Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Your Guide to Lung Cancer Screening

Who Should Get Screened

At MSK, we follow national screening guidelines. We want to make sure that only the people who will benefit most from lung screenings get them. If you have any concerns about your lung health, we encourage you to talk with your primary care doctor.

Right now, lung screenings are recommended for people who:

- Are 50 to 80 years old.
- Smoke tobacco now or have smoked in the past.
- Have smoked an average of 1 pack of cigarettes a day for at least 20 years, or something similar.
    - For example, you have or do smoke 20 packs a day for 10 years, or half a pack a day for 40 years.

Ready to schedule your screening or have questions? Call us at 646-497-9163

Getting Screened is Easy

Follow these steps to get your lungs checked and know what to expect at MSK:

1. Call 646-497-9163 to speak to a Care Advisor and schedule your lung cancer screening.
2. Meet with an MSK healthcare provider to decide if lung cancer screening is right for you.
3. If you meet the screening guidelines, you will go to an MSK location for your lung cancer screening test. This can be the same day or soon after your visit. We use a low-dose CT (or CAT) scan of your chest and lungs to take pictures of your lungs.
4. Our screening team will call you with your results and next steps as soon as the next day.

Why You Should Come To MSK For Lung Screening

At MSK, you will get expert care during your lung cancer screening. You will meet with an expert on the thoracic (lung) team and have a low-dose CT scan of your lungs. You will also be connected to our Tobacco Treatment Program. Our tobacco cessation experts can help you quit

smoking if you need help.

We also have education to help you understand lung cancer screening. If you need treatment, you will have access to a team of leading experts and have the chance to join a clinical trial. An MSK clinical trial can give you access to new treatments, often before they are available anywhere else.

MSK is here for you every step of the way. Our team of experts is dedicated to preventing, diagnosing, and treating lung cancer with care and expertise. We take a complete approach to your treatment, always keeping your needs in mind.

Meet the lung cancer screening program leaders

Bernard Park, MD
Surgeon
Deputy Chief of Clinical Affairs, Thoracic Service

Alexis Chidi, MD, PhD MPH
Surgeon
Co-Director, MSK Lung Cancer Screening Program

Michelle Ginsberg, MD
Radiologist
Vice Chair for Education, Department of Radiology

Jamie Ostroff, PhD
Psychologist
Chief, Behavioral Sciences Service; Director, Tobacco Treatment Program

Need help quitting smoking?

Are you currently smoking and interested in quitting? No matter how long you've smoked, quitting today or cutting back will help lower your risk for diseases related to smoking. We know quitting or cutting back can be hard, but you can do it with the right support. MSK can help

Tobacco Treatment Program At MSK

MSK has specialists who can help you quit smoking. We help people diagnosed with cancer, people who have never had cancer, and cancer survivors. Our team of tobacco treatment experts can help you cut back your smoking or tobacco use to quit when you're ready.

We offer treatment options that are the most convenient and comfortable for you:

- By telephone
- In-person
- In groups
- Telemedicine (video visits)

For more information about our Tobacco Treatment Program, call 212-610-0507.

Frequently Asked Questions About Lung Cancer Screening

What is a low-dose CT (or CAT) scan?

It's a 5 minute test that uses a low dose of radiation to take pictures of your chest and lung area. During the scan, you will lay on your back on a table and pass through a machine that takes the pictures. A radiologist will look at these pictures and your doctor will call you with your results, usually the next day.

Why do I need to get screened?

You want to know if you have cancer as early as possible. Lung screening helps us check your lung health and can find cancer when it's easier to treat. Lung screening with a low-dose CT scan can lower your risk of dying from lung cancer or other causes.

I already spoke with my doctor about lung screening. Do I still need to meet with someone at MSK before my CT scan?

Yes. We will go over what to expect during lung screening and decide if screening is right for you. When you come to our program, we will help you keep track of your lung health. Sometimes that means getting screened on a

schedule that's right for you.

I might be having symptoms of lung cancer. Can I still get screened?

You might be having symptoms in your lungs, such as shortness of breath, chest pain, or coughing up phlegm or blood. This doesn't mean you have lung cancer. Some causes for these symptoms include an infection, allergies, or another condition that is not cancer.

If you're having any of these symptoms, speak with your healthcare provider right away. If you call us at **646-497-9163** to plan your lung screening, tell the dedicated Care Advisor about your symptoms.

Do I need insurance to get lung screening?

Yes. Lung cancer screening is covered by most health insurance. If you're not sure about your coverage, contact your health insurance provider.

Where can I get lung screening at MSK?

Lung screening is offered at our locations in New York, New Jersey, and Long Island. You can find the MSK location closest to you on our website: www.mskcc.org/locations.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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