lie on a table and an X-ray machine takes pictures of your lungs. It provides quality images of your lungs using 80% less ionizing radiation than a standard CT scan of your chest. The exam lasts about ten minutes total. After your scan, your doctor will contact you with the results and talk about any next steps.

| **MYTH**	**FACT**
Lung cancer screening is not covered by insurance.	Many insurance plans cover lung cancer screenings for those who qualify, and there are options if you don't have insurance. Check with your insurance company to understand if LDCT scans are covered as part of your plan, if you are eligible. Other important items to check with your insurance provider is if there are any costs associated with screening and if screening must be done at specific "in-network" facilities. If you don't have insurance, some health centers may offer free lung cancer screenings. Ask your doctor for help locating a center or find a center near you by using this **screening center locator** from our partner. For more information about lung cancer screening coverage and questions to ask your provider, please see our Insurance Coverage Guide.
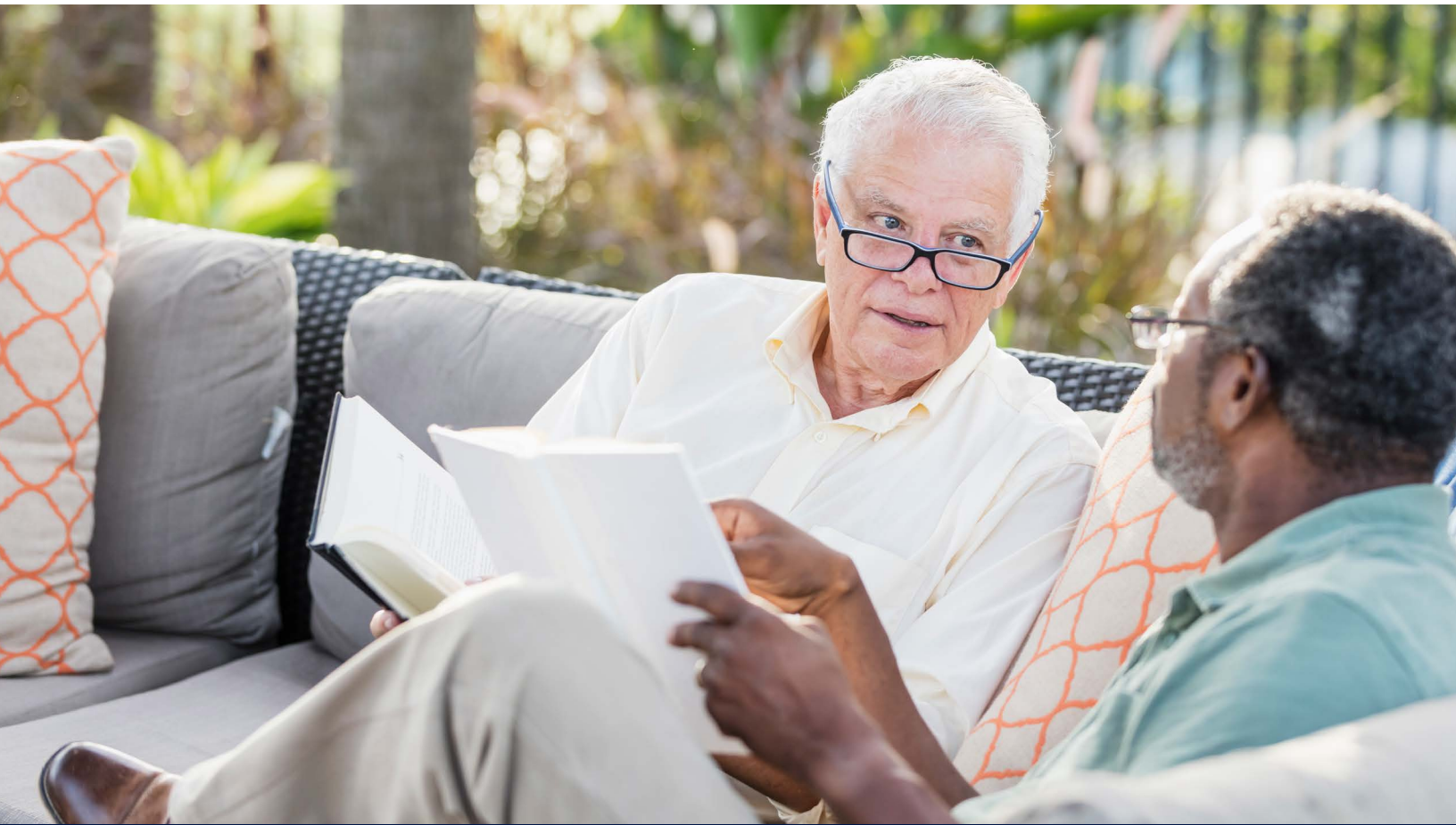
Yearly lung cancer screening for people at high risk for lung cancer may help by finding lung cancer earlier, before it has spread.

Learn more about the risk factors and take our quiz to see if you may qualify for a lung cancer screening.

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