

Lung Cancer Screening Test Now Available for Older Adults With a Smoking History

Smoking causes most lung cancer deaths in both men and women. Now, a new screening test is available for the detection of lung cancer for older adults with a smoking history.

“People who are 55-80 years of age and a current or former heavy smoker, should talk with their doctors about the new lung cancer screening test,” says Karen Ripke, a Tobacco Treatment Specialist for District Health Department #10. “The test has been proven to reduce deaths from lung cancer.”

The new screening test is a CT scan of the chest. A CT scan is a series of computerized x-rays that give better views of an area within the body. Individuals should talk with their doctor about their risk for lung cancer, and the pros and cons of the new lung cancer screening.

Lung cancer accounts for more deaths than any other cancer for both men and women in the United States and Michigan. In Michigan, the American Cancer Society estimates that there will be 8,440 new cases of lung cancer, and 6,030 deaths due to the disease, in 2016.

“Quitting smoking and the new lung cancer screening test are vital to saving the lives of current and former heavy smokers,” says Ripke. “Quitting smoking is not easy, so it’s essential to seek help.”

The best way to prevent lung cancer is to not smoke. If you do smoke, aim to quit and:

- Call your local District Health Department #10 office to connect with a Tobacco Treatment Specialist
- Talk to your health care provider
- Call the Michigan Tobacco QuitLine at 1-800-QUIT-NOW (784-8669) for free help over the phone;
- Visit www.michigan.gov/tobacco for tools to help you quit smoking.

Individuals can contact their health insurance company for coverage and any costs associated with the new lung cancer screening test. For more information, visit www.michigan.gov/cancer.

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