



Early Detection and Screening

Early detection of lung cancer can be challenging, but screening can find it before symptoms appear. Early detection makes lung cancer easier to treat. If found early, the five-year survival rate can be as high as 65%. Survival rates are estimates and are often based on previous outcomes of large numbers of people, but they can't predict what will happen in each individual's case. Ask your doctor how these numbers apply to you.

Who Should Be Screened:

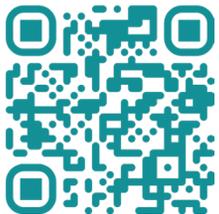
Screening is not for everyone. It is recommended for people at high risk, using a low-dose CT (LDCT) scan. A doctor's order is usually required. You may be considered high risk if you:

- Are 50–80 years old
- Have a 20 pack-year smoking history (e.g., 1 pack/day for 20 years, or 2 packs/day for 10 years)
- Currently smoke or quit within the last 15 years

Next Steps:

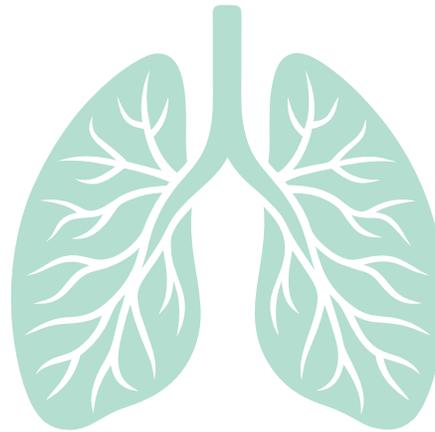
In Louisiana, lung cancer screenings are covered by most insurance plans. Several low to no-cost screenings and support services are available to uninsured residents.

(Source: American Cancer Society – Lung Cancer Screening Criteria)



Scan the QR code with your smartphone camera to find a lung cancer screening site near you!

Filter by Parish of residence



For more information, visit wellaheadla.com, email wellahead@la.gov or call 1-844-522-4323

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Lung Cancer

MOVING LOUISIANA'S HEALTH FORWARD



What is Lung Cancer?

Lung cancer occurs when damaged cells in the lungs grow out of control and form a tumor. It often develops from breathing harmful chemicals, though sometimes the cause is unknown. Symptoms usually don't appear until the cancer has spread, which makes it more difficult to treat.

(Source: American Lung Association – Lung Cancer Basics)

What Causes Lung Cancer?

Lung cancer starts when lung cells mutate (change) and grow abnormally. These changes are often caused by breathing in toxic or harmful substances. Even exposure that occurred many years ago can still put you at risk. Sometimes, lung cancer can develop without a clear cause. Taking steps now can reduce your risk and help protect your lungs.

(Source: American Lung Association – Lung Cancer Basics)

Risk Factors:

Many factors increase the risk of lung cancer. Some risk factors can be controlled, such as quitting smoking, but lung cancer can develop in anyone, regardless of their smoking status or age. Risk factors for lung cancer include:

Smoking:

- Leading cause of lung cancer, responsible for 90% of cases in the U.S.
- Tobacco smoke contains many harmful chemicals
- Quitting is the best step for lung health
- Secondhand smoke also increases your risk

Radon:

- Second-leading cause of lung cancer
- Colorless, odorless gas that comes from soil into buildings

Hazardous Chemicals:

- Exposure to asbestos, uranium, arsenic, cadmium, chromium, nickel, and some petroleum products can be dangerous
- Ask your employer or doctor how to protect yourself if you work around these substances

Particle Pollution:

- Tiny solid and liquid particles in the air we breathe
- Long-term exposure increases lung cancer risk

Family History

- Having an immediate family member with lung cancer may raise your risk
- Share your family history with your doctor

(Source: American Lung Association – Lung Cancer Causes & Risk Factors)

Signs and Symptoms:

Many people with lung cancer don't have symptoms until the disease is in its later stages. When symptoms do appear, they vary from person to person but may include:

- A cough that doesn't go away and gets worse over time
- Hoarseness
- Constant chest pain
- Shortness of breath or wheezing
- Frequent lung infections such as bronchitis or pneumonia
- Coughing up blood

Some symptoms of lung cancer may not seem related to the lungs or breathing. These symptoms can still be a sign of lung cancer, because lung cancer usually does not cause symptoms in its earlier stages. Some of these symptoms may include:

- Weight loss
- Loss of appetite
- Headaches
- Bone pain or fractures
- Blood clots

See your doctor right away if you notice any of these symptoms. If you think you are at risk for lung cancer, talk to your doctor about being screened.

(Source: American Cancer Society – Lung Cancer Signs & Symptoms)