your scheduled appointment

Date:__________________ Time:__________________

Special instructions:

Location:

- Blaine
- Coon Rapids
- Maple Grove
- Northwest
  scheduling line: 763.792.1999

- Burnsville
- Southdale
  scheduling line: 952.893.0000

How you should prepare

- Wear comfortable clothes without metal fasteners, including zippers, buttons and snaps.
- Arrive 15 minutes early to complete registration.
- Bring your appointment form, insurance card and a valid photo ID.
- Please let us know if you have an insulin pump or glucose monitor. Our imaging machines may damage your device so it will need to be removed during your exam.

Helpful web links

Lung Cancer and Screening Information: www.shouldiscreen.com

The American Lung Association: www.savedbythescan.org

The National Cancer Institute:
www.cancer.gov/cancertopics/pdq/screening/lung/Patient

American Cancer Society: www.cancer.org/cancer/lungcancer/

National Lung Screening Trial:
www.cancer.gov/clinicaltrials/noteworthy-trials/nlst

QuitPlan: www.quitplan.com

About Suburban Imaging

Suburban Imaging outpatient imaging facilities are accredited by the American College of Radiology. Our radiologists and staff are members of Image Wisely, a radiation safety program for adult imaging.

We are conveniently located throughout the Twin Cities area to provide easy access for your imaging needs:

- Blaine
- Blaine South
- Burnsville
- Coon Rapids
- Maple Grove
- Northwest
- Southdale
- The Breast Center of Suburban Imaging

www.suburbanimaging.com
CT Lung Cancer Screening

CT lung cancer screening is a low-dose (low-radiation) Computed Tomography exam (CT or CAT scan) of the chest. This is a quick and painless exam used to detect lung nodules or early stage lung cancer before signs or symptoms appear. Like most cancers, early detection provides more treatment options and the best possible outcomes.

Who should have a CT lung cancer screening?
CT lung cancer screening is a yearly screening exam for men and women, and should be discussed with your primary healthcare provider.

Screening Criteria
• between 55-80 years old (Medicare ages 55-77) and
• current smoker or quit within the last 15 years and
• smoking history of 30 pack-years

Pack-year describes how many cigarettes you have smoked in your lifetime, with a pack equal to 20 cigarettes. If you smoked a pack a day for 30 years, or two packs for 15 years, you have a smoking history of 30 pack years.

\[
\text{pack-year} = \text{# of packs/day} \times \text{# of years as a smoker}
\]

What if a nodule is found on my screening?
If a lung nodule is found on your screening exam, your healthcare provider may recommend a follow-up CT scan, usually six months later to check that the nodule has not grown. Since more than 95% of lung nodules found are not cancer, you may only need to go back in one year to continue the screening process. In the unlikely case that the nodule does grow or presents a concern, your provider may recommend further testing with a PET scan or a biopsy.

Why should I have a screening?
This screening is used to detect lung cancer early, when it is more likely to be treatable. An x-ray of the chest can be taken to look for early lung cancer, but medical studies have shown that low-dose CT scans provide better results. CT scans are able to detect very small nodules in the lung.

In 2010, the National Lung Screening Trial (NLST) found 20% fewer lung cancer deaths among participants screened with low-dose CT compared to those screened with chest x-rays.

What does the screening tell me?
A low-dose CT screening may detect lung abnormalities, nodules or early cancer. If a nodule is found, many will be non-cancerous and require no treatment; some may require further diagnostic testing.

What happens after my screening?
After the screening exam, your images will be interpreted by a board-certified radiologist (physician) specializing in body imaging. The findings will be sent to your healthcare provider. Your provider will discuss the results with you. If you continue to meet the screening criteria, you will be due for your next screening in one year.

Is the exam covered by insurance?
If the screening criteria mentioned previously is met, CT lung cancer screenings are covered by most insurance companies, including Medicare, with a referral from a healthcare provider. Check with your insurance plan to verify coverage.