



If you have lungs you can get lung cancer.

While smoking is the most common cause of lung cancer, other risks include exposure to radon, asbestos, and outdoor air pollution. Screening based on this exposure is not eligible at this time.

Learn more at myhealth.alberta.ca (search 'lung cancer').

What is traditional tobacco?

Traditional tobacco is an important part of many Indigenous cultures.

Learn more at myhealth.alberta.ca (search 'traditional tobacco').

Interested in quitting smoking?

- Ask your doctor or pharmacist about counselling programs in your area.
- Call 1-866-710-7848
- Text ABQUITS to 123456
- Visit albertaquits.healthiertogether.ca

How do I get screened?

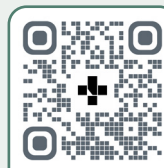
While some people find the thought of being screened stressful, some are happy that screening is available. Everyone has different thoughts and feelings—there's no right or wrong way to feel.

If you decide screening is right for you, your primary care provider can refer you to the Alberta Health Services (AHS) Lung Cancer Screening Program (ALCSP). Or, if you have a family doctor, you can self-refer by contacting the ALCSP directly at 1-866-727-3926. You can also visit screeningforlife.ca/lung to complete a risk assessment.

If you're eligible, an appointment will be made for you to have the test.

For more information about the screening program:

- Email alcsp@ahs.ca
- Call 1-866-727-3926
- Visit screeningforlife.ca/lung
- Scan the QR code



scan here

Lung cancer screening can save your life



Regular screening can lower your risk of dying from lung cancer by approximately 25%.

What is lung cancer?

Lung cancer is when abnormal cells develop in your lung(s), then grow out of control. These abnormal cells can cause growths called tumours.

You're eligible for lung cancer screening if you're 50 to 74 years old AND you still smoke cigarettes or have quit after smoking for many years.

Lung cancer doesn't always cause symptoms, which is why it isn't usually caught early. That's why screening is important.

What is lung cancer screening?

Checking for cancer or for abnormal cells that may become cancer in people who have no symptoms is called screening.

Lung cancer screening is done by a 'low dose' CT scan. The scan itself takes about 15 seconds and doesn't hurt. You don't have to have an injection or drink a dye. The small amount of radiation that's used can find very tiny spots (nodules).



What is the benefit of screening?

Without screening, 7 out of 10 lung cancer cases are found when the cancer is in the late stages (advanced). Late-stage cancer is much harder to treat or cure because the cancer has already spread to other parts of the body, or there's too much cancer in the lung(s).

With screening 7 out of 10 lung cancers are detected at the early stages. Regular screening can detect lung cancer earlier and can lower your risk of dying from lung cancer by almost 25%.

Does cancer screening have risks?

Any medical test or procedure has risks and benefits. Possible, but uncommon risks include:

- Radiation from the scan. The amount of radiation you are exposed to with a low dose chest CT scan is similar to getting 5-10 chest x-rays.
- A false positive result, which may mean you have more testing done when you didn't need to. About 1 or 2% of people getting screened will have additional tests but turn out not to have lung cancer.
- Abnormal results, which may lead to treatments you don't need.
- Missing very small cancers or cancers in parts of the lung more difficult to detect on the scans.
- Finding a lung cancer that is not very aggressive and may never have caused you harm but still getting tests and treatments for it. This is called "over-diagnosis" and is quite rare.

While screening may reduce these risks, lung cancer may still occur.

How do I find out my results?

Both you and your primary care provider will be sent a letter with your results a few weeks after your screen. Your results will also be on MyAHS Connect if you're already signed up.

What are the possible results?

A normal result (90% of exams). This means that nothing abnormal was found in your scan. In many people, very small spots (nodules) are seen in the lungs. These spots are considered normal, as they're unlikely to turn into cancer. Because lung cancer can start and grow quickly, it's still important to get screened every year even with a normal result.

An unclear result (7% of exams). In some people, some spots are concerning enough that we don't want to wait 1 year to check on them again. Another screen may be done in 3-6 months to check that the spots haven't changed.

An abnormal result (3% of exams). This means something has been found in your lung(s). It may or may not be a cancer, but other tests may be needed to find out for sure.

There are also **incidental findings (10% of exams)**. A low-dose CT scan also gives us images of other parts of your body, like your heart, liver, and thyroid gland. Sometimes we find something that isn't related to lung cancer, but that needs to be looked into.