

Who should get

Lung Cancer Screening

PAID PROMOTIONAL FEATURE

Based on new research, last year the United States Preventative Service Task Force expanded its recommendation for annual lung cancer screening to include a larger age range and more current and former smokers.

Screening is now recommended for anyone age 50 to 80 who has smoked for 20 years or more, and who currently smokes or has 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 20 years equals 20 pack years, but so does smoking two packs a day for 10 years.

The new guidelines dramatically increase the number of women and Black Americans considered at high risk for lung cancer. In Florida, only 3% of people at high risk

were screened last year, which was significantly lower than the national rate of 6%, even though Florida has improved across to screening by covering it through its fee-for-service Medicaid program.

A low-dose computed tomography (LDCT) scan takes X-rays and combines them into a detailed, 3-dimensional image. LDCT screening can reduce lung cancer deaths by up to 20% compared to standard chest X-rays, by detecting tumors at early stages when they are more likely to be curable.

Lung cancer screening is approved by Medicare and is for people in good health who do not have symptoms of the disease. However, some insurance companies do not yet use the new age guidelines. Talk to your doctor if you think you are eligible for testing.

Quitters can be Winners

Smoking is the single most important risk factor for lung cancer. Tobacco Free Florida provides free tools and services to help you become smoke-free. Go to TobaccoFreeFlorida.com or call 850-245-4144. For more resources, go to Smokefree.gov or call 800-44U-QUIT. You can find more quit lines at the American Cancer Society (866-QUIT-4-LIFE), American Lung Association (800-LUNGUSA), and US Department of Health and Human Services (800-QUIT-NOW).

RBOI can also help you directly. Wendy Hall, LCSW, is certified in tobacco cessation. Our counseling services are available to the community at no charge. Give us a call.

Non-Smokers are Also at Risk

Invisible, odorless, and tasteless, radon is the leading cause of lung cancer among nonsmokers. To know whether or not you are being exposed to radon in your home, you can order free testing kits from the Florida Department of Health. Call 800-543-8279, or fill out the order form on their website at <http://www.floridahealth.gov/environmental-health/radon/Outreach/testkitrequest.html>.

Additional risk factors for nonsmokers include HIV infection; family history of lung cancer; and exposure to secondhand smoke, air pollution, arsenic, asbestos, chromium, nickel, radiation, radon, soot, or tar.

by the numbers

#1

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

6%

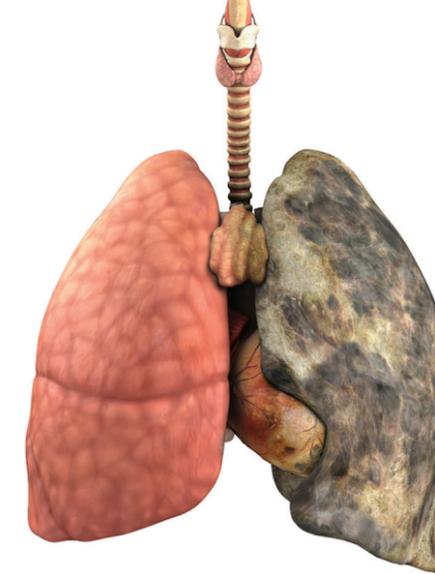
Proportion of US men and women expected to be diagnosed with lung and bronchus cancer at some point during their lifetime

236,740

Estimated new lung and bronchus cancer cases in the US in 2022

3.8%

Average decrease in US death rates per year from lung and bronchus cancer from 2010-2019



Air is Life

As of February 5, 2022, commercial tobacco vanished from casinos, other businesses, and public buildings and lands throughout the Navajo Nation. It was the culmination of the Nítch' Éí Bee Líná – Air is Life Act of 2021, enacted three months earlier. This Act marks the first comprehensive ban on commercial tobacco products on American Indian tribal lands, and covers conventional cigarettes, e-cigarettes, cigars, and similar products. It excludes tobacco used for ceremonial purposes and use of any tobacco product in a person's home.

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