

# St. Paul Radiology wants you to know about Low-Dose CT Lung Cancer Screening



## Am I eligible for CT Lung Cancer Screening?

Are you a smoker or former smoker that is between the ages of 55 and 80?

☐ YES ☐ NO

Have you smoked for 30 pack years\* or more and either continue to smoke or have quit within the past 15 years?

☐ YES ☐ NO

If you answered YES to both of these questions, you may meet the criteria for a Low Dose CT Lung Cancer Screening.

### Helpful web links:

American Lung Association:

[American Lung Association:](http://www.lung.org/lung-disease/lung-cancer/lung-cancer-screening-guidelines/)

[www.lung.org/lung-disease/lung-cancer/lung-cancer-screening-guidelines/](http://www.lung.org/lung-disease/lung-cancer/lung-cancer-screening-guidelines/)



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The Value you deserve.

[www.stpaulradiology.com/services/ancillary/lung-screening](http://www.stpaulradiology.com/services/ancillary/lung-screening)

### What is a Low Dose Lung Cancer Screening CT?

A Low Dose (low-radiation) chest CT exam used to detect early stage lung cancer before signs or symptoms appear.

### What are the benefits of the Low Dose CT Lung Screening?

In 2011, The National Lung Screening Trial (NLST) showed a 20% decrease in lung cancer deaths in heavy smokers who received a low dose chest CT screening exam. Recently, the American Medical Association reported a systemic review of the benefits and harms of low-dose CT Lung Cancer Screenings and recommended annual screening scans for a select group of smokers and former smokers.

### Is Low Dose CT Lung Cancer Screening Safe?

Screening with low-dose CT will detect small spots or nodules in at least 25% of people who get scanned. Most of these nodules are not cancer; only 3 or 4 per 100 lung nodules are cancer. There is some additional radiation exposure with low-dose CT. The effective dose for low-dose CT lung screening is approximately equivalent to the radiation exposure the average Minnesotan gets in four to eight months from sources occurring in nature.

### Why should I have a screening?

An X-Ray of the chest can be taken to look for early lung cancer, but recent medical studies have shown that the low-dose CT scans provide better results. CT scans are able to detect very small nodules in the lung. Chest CT is especially effective for diagnosing lung cancer at its earliest, most curable stage.

### How long does the screening take?

A Low Dose CT Lung is one of the easiest screening exams you can have. The exam takes less than 10 seconds. No medications are given, and no needles are used. You can eat before and after the exam. You do not even need to get changed as long as the clothing on your chest does not contain metal. You must, however, be able to hold your breath for at least 6 seconds while the chest scan is being taken.

### What does the screening tell me?

A low-dose chest CT screening may detect lung abnormalities or nodules that would not otherwise be visible on a chest X-Ray. Many nodules will be non-cancerous and require no treatment; however some nodules may require follow-up with further testing.

### What happens after my screening?

After the screening exam, your images will be interpreted by a board-certified radiologist specializing in lung imaging. The findings will be sent to you and your healthcare provider, so that they can review the results with you and determine if any follow-up is needed.

### Is the exam covered by insurance?

At this time, Low Dose CT Lung Screenings are covered by some insurance companies. Payment can be made via cash, check or credit card at the time of your appointment. You are able to use your health care flexible spending account or medical savings plan to pay for the screening.

**To Schedule a Low Dose CT Lung Cancer Screening, call 651.222.LUNG (5864).**

\* [ Packs Per Day X Years Smoked = Pack Years ]

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St. Paul Radiology provides a full range of diagnostic imaging, consultation, and interventional radiology services on an inpatient, outpatient and emergency basis - 24/7/365.

It's value you can count on.

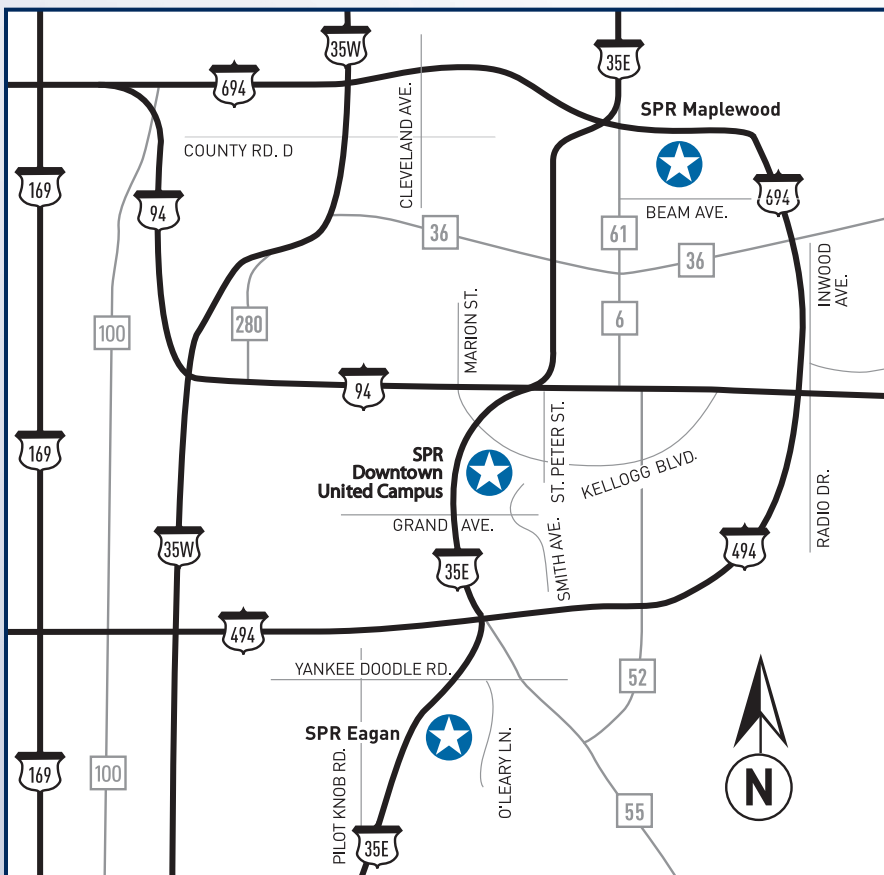


If you have additional questions, please contact the St. Paul Radiology scheduling department at

**651.222.LUNG (5864).**



## Three East Metro area outpatient imaging centers for your convenience.



Map not to scale.

### DOWNTOWN CAMPUS

250 Thompson Street  
St. Paul, MN 55102

**651.297.6504**

7:00AM to 8:00PM, Mon-Fri  
8:00AM to 3:00PM, Saturday  
*Hours vary by modality*

### EAGAN

1185 Town Centre Dr.  
Suite #125  
Eagan, MN 55123

**651.456.1300**

7:00AM to 7:00PM, Mon & Weds  
7:00AM to 5:30PM, Tues & Thurs-Fri  
*Hours vary by modality*

### MAPLEWOOD

1723A Beam Avenue  
Maplewood, MN 55109

**651.747.4500**

7:00AM to 8:00PM, Mon-Fri  
*Hours vary by modality*

**StPaulRadiology.com**

## Appointment

Name: \_\_\_\_\_

Location: \_\_\_\_\_

At: \_\_\_\_\_ : \_\_\_\_\_ On: \_\_\_\_\_ (Day), \_\_\_\_/\_\_\_\_/\_\_\_\_ (Date)



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