

Why is Early Detection of Lung Cancer So Important?

- Lung Cancer is the leading cancer killer in both men and women in the U.S.
- An estimated 158,040 Americans died from lung cancer in 2015, accounting for 27% of all cancer deaths, more than breast cancer, colon cancer and prostate cancer combined.
- Most patients discover their disease too late for treatment and 85% of patients will die within 5 years from Lung Cancer.
- If detected in its earliest stage, 1A, the 5 year survival rate is between 85% and 100%.
- Most Lung Cancers do not cause any symptoms until they have spread. However, symptoms to consider being associated with Lung Cancer are:
 - A cough that does not go away or gets worse
 - Coughing up blood or rust-colored sputum
 - Chest pain that is often worse with deep breathing, coughing or laughing
 - Hoarseness
 - Weight loss and loss of appetite
 - Shortness of breath
 - Feeling tired or weak
 - Infections such as bronchitis and pneumonia that don't go away or keep coming back



To learn more about the Lung Cancer Early Detection Program call the Lung Disease Center of Central Pennsylvania, 814-946-2845. You can also find more information about Lung Cancer and the Center on our website at www.thelungspecialists.com. Don't wait until it is too late to make a difference.



LUNG
DISEASE CENTER
OF CENTRAL PENNSYLVANIA

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LUNG CANCER Early Detection Program

*A major breakthrough
to curing lung cancer.*



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Lung Cancer Early Detection Program

The paradigm for Lung Cancer has changed dramatically with the results of a large study of over 50,000 patients, which showed that patients aged 55 to 75 who have smoked for 30 pack years or more, and have an annual screening study using a low dose CT scan of the chest provides early diagnosis and could reduce mortality by 20%.

A pack year is the number of cigarette packs smoked each day multiplied by the number of years a person has smoked.

The physicians and staff of the Lung Disease Center are dedicated to the improvement of survival statistics in Lung Cancer patients. We know early detection is very important in the overall outcome of this disease, and are taking steps to provide the tools necessary to our community by offering this program.

About 80% of Lung Cancer deaths are thought to result from smoking. The longer you smoke and the more packs a day you smoke, the greater your risk. Second hand smoke is thought to cause more than 7,000 deaths from Lung Cancer each year. And now third hand smoke, residue of cigarette smoke left in furniture, fabrics, walls and floors, is thought to carry significant dangers for adults and children.

Over 300 Altoona Lung Specialists' patients have enrolled in the Lung Cancer Early Detection Program and we continue to enroll patients at high risk. If you are at risk of Lung Cancer, get involved in the Lung Disease Center of Central PA's Lung Cancer Early Detection Program today.

Phone: 814-946-2845

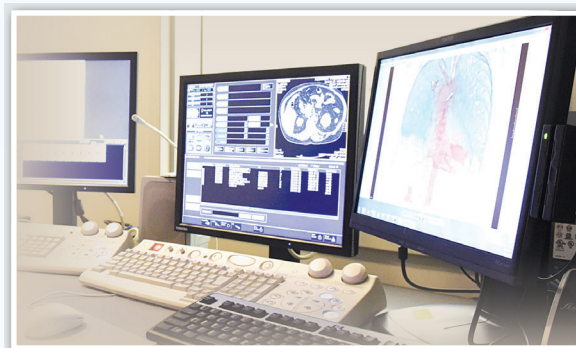
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Why Should I Have CT Scan?



CT scanning is a procedure which takes detailed cross-sectional x-ray images of the lungs. It is better at detecting small tumors than a standard x-ray, and gives a better view of the lungs using computers and two and three-dimensional images of the chest. It is better at finding small nodules in the lungs that standard x-rays often miss. There is a radiation exposure similar to that of a mammogram during the CT exam. Screening with a CT scan of the chest is easy and painless.

Current research indicates that yearly CT screening improves the chances of early cancer detection with a significant increase in survival. Lung Cancer does not have symptoms in its early stages. All studies show that the earlier the lung cancer is detected, the better chance of the cure and survival, due to early treatment.

If you are over the age of 55 and have smoked one or more packs of cigarettes a day, you should consider the Lung Cancer Early Detection Program.

Over 300 patients are already enrolled and several have had their lung cancer diagnosed & cured.

How Do I Get Involved?



In order to participate in this Early Detection Program, you must meet certain criteria which make you a high-risk for developing Lung Cancer. **If you are 55 years or older, and have a total smoking pack-year history of 30 years or more, we would like you to consider this program.** Please call our office to schedule an appointment to determine your smoking history and answer any questions about the program.

If you meet the criteria to be in the Early Detection Program, you will be scheduled for an appointment with one of the Lung Disease Center's physicians to review your health history and have your first CT scan. If your scan is negative (no concerns) then you will return to the clinic every six months for a chest x-ray and/or a CT scan so that each is being performed once per year.

What Happens If I Have A Positive CT Scan?

If your CT scan detects a pulmonary nodule that raises concern, you will be scheduled for a follow-up appointment to discuss your options. Frequently, the nodules detected on a CT exam prove to be benign nodules or scars, therefore a positive scan for pulmonary nodules doesn't necessarily mean you have Lung Cancer. If your results are negative, and your risk is high, you will be encouraged to return to the Lung Disease Center of Central Pennsylvania every six months for a chest x-ray and/or CT scan so that each is being performed once per year.