



Is lung cancer screening right for you?

PAID PROMOTIONAL FEATURE

Low-dose computed tomography (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.

The United States Preventive Services Task Force recommends lung cancer screening for anyone age 50 to 80 who has smoked for 20 pack 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.

Lung cancer screening is approved by Medicare to age 77, is covered by most insurance, and is for people in good health who do not have symptoms of the disease. Talk to your doctor if you think you are eligible for testing.

How is Lung Cancer Treated with Radiation?

Radiation may be used to treat non-small cell lung cancer (NSCLC), small cell lung cancer (SCLC), and lung carcinoid tumors. It is usually delivered from outside the body, but sometimes radioactive pellets are placed internally to shrink NSCLC tumors.

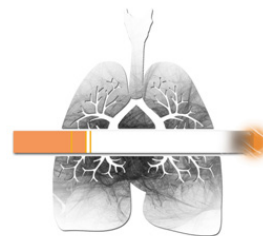
Radiation can be the main treatment if a tumor can't be removed because of its size or location, or if a person doesn't want or isn't healthy enough for surgery. It can also be used, sometimes with chemotherapy, to shrink a tumor before surgery or to remove small tumors that surgery might have missed. Radiation can also relieve pain, bleeding,

trouble swallowing, cough, or other problems in cases of advanced lung cancer. Call us to learn more about radiation treatment options.

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 877-44U-QUIT. You can find more quit lines at the American Lung Association (800-LUNGUSA) and U.S. Centers for Disease Control and Prevention (800-QUIT-NOW).

RBOI can also help. 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. The Florida Department of Health provides free radon test kits. Call 800-543-8279 or fill out an order form at <http://www.floridahealth.gov/environmental-health/radon/Outreach/testkitrequest.html>.

by the numbers

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

226,650

Estimated lung cancer diagnoses in U.S. adults in 2025

4.2%

Annual decrease in lung cancer death rates in the U.S. from 2014-2023

About 7,700

Veterans diagnosed with lung cancer every year at the VA23

Help for Veterans

The U.S. Department of Veterans Affairs (VA) offers these resources to help veterans quit tobacco:

- The VA national Quitline at 1-855-QUIT-VET (1-855-784-8838) connects callers with a tobacco cessation counselor for free telephone counseling in English or Spanish.
- SmokefreeVET delivers text message tips and support to your cellphone, even if you use smokeless tobacco. Text VET to 47848 (or VETesp to 47848 for Spanish) or visit smokefree.gov/VET.
- Other resources include the Stay Quit Coach (<https://mobile.va.gov/app/stay-quit-coach>), Quit Tobacco (<https://mentalhealth.va.gov/quit-tobacco/>), and Veterans Smoke Free (<https://veterans.smokefree.gov/>) websites.

The VA also makes lung cancer screening accessible to eligible veterans at no cost, with no copay. Visit cancer.va.gov to learn more.

RBOI's support services are available to the community free of charge, from before diagnosis through treatment and afterward, regardless of where you are being treated. Give us a call.

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