

IT'S YOUR CHOICE.

Lung cancer screening is recommended for you, but it is your choice to participate. This pamphlet gives you information about lung cancer screening to help you decide if it is right for you.



What is lung cancer screening? –

Screening for lung cancer is when we look for lung cancer before it has spread or caused symptoms to provide the best chance of cure.

Lung cancer screening does not prevent lung cancer but finds it at an earlier stage when there is a better chance of successful treatment.

Research performed in America has shown that screening people who have an increased chance of developing lung cancer can reduce deaths, but screening can cause harm for some people.

Lung cancer screening is offered to people who have a higher than average chance of developing lung cancer. Based on the

information you have provided, you have a higher than average chance of developing lung cancer.

You are eligible for lung cancer screening.

This pamphlet is designed to inform you about what screening is and the possible benefits and harms from participating. Being screened is your choice and this choice should be based on the possible benefits and harms for you.

What does lung cancer screening involve? –

If you choose to have lung cancer screening, you will have an appointment with the LungScreen WA team who will complete an interview and breathing test. This lasts for approximately 1 hour. If you are a current smoker, the study team will also talk to you about the benefits of quitting.

LungScreen WA will make an appointment for you to have a CT or “CAT” scan of the lungs. There is no cost to you other than your own travel costs. The CT scan appointment usually takes less than one hour.

Specialist doctors will review the CT scan to look for abnormalities.

What happens if I have an abnormality? –

Often, the X-ray doctors will see a spot on the lung. This is called a nodule.

Nodules are usually very small - less than 1 cm in size - and are very common. Over half of people who have lung cancer screening will have one or more nodules.

Although nodules are very common, more than 95% of nodules are NOT cancer.

It is not possible to tell from the first CT scan alone if the nodule is cancer or a false alarm.



How can you tell if a nodule is Lung Cancer? –

There are many different ways to tell if a nodule is cancer or not.

Most commonly, nodules are very small and have a very small chance of being lung cancer. In this situation, the CT is repeated between 3 months and 2 years later to look for any change in the nodule. If the nodule has disappeared or stayed the same over at least 2 years, it is not cancer and was a false alarm.

If you have a small nodule that needs another scan, LungScreen WA will talk to you about the nodule and will arrange all follow up CT scans.

If the nodule is large, growing or new when compared to previous scans, the

LungScreen WA doctors will talk to you about other tests such as a biopsy. A biopsy is when a small amount of the nodule is taken from the lung and sent to the laboratory for analysis.

These tests are usually safe, but rarely can cause complications and harm. Sometimes, biopsies are performed on nodules that turn out not to be cancer.

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What is the treatment for lung cancer? –

If lung cancer is found, “key-hole” surgery is usually recommended to remove the cancer and part of the surrounding lung. Most people are in hospital for only a few days, but full recovery can take months.

If you have other medical problems which make surgery too risky, other treatments are available. Both surgery and the other treatments can cause complications but these are rare.

If you choose to participate, it is very important that you attend all the follow up CT scans and any other tests that are recommended.

Are there any other reasons why I should not have lung cancer screening? –

Lung cancer screening is not recommended if you –

- Have never smoked cigarettes.
- Are a current or former smoker with a low risk of lung cancer.
 - Your risk of lung cancer is based on the previous LungScreen WA questionnaire.
- Have any symptoms of lung cancer such as –
 - Coughing up blood
 - Losing weight without trying.
 - A new cough that doesn’t go away.
 - A change in a long term cough.
- Have had a CT scan of the chest in the last 2 years.
 - You can have lung cancer screening once 2 years has passed since the CT scan.
- Have had lung cancer before.
- Have had treatment for cancer in the last 5 years.
 - Do not include cancers of the skin that were not melanoma such as basal cell carcinomas (BCCs) or squamous cell carcinomas (SCCs).
- Have other severe medical problems.

If you have any of the symptoms, see your doctor immediately.

For more information, call **Lung Screen WA** on **1800 768 655** or talk to your doctor.

What is my lung cancer risk? –

Anyone who has lungs can develop lung cancer, but some people are more likely than others.

The chance of you developing lung cancer is called your lung cancer risk. It is based on many different factors including:

- Your age.
- How many years you smoked.
- How many cigarettes a day you smoked.
- If you have quit smoking, how many years since you quit.
- Your medical and family history.
- Your ethnicity and education level.
- Your body weight and height.

Based on the information you provided in the LungScreen WA questionnaire, your chance of being diagnosed with lung cancer in the next 6 years is about 3%. –

~ 3%

Is lung cancer screening for me? –

Yes.

Lung cancer screening is recommended for people who have the same lung cancer risk as you, but it is your choice to have lung cancer screening.

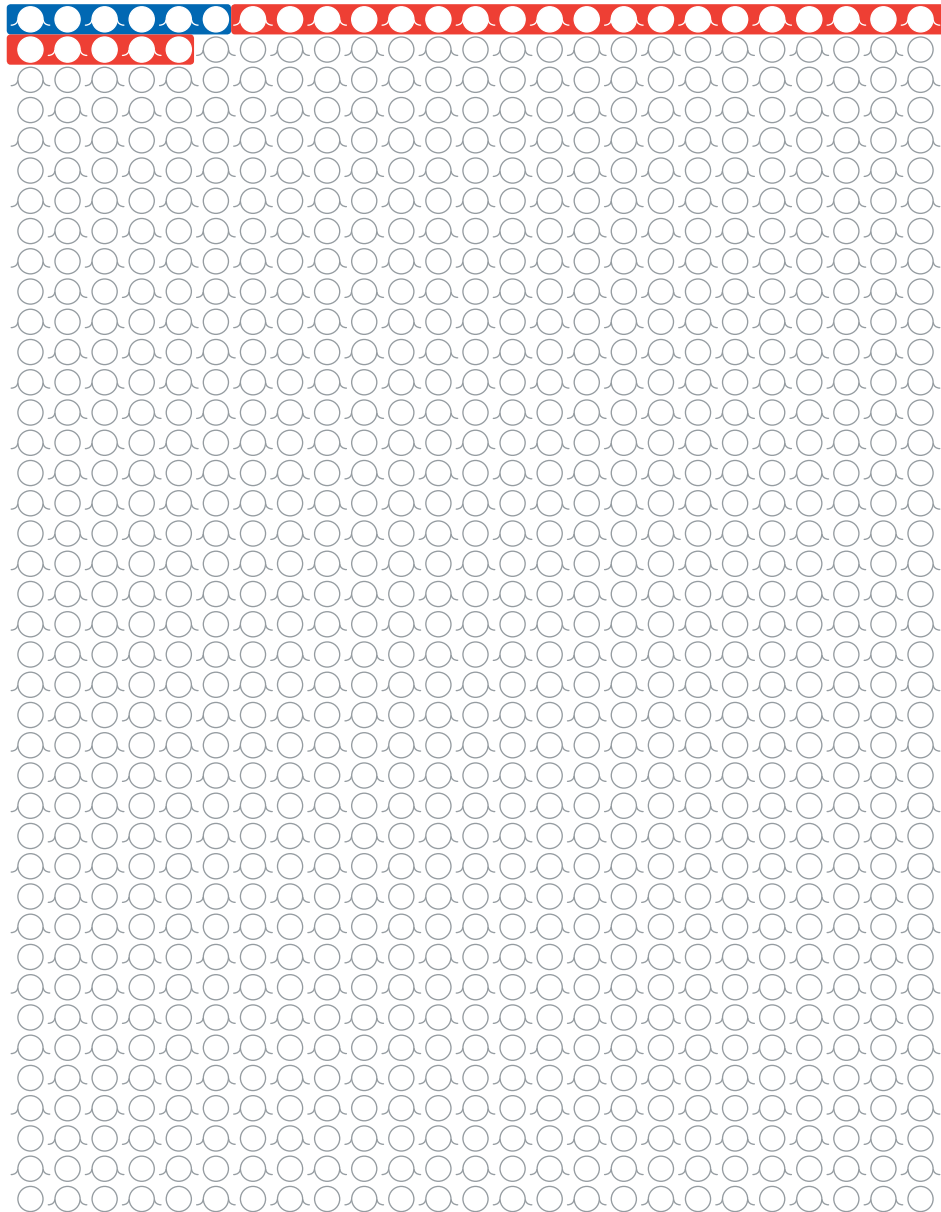
What is the benefit of lung cancer screening? –

Lung cancer screening can prevent current or former smokers with a high risk of lung cancer from dying from lung cancer.

If 1000 people with the same lung cancer risk as you have lung cancer screening every year for 3 years, there will be 6 fewer deaths from lung cancer in the next 6 years.

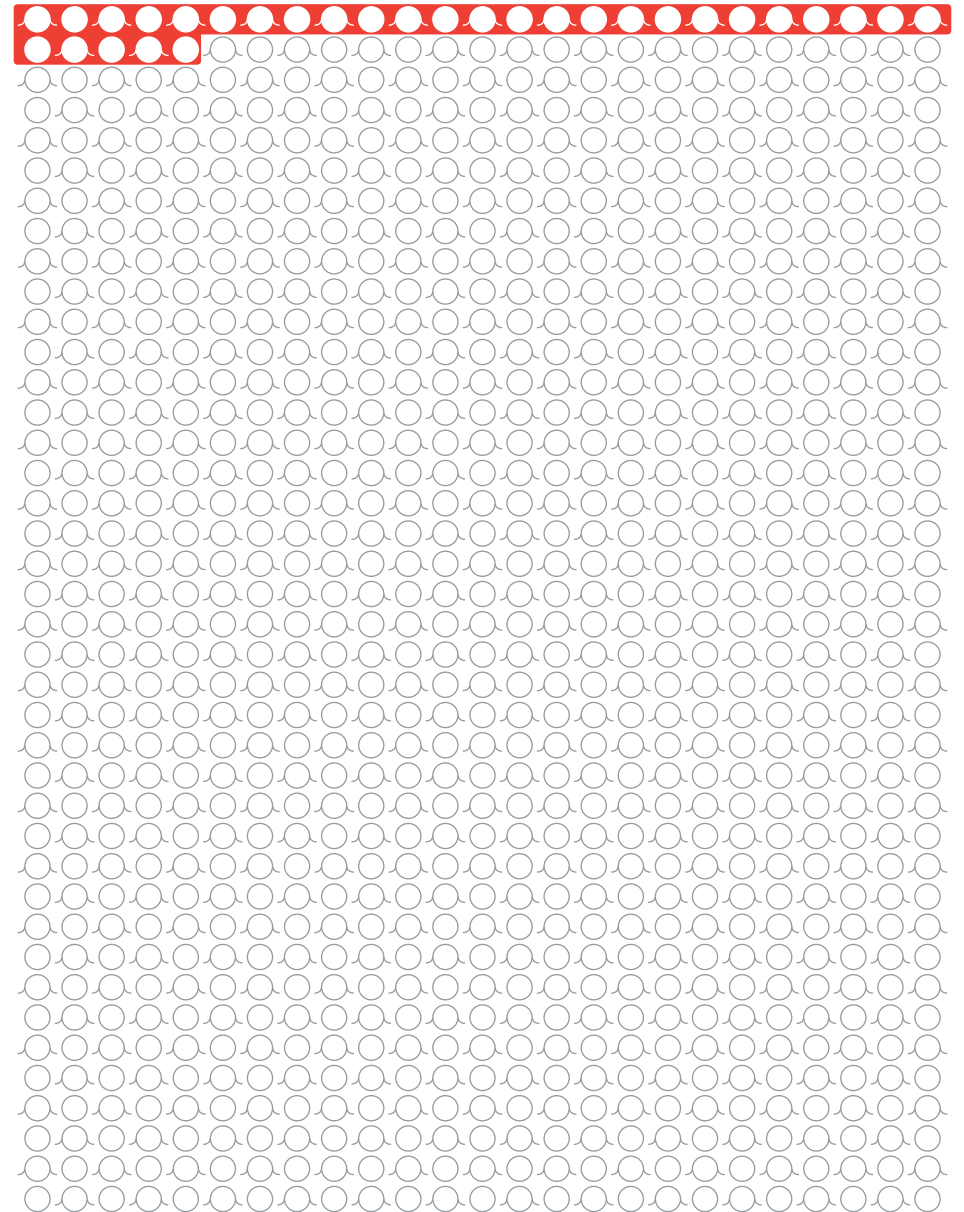
1000 people with the same lung cancer risk as you who **HAVE** screening. –

- 6 people avoid dying from lung cancer because of screening.
- 24 people die from lung cancer after screening.



1000 people with the same lung cancer risk as you who **DO NOT** have screening. –

- 30 people die from lung cancer without screening.



Lung cancer screening is a CT scan every year for 3 years plus any extra tests.
The benefit seen is after 6.5 years.

What are the possible harms from lung cancer screening? –

False alarms –

Over half of those who have lung cancer screening will have a nodule, but almost all (over 95%) of those nodules will not be cancer.

To make sure that a nodule is not cancer, further testing is required with either more CT scans or biopsy tests. These further tests can lead to increased exposure to radiation or harms from biopsy tests, as well as stress and anxiety.

Over – diagnosis –

When doctors screen for cancers, some of the cancers will be slow growing. If those

small slow growing cancers were not found, they would not cause that person any harm.

Treatment is recommended for all cancers found by screening because doctors cannot tell which cancers are aggressive and likely to cause harm, and which ones grow slowly. It is better to treat all cancers, than to potentially miss a cancer that would cause harm. However, this may result in unnecessary treatment and possible complications.

This is called over-diagnosis. It is different to false alarms. About 2 of every 10 lung cancers found on a screening CT is over-diagnosed.

Increased exposure to radiation from the CT scans –

CT scans expose you to a small amount of radiation. If you have a nodule, you may need more scans to assess whether it is cancer or a false alarm.

The amount of radiation from 1 CT scan is less than 6 months of exposure to natural radiation from the environment.

Biopsy tests on nodules that are not cancer –

Sometimes, biopsy tests will be performed on nodules that turn out to be false alarms. Remember, biopsy tests can rarely cause complications.

Missed cancers –

There is a very small chance that a CT scan will look normal even if lung cancer is present.

Approximately 1 person out of 1000 will be found to have lung cancer within 1 year after a normal CT scan.

Time commitment –

Lung cancer screening takes a small amount of time that you could instead spend on work or leisure activities.

Financial costs –

Although the CT scan does not cost you any money, you may have to pay for costs to travel to have the CT scan or any follow up appointments. If you work or care for others, you may have to arrange for someone to cover you while you attend the CT scan.

Stress, anxiety and worry –

Having a CT scan, waiting for the results or waiting several months for a follow up scan on a nodule can lead to stress and worry for some people.

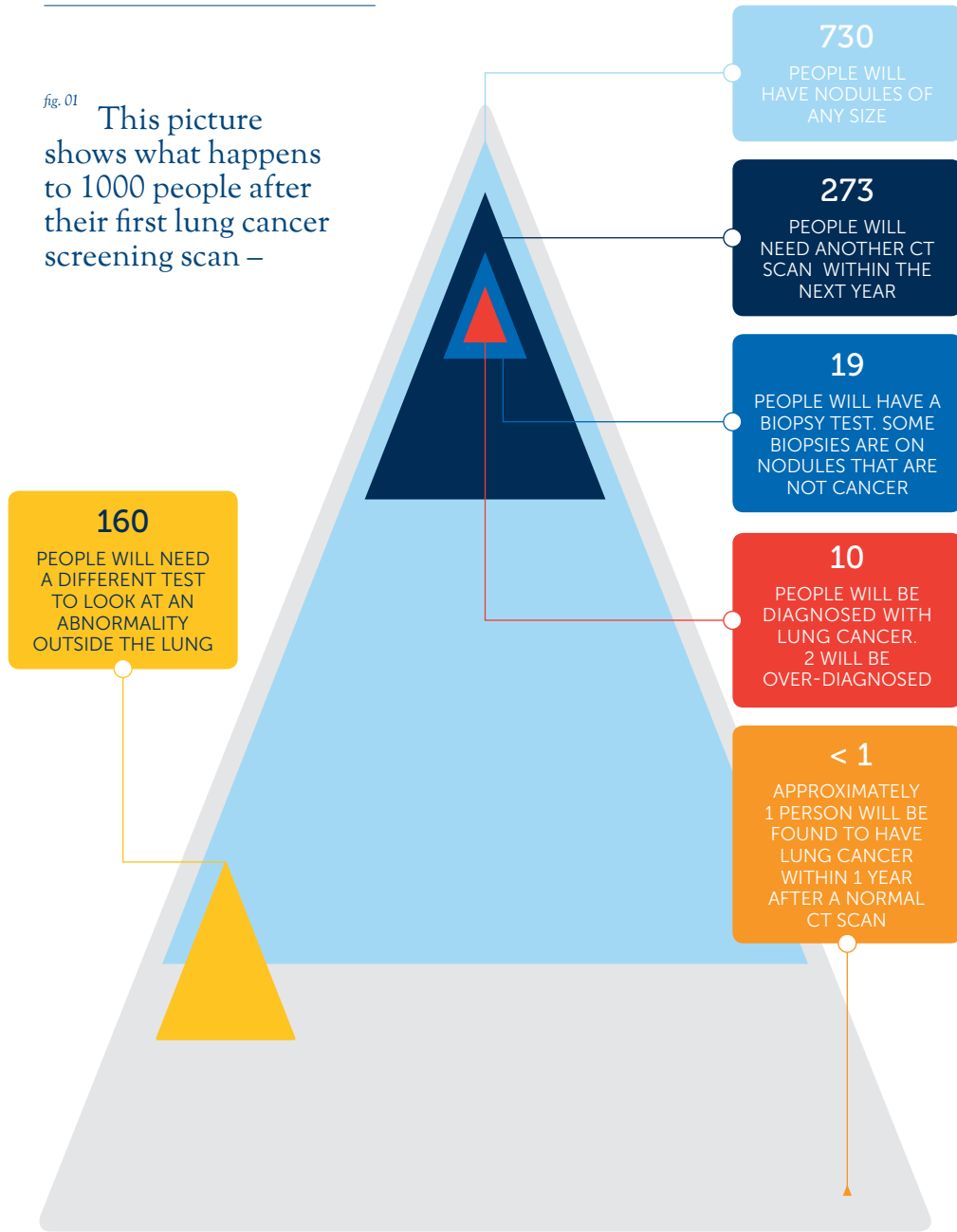
Incidental findings –

The CT scan takes pictures of other parts of the body including the heart, thyroid and parts of the liver, kidneys and adrenal glands. If an abnormality is found on the CT scan outside the lungs, you may need to have more appointments or tests. In this case your GP will be notified, and they will follow up with these tests.

Sometimes this is a benefit of lung cancer screening because other problems can be picked up earlier. Sometimes this is harmful because further tests show this was also a false alarm or the abnormality was over-diagnosed.

fig. 01

This picture shows what happens to 1000 people after their first lung cancer screening –



The Bottom Line –

You are eligible for lung cancer screening.

Your lung cancer risk means you may benefit from lung cancer screening, but there are also possible harms. It is your choice whether to have lung cancer screening.

Benefits of Screening –

- Screening can reduce the number of deaths from lung cancer.

Harms of Screening –

- Nodules that turn out to be false alarms.
- Biopsies on nodules that are not cancer.
- Increased exposure to radiation.
- Over-diagnosed lung cancer.
- Stress, worry and anxiety about the results.
- Time and effort required to have screening.
- The possible benefits and harms of lung cancer screening beyond 6 years are not yet known.

You are eligible for lung cancer screening.

IT IS TIME TO MAKE YOUR DECISION.

YES.

I want to have lung cancer screening.

If you want to have lung cancer screening, call LungScreen WA on 1800 768 655 to make an appointment.

UNSURE?

If you are not sure, please turn to page 18. –

NO.

Lung cancer screening is not for me.

If you do not want to have lung cancer screening, consider telling your family and GP your decision. Remember, you can change your mind at any time.

I still don't know if lung cancer screening is right for me –

If you are not sure, then think about these reasons to be screened and not to be screened.

You can add your own reasons here too and see what parts of lung cancer screening are important to you. It may help you make a decision about screening.

Reasons TO BE screened for lung cancer:	How important is this to you? Circle your answer.			
01. Fewer deaths from lung cancer	NOT AT ALL	A LITTLE	A LOT	VERY MUCH
Your Own Reason	NOT AT ALL	A LITTLE	A LOT	VERY MUCH
Your Own Reason	NOT AT ALL	A LITTLE	A LOT	VERY MUCH
Reasons NOT to be screened for Lung Cancer:	How important is this to you? Circle your answer.			
01. False alarms	NOT AT ALL	A LITTLE	A LOT	VERY MUCH
02. Radiation exposure	NOT AT ALL	A LITTLE	A LOT	VERY MUCH
03. Over-diagnosis	NOT AT ALL	A LITTLE	A LOT	VERY MUCH
04. Stress, worry and effort	NOT AT ALL	A LITTLE	A LOT	VERY MUCH
Your Own Reason	NOT AT ALL	A LITTLE	A LOT	VERY MUCH
Your Own Reason	NOT AT ALL	A LITTLE	A LOT	VERY MUCH

Still unsure? –

If you are still unsure about lung cancer screening –

1. Read the information in this booklet carefully.
2. Take your time in making your decision.
3. Consider what possible benefits and harms are important to you.
4. Talk to a trusted person such as family member, friend or your doctor.
5. Talk to one of the **LungScreen WA** team on **1800 768 655**.

Lung cancer symptoms –

Remember lung cancer can develop at any time, even if you have had lung cancer screening.

Contact your local doctor if you have or develop any of the following 'warning' signs –

- Coughing up blood.
- Losing weight without trying.
- A new cough that doesn't go away.
- A change in a long term cough.
- Developing shortness of breath or chest pain.

What else can I do to prevent lung cancer? –

Quit Smoking.

If you currently smoke, the best way to improve your health and reduce your chance of having lung cancer is to quit.

Screening for lung cancer does not prevent you from developing lung cancer. Screening only improves the chance of you surviving lung cancer.

Quitting is better than screening to prevent you from developing lung cancer.

Quitting smoking is hard, but there is support available to help you. Contact the Quit-Line on **13 78 48**, www.quitnow.gov.au or your local doctor. For more information on lung cancer screening, call **LungScreen WA** on – **1800 768 655**.



LungScreenWA

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