

PAID PROMOTIONAL FEATURE

Don't Be an Ostrich!

The United States has an estimated 7 million people eligible for lung cancer screening, but fewer than 2% got screened in 2016. According to

estimates, that spells the difference between 12,000 lives that could be saved each year (if all eligible people were tested) and the 250 lives actually saved.

What makes the difference? If caught early (stage 1), the 5-year survival rate for lung cancer is 68-92%, but if caught late (stage 4), that survival rate drops to 0-10%.

Lung cancer screening is recommended only for adults who have no symptoms but whose smoking history and age place them at high risk for developing the disease. Testing is done with a low-dose CT scan, in which an

X-ray machine uses low doses of radiation to make detailed pictures of the lungs.

The very low screening rate has been called the "ostrich effect," to describe people who want to "stick their heads in the sand" to make a potential health problem go away. Researchers point to several possible reasons behind the reluctance to get tested. One is stigma, because a positive screening for lung cancer might be associated with a poor lifestyle choice. Another is access. Even though most patients referred for lung cancer screening live close to one of almost 1,800 centers across the country, that can still leave out underserved populations living in remote areas.

Did You Know?

Private insurance plans cover lung cancer screening for people age 55 through 80, with no out-of-pocket costs. Medicare pays for lung cancer screening with no out-of-pocket costs for people up to age 77 if you meet certain criteria.

Vaping in Our Community

The Cancer Alliance of Marion County will host its next educational presentation and lunch on November 13 with the topic, "Vaping in Our Community." RSVP is required. Email Amy Roberts at ARoberts@rboi.com or call 352-732-0277.



Heavy Smoker? Get screened.

The US Preventive Services Task Force recommends annual lung cancer screening for anyone aged 55 to 80 with a smoking history of 30 pack-years or longer and who currently smoke or have quit within the past 15 years. A pack year is equal to smoking 20 cigarettes (1 pack) a day each year. A pack year is different from a calendar year. Smoking a pack a day for 30 years equals 30 pack years, but so does smoking two packs a day for 15 years. Talk to your doctor if you think you are eligible for testing.

by the numbers

#1

Lung cancer is the leading cause of cancer death for both men and women.

222,500

New cases of lung cancer in the US in 2017

10

Minutes it takes to undergo a lung cancer screening

More than 7300

Estimated lung cancer deaths among adult nonsmokers from secondhand smoke each year during 2005-2009

"We Can" Weekend Provides Education and Empowerment

RBOI is a proud sponsor of "We Can" Weekend, a community cancer support program for adults facing cancer, survivors, and their families. Breakfast will be served and the event is free. This year's "We Can" Weekend occurs on November 9 at Harbor Hills Country Club in The Villages. Presenters include RBOI's Dr. Norman Anderson speaking on compassionate care, Compassion Clinic's Dr. Robert Goethe speaking on the history of medical marijuana, and survivor Gaye Martin. Exhibitors will provide relevant resources and information. For more information and to register, go to <https://wecanweekend.org/> or call 352-732-0277 and ask for Amy Roberts.

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