



HOLY NAME LUNG CANCER SCREENING PROGRAM

**Detecting lung
cancer early may
save your life**



Comprehensive lung cancer care

From screening to survivorship

Holy Name is recognized as a leader in the diagnosis and treatment of lung cancer. From innovative therapies and advanced diagnostics to minimally invasive surgery and the latest in radiation therapy, we offer cutting-edge medical technology, proven treatments and exceptional support services in a comfortable setting — all close to home.

Board-certified physicians specializing in the diagnosis and treatment of all types of lung cancer.

Comprehensive lung cancer screening examinations using low-dose CT scans.

Lung cancer tumor board meetings to determine the best possible treatment plans for our patients.

Surgical excellence using the most up-to-date technologies and minimally invasive methods to help you recover faster with less chance of complications.

Precise radiation therapy using innovative technology including respiratory gating to sync radiation delivery with a patient's breathing.

Comprehensive support services, including genetic counseling, social work, nutritional counseling, palliative care, and support groups

Early detection is key

Lung cancer is the second most common cancer and a leading cause of death in the United States. However, lung cancer is highly treatable when detected early. Studies have found that screening high risk individuals for lung cancer can reduce lung cancer deaths by as much as 20%.

The **Holy Name Lung Cancer Screening Program** provides comprehensive screening for people at high risk for lung cancer. Our experts are able to detect lung cancer at its earliest stages, even before symptoms develop.

Lung Cancer Screening Program

One-on-one consultation to engage in a shared decision-making discussion of the screening process and the benefits and potential risks.

Low dose CT scans that are fast, painless and use lower amounts of radiation.

Smoking cessation counseling for those looking to quit smoking

Care coordination to help you find a primary care physician, pulmonologist, or lung cancer specialist, if needed.

Holy Name is accredited by the American College of Radiology, which means that our doctors, facilities, and CT scanning equipment meet rigorous lung cancer screening standards.

Who should be screened for lung cancer?

To be eligible for the screening program, you must meet all of the following criteria:

- Between the ages of 50 and 80 years old.
- Current smoker or former smoker who quit within the past 15 years.
- Smoking history of at least 20 pack years. $\text{Pack years} = \text{Number of years smoked} \times \text{Average number of packs smoked per day}$
- No signs or symptoms of lung cancer (cough, coughing up blood, wheezing, shortness of breath).

How is a lung cancer screening done?

A lung cancer screening includes a low-dose CT scan, which has been proven to find lung cancer earlier, when it is more likely to respond to treatment. It is an imaging test that produces detailed images of your lungs. This allows physicians to see if there are any abnormalities. Getting a low-dose CT scan is quick and painless, and no special preparations are required beforehand. At Holy Name, all scans are read by highly-experienced specialists. Based on your scan, your provider may request additional tests, recommend tobacco counseling, or refer you to a lung cancer specialist.

We can help you quit smoking

We're here to help you live a healthier life. The best way to prevent lung cancer is to stop smoking. Research shows that even heavy smokers can significantly lower their risk of lung cancer when they quit smoking.

Through our Community Health program, we can provide you with the resources to get you on the path to living smoke-free. The program includes six weekly group sessions where you will learn strategies to help you quit smoking.

To register or learn more, please call **(201) 833-3336**.

Scheduling your screening

Talk to your primary care physician to determine if a lung cancer screening is right for you. If eligible, you will need a prescription from your doctor. If you do not have a primary care physician, Holy Name can provide you with a prescription during your initial lung cancer screening consultation.

Lung cancer screening is a covered benefit under most insurance plans. For those without insurance, Holy Name will provide the screening at a discounted rate.

MAKE AN APPOINTMENT

To make an appointment for a lung cancer screening, call **201-833-3000**, ext. LUNG (5864).



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