

What are some things I can do to reduce the risk of lung cancer?

▶ Quit smoking

For help quitting, speak with your health care provider or contact the NYS Quitline for support:

- Call **1-866-NY-QUITS** (1-866-697-8487)
- Text **QUITNOW** to **333888**

▶ Avoid secondhand smoke

Secondhand smoke can come from smoke exhaled by smokers and smoke from the lit ends of tobacco products.

▶ Reduce your exposure to radon

To find out more about radon, visit health.ny.gov/environmental/radon/



More Resources

New York State Department of Health
health.ny.gov/diseases/cancer/lung

American Cancer Society
cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/lung-cancer-screening-patient-decision-aid.pdf

GO2 for Lung Cancer
Patient Education Video

- English: youtu.be/i0tvWY22gGc
- Spanish: vimeo.com/901685865

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Department
of Health

Get the Facts about Lung Cancer Screening



Lung cancer screening can find lung cancer early when it may be easier to treat.



Why is lung cancer screening important?

Lung cancer is the leading cause of cancer death. It causes more deaths than colorectal, breast, and prostate cancers combined.

Lung cancer screening can find cancer before it spreads outside of the lungs. The screening does not prevent cancer, but it can find lung cancer early when it may be easier to treat. This can increase survival rates.

You don't have to quit smoking to be screened.

What is lung cancer screening?

Lung cancer screening means checking for cancer in your lungs before it causes any symptoms or problems.

Guidelines recommend lung cancer screening every year with a low-dose computed tomography (CT) scan.

A CT scan uses special X-rays to take a picture of the lungs. The purpose is to look for anything abnormal, such as lung nodules. Lung nodules are very common growths, and most are not cancer. A radiologist will review the scan and decide if more testing is needed.

A CT scan takes only a few minutes and is not painful. No special preparation is needed, and no needles are used.

Who should be screened for lung cancer?

Annual screening is recommended if:

- You are ages 50 to 80, and
- You currently smoke, or you quit smoking within the past 15 years, and
- You have a "20 pack-year smoking history."

How do I calculate pack-year history?

To calculate pack-year history, take the number of packs smoked daily (20 cigarettes in each pack) and multiply by the number of years you smoked. For example, if you smoked 1 pack a day for 20 years, or 2 packs a day for 10 years, you would have a 20 pack-year history.

Take this brief quiz to see if you qualify for a lung cancer screening:

[lung.org/lung-health-diseases/
lung-disease-lookup/lung-cancer/
saved-by-the-scan](https://lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer/saved-by-the-scan)



Where can I get screened in New York State?

Talk to your health care provider to find out where to go. You can also visit the New York Lung Cancer Screening Locator to find the nearest screening site: nylungcancerscreening.com/

Does insurance cover lung cancer screening?

Lung cancer screening is a covered benefit across most health insurance plans in New York State. This includes New York State Medicaid. Lung cancer screening is also a covered benefit for Medicare patients ages 50 to 77.

A covered benefit means a health insurance plan agrees to pay for all or part of a service. Check with your health insurance plan for more information.

Not insured?

For information about enrolling in a health plan through NY State of Health, call the help line at: **(855) 355-5777** or visit: nystateofhealth.ny.gov