

ADULT

HEALTH BULLETIN



AUGUST 2023

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THIS MONTH'S TOPIC: LUNG CANCER SCREENINGS



August 1 is World Lung Cancer Day, a day to bring awareness to the importance of lung cancer screening and taking active steps to reduce the likelihood of negative outcomes.

Lung cancer is the leading cause of cancer deaths in Kentucky. However, early diagnosis increases the odds for successful treatment. Evidence-based screening among eligible Kentuckians is a safe way to catch lung cancer early and increase a person's odds of beating the disease.

The Kentucky Lung Cancer Screening Program has three goals:

- 1. Increase lung cancer screening,
- 2. Reduce morbidity and mortality from lung cancer, and
- 3. Reduce the cost of treating lung cancer.

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Lung cancer is the leading cause of cancer deaths in Kentucky.



For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit quitnowkentucky.org.

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The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who have the following risk factors:

- A 20 pack-year or more smoking history
- Smoke now or have quit within the past 15 years
- Are between 50 and 80 years old

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

The recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan). Screening is recommended for adults who have no symptoms but are at high risk.

The best way to reduce your risk of lung cancer is to not smoke and to avoid

secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

For more information on the Kentucky Cancer Screening Program, or to find screening options and locations near you, visit ky.gov and search “lung cancer screening.”

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REFERENCE:

https://www.cdc.gov/cancer/lung/basic_info/screening.htm

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