

# Lung cancer screenings can save your life.

Protect your health by keeping up with your care.



## What is lung cancer?

Lung cancer is the abnormal growth of cells (tumor) in the lungs. There are two main types of lung cancer: small cell and non-small cell. Non-small cell includes adenocarcinoma, squamous cell carcinoma, and large cell carcinoma.

## Know your risk

**Men: 1 in 17 lifetime risk. Women: 1 in 18 lifetime risk.** Lung cancer can affect anyone — men and women, smokers and non-smokers. While smoking is a leading cause, even those who have never smoked can develop lung cancer.

## Who should be screened:

The U.S. Preventive Services Task Force recommends yearly lung cancer screening for people who:

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

## Understanding pack-years

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.

## What to expect during a lung cancer screen

During a lung cancer screening, you'll receive a low-dose CT scan (LDCT). This is a quick and painless scan that creates detailed images of your lungs.

### PREVENTION:

#### Don't Smoke or Quit Smoking:

Smoking is the #1 cause of lung cancer.

#### Avoid Secondhand Smoke:

Keep your home and car smoke-free.

#### Test for Radon:

Check your home and lower high radon levels.

#### Be Safe at Work:

Follow safety rules to avoid cancer-causing carcinogens.



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# Lung cancer

# 3<sup>rd</sup>

leading cause  
of cancer  
death for men  
and women

## At risk?

It's time for  
a screening.



Sources: CDC, USPSTF, ACOG  
American Cancer Society. About Lung Cancer, 2025  
Atlanta: American Cancer Society, Inc. 2025.

## Fast Facts

### YOUR RISK OF LUNG CANCER: 2025 LUNG CANCER ESTIMATES

New Cases: Around 226,650 new cases of lung cancer are predicted to be diagnosed.

Deaths: An estimated 124,730 people will die from lung cancer.

### LUNG CANCER BY RACE AND GENDER

Lung cancer risk varies by race and gender.

Men: Black men have a slightly higher risk of lung cancer compared to white men. Lung cancer rates have been dropping for all men for several decades.

Women: Black women have a lower risk of lung cancer compared to white women. Lung cancer rates have only been dropping for all women for about the last 10 years.

### MY LDCT APPOINTMENT

Date:

Time:

Location:

## Questions?

Keep in mind that every plan is a little different, so if you have questions about your costs and coverage, call the number on the back of your member ID card. That number is plan-specific and the quickest path to correct answers.



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