



## Lung Cancer Statistics

- Lung cancer is the leading cause of cancer death in the U.S. and Kentucky.
- Kentucky's death rate from cancer is 46% higher than the national rate.
- Over 3,500 people died from lung cancer in 2010.
- It is estimated that over 4,500 cases of lung cancer are diagnosed each year. Of those cases, 80% are diagnosed at a late stage.
- An estimated 85 percent of lung cancers are caused by smoking.
- In the U.S., Kentucky has the highest rate of smoking.

*\*Statistics from the Kentucky Cancer Consortium*

### **A Resource for Your Patients Who Smoke**

#### **Smoking Cessation Class**

##### *Introduction:*

Monday, January 13, 5 to 6 p.m.

##### *12-week session:*

Mondays, January 20 through April 7, 5 to 6 p.m.

The Medical Center Health & Wellness Center will host a Cooper-Clayton class to help people stop smoking. The class is free. Preregistration and use of nicotine-replacement product are required. Discount nicotine replacement products will be available for purchase at the class. Patients can register by calling 270-745-0942.

**Commonwealth Health Corporation**  
800 Park Street  
Bowling Green, Kentucky  
(270) 745-1584

## The Medical Center Offers Lung Cancer Screening with Low-dose CT



**Brian Wallace, M.D.**

For the early detection of lung cancer in high risk individuals, The Medical Center now offers a lung cancer screening using low-dose computed tomography (CT). Screenings using low-dose CT can detect cancer early when it is most treatable.

A draft recommendation from the U.S. Preventive Services Task Force (USPSTF) suggests that adults who have no signs or symptoms of lung cancer but who are at high risk for developing lung cancer should be screened every year with low-dose CT.

Traditionally, chest X-ray has been used to screen for lung cancer. However, evidence from the largest randomized, controlled trial to date has shown that low-dose CT has a

higher sensitivity and specificity for detecting early-stage lung cancer than chest X-ray. The National Lung Screening Trial studied over 50,000 current or former heavy smokers. Findings revealed a 20 percent reduction in lung cancer mortality for participants who were screened with low-dose CT versus those screened with chest X-ray.

“Findings from this trial and the subsequent draft recommendation by the U.S. Preventative Services Task Force are encouraging as we identify ways to reduce mortality from lung cancer,” said Brian Wallace, M.D., a radiologist at The Medical Center. “Radiation exposure is always a concern when weighing the risks and benefits of screening exams that utilize X-rays. However, low dose CT uses about one fourth to one third of the radiation dose used for a standard CT of the chest. Therefore, there is little radiation risk associated with this type of screening exam that is recommended only once a year.”

### **Criteria**

Lung cancer screening with low-dose CT is recommended for high risk individuals who meet the following criteria.

- Are between 55 and 79 years old, and
- Have a history of heavy smoking, and
- Are either current smokers or who have quit within the past 15 years, and
- Are asymptomatic for lung cancer.

Heavy smoking is defined as a smoking history of 30 “pack years” or more. A “pack year” is smoking an average of one pack per day for one year. For example, someone is considered a heavy smoker if they smoke one pack per day for 30 years or smoke two packs per day for 15 years.

### **Screening Specifics**

The cost of the scan is \$125 and currently not covered by insurance companies. If the final recommendation from the USPSTF is the same as the draft recommendation, the screening will be universally covered by the Affordable Care Act. Insurance companies will then have to cover the low-dose CT scan as a preventative screening for lung cancer.

Only individuals who meet the criteria should be screened using low-dose CT. To check eligibility for the screening, individuals can call The Medical Center at 270-745-1199 or 1-800-231-9621. Low-dose CT scans can be scheduled at The Medical Center in Bowling Green, Scottsville, or Franklin, or at Western Kentucky Diagnostic Imaging. A physician order is required for the screening.

**To read the full draft recommendation from the U.S. Preventive Services Task Force, visit <http://www.uspreventiveservicestaskforce.org/uspstf13/lungcan/lungcandraftrec.htm>**