CANCER EXPLAINED PRESENTS



A FREE HEALTH HANDOUT

LUNG CANCER SCREENING

Who qualifies for a yearly low-dose CT scan

FREE TO PRINT · PLAIN LANGUAGE · SOURCES ON THE BACK

A CANCER EXPLAINED HANDOUT · BASED ON **USPSTF · NCI** · UPDATED **2026-07-04**

EDUCATION ONLY. NOT MEDICAL ADVICE. · PUBLISHED BY THE NATIONAL CANCER INFORMATION FOUNDATION

CANCEREXPLAINED.ORG

CANCEREXPLAINED.ORG · A FREE HEALTH HANDOUT

Lung Cancer Screening

Who qualifies for a yearly low-dose CT scan

1 You may qualify if all three apply

- [ ] You are 50 to 80 years old.
- [ ] You have a 20 pack-year smoking history (for example, 1 pack a day for 20 years, or 2 packs a day for 10 years).
- [ ] You smoke now or quit within the past 15 years (the American Cancer Society includes former smokers regardless of quit date).

2 What to know about the test

- [ ] A low-dose CT scan is quick, painless, and uses a small amount of radiation.
- [ ] Screening is yearly — one scan is not a lifetime pass.
- [ ] Most abnormal findings are not cancer, but they may need follow-up tests.
- [ ] Screening works best alongside quitting, not instead of it.

3 Lower your risk too

- [ ] Quitting smoking at any age lowers lung cancer risk — free help: 1-800-QUIT-NOW.
- [ ] Test your home for radon, the leading cause of lung cancer in people who never smoked.
- [ ] Keep homes and cars smoke-free — there is no safe level of secondhand smoke.

THE BOTTOM LINE

If you're 50–80 with a significant smoking history, ask your doctor: "Do I qualify for lung cancer screening?"

Sources: USPSTF: Lung cancer screening (uspreventiveservicestaskforce.org/uspstf/recommendation/lung-cancer-screening) · NCI: Lung cancer screening (cancer.gov/types/lung/patient/lung-screening-pdq)

Learn more in plain language: cancerexplained.org/screening/lung-cancer-screening · **Updated:** 2026-07-04

This handout is for education only and is not medical advice. Talk with a qualified healthcare professional about what is right for you. Free to copy and share for non-commercial education.