

# SHOULD YOU BE SCREENED FOR LUNG CANCER?

For certain people at high risk, screening for lung cancer using low-dose CT scans is proven to save lives. New guidelines will help you understand if CT screening is appropriate for you.

*This information is based on guidelines approved by the United States Preventive Services Task Force, and endorsed by Free to Breathe.*

## GET SCREENED FOR LUNG CANCER IF:



You are between  
55 and 80 years old

— AND —



You are currently smoking  
**or quit** in the last 15 years

— AND —



You have a smoking history  
of at least 30 pack years\*

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**\*pack years** = your average # of packs per day **X** # of years smoked

### EXAMPLES:

1 pack a day **X** 30 years = **30 pack years**  
1.5 packs a day **X** 20 years = **30 pack years**

**IF THESE GUIDELINES APPLY TO YOU**, you should have a conversation with your doctor or healthcare provider about lung cancer CT screening.

**IF THESE GUIDELINES DO NOT APPLY TO YOU**, but you are still concerned about your risk for lung cancer, we encourage you to talk with your healthcare provider.

Learn more at [freetobreathe.org/screening](https://freetobreathe.org/screening).

