

## Ask Your Doctor About a Potentially Life-Saving Lung Screening

CT lung screening is available at Sharp HealthCare.

If you smoke or used to smoke, you are at risk of developing lung cancer. Non-invasive, low-dose CT screening is recommended by the United States Preventive Services Task Force to detect lung cancer early, when it's curable. To qualify for a screening, you must meet specific criteria and be referred by your doctor.

### Take the first step:

If you answer yes to all of the questions below, you might be a candidate for lung cancer screening. The first step is to make an appointment with your primary care doctor for a referral.

- Are you between 50 through 80 years old (or between 55 and 77 years old if on Medicare)?
- Do you have a 20 pack-year history of smoking (this means 1 pack a day for 20 years, two packs a day for 10 years)?
- Are you a current smoker, or have quit within the last 15 years?

### How to start the conversation with your doctor:

Give this sheet directly to your doctor during your appointment and use it to help start the conversation.

**You can start by saying: I believe I am at higher risk for lung cancer and meet the guidelines set by the U.S. Preventative Services Task Force for Medicare and Medicaid for low-dose CT screening.**

#### Key points I want to cover:

- Risks vs. benefits
- Total cost and insurance coverage
- Finding a Sharp screening facility in my insurance plan's network
- What screening results mean
- What to do after lung cancer screening

Notes:

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**Screenings for qualified candidates are available at Sharp Grossmont Hospital Medical Terrace Outpatient Imaging located at 8860 Center Drive, Suite 100, La Mesa, CA, 619-740-5100.**

*Sharp Grossmont Hospital is proud to be the exclusive health care partner of the American Lung Association – San Diego, with the goal of saving lives through early detection.*