Low Dose CT (LDCT) Lung Cancer Screening

2019 Standard 1.12 Public Reporting of Outcomes

A requirement of the American College of Surgeons Commission for the Cancer Program Accreditation.
Purpose of Lung Screening

- Diagnosing lung cancer early increases a person’s chance of survival.

- Annual screening for lung cancer can prevent many lung cancer related deaths.

- Lung abnormalities are better seen on low-dose CT over a chest x-ray.
Who Should be Screened?

Adults aged 55 to 80 years old who...

...have no signs or symptoms of lung cancer.
...have no history of lung cancer.
...currently smoke or quit less than 15 years ago.
...have a 30 pack-year history of smoking,
  (for example, 1 pack per day for 30 years or
  2 packs per day for 15 years).
Lung Cancer Screening should be Discontinued…

…once a person has not smoked for 15 years.

…once a person turns 80 years of age or develops a health problem that substantially limits life expectancy.

…if a person is unwilling or unable to have curative lung surgery.
Leading Causes of Lung Cancer:

- **Tobacco Smoking:**
  - Number One cause for developing lung cancer.

- **Environmental and Occupational exposures:**
  - Radon is the second leading cause of lung cancer deaths.
  - Asbestos, and other pollutants (i.e., fossil fuels) are also causes of lung cancer

- **Lung Cancer in never-smokers:**
  - Caused by household air pollution, such as radon and secondhand tobacco smoke and outdoor air pollution.
97 consumers were diagnosed with Lung Cancer

**Stage at Diagnosis:**
- Stage I – 26 cases (Cancer is in your lung tissues but not your lymph nodes)
- Stage II – 10 cases (The cancer may have spread to your lymph nodes near your lungs)
- Stage III – 16 cases (The cancer has spread further into your lymph nodes and the middle of your chest)
- Stage IV – 45 cases (The cancer has spread widely around your body)

**Stage Matters:**
The earlier the Stage a Lung Cancer is diagnosed, the better the chance at survival!
When Lung Cancer is diagnosed at a Later Stage:

**LUNG CANCER KILLS MORE PEOPLE THAN THE OTHER 3 LEADING CANCER COMBINED**

**BREAST CANCER • PROSTATE CANCER • COLORECTAL CANCER**

**IT ACCOUNTS FOR 27% OF ALL CANCER DEATHS**
Lung Cancer Prevention:

- Stop Smoking

![Image of a no smoking symbol]
Radon Testing: (If results show 4.0 pCi/l or above, consider Radon mitigation)

Radon Mitigation:
## MercyOne Waterloo Medical Center

### Low Dose CT Lung Screening Outcomes:

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of LDCT Scans done</th>
<th>Lung Cancers diagnosed</th>
<th>Stage at diagnosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015 - 2016</td>
<td>83</td>
<td>3</td>
<td>Two Stage I and one Stage II Lung Cancers were diagnosed</td>
</tr>
<tr>
<td>2016 - 2017</td>
<td>137</td>
<td>1</td>
<td>One Stage I Lung Cancer was Diagnosed.</td>
</tr>
<tr>
<td>2017 - 2018</td>
<td>224</td>
<td>3</td>
<td>Three Stage I Lung Cancers were diagnosed.</td>
</tr>
</tbody>
</table>
In Summary:

- Lung Cancer is the number one cancer killer in the United States.
- Lung Cancer can be curable when found early.
- Cigarette smoking is the number one cause of lung cancer and is linked to about 80-90% of Lung Cancers.
- Other Risk Factors for developing Lung Cancer besides tobacco smoking includes breathing in radon (it is the second-leading cause of lung cancer), secondhand smoke, exposure to asbestos, occupational exposures to diesel exhaust, gasoline, and other chemicals.
- All Iowa residents have a very high potential for exposure to elevated levels of radon gas. The only way to know is to test your home for Radon.
- The goal of a lung cancer screening exam is to save lives!