



## Is Lung Cancer Screening Right for You?

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Lung cancer remains the number one cause of cancer-related death in the United States, accounting for 28% of all cancer deaths in men and 26% of all cancer deaths in women. But a simple procedure at CMC is offering hope for early detection and successful treatment.

The National Lung Screening Trial (NLST) performed in 2010 showed that low-dose lung screening CT (LDCT) resulted

in a 20% reduction in lung cancer mortality. The NLST trial proved that patients at high risk for lung cancer, especially smokers between the ages of 55 and 74 years old, who smoked a minimum of 30 packs a year and quit for no more than 15 years, benefited from lung cancer screening with LDCT. These patients had improved survival of lung cancer because their tumors were caught early, at a smaller, more curable stage.

Without LDCT screening, these patients would likely not have been diagnosed until the cancer was large enough to cause symptoms like cough, chest pain, or increased difficulty breathing. The larger symptomatic lung cancer tumor is more invasive, a higher stage, and more difficult to treat.

Early detection with LDCT screening helps find lung cancer when it's more treatable, allowing for treatment options with lower morbidity and mortality, improving patient outcomes.

CMC, in partnership with Southern New Hampshire Radiology Consultants, is excited to offer the benefits of a quick and painless LDCT screening. CMC is an American College of Radiology (ACR) Designated Lung Cancer Screening Center. The procedure is a lower radiation dose than traditional CT scans and does not involve an injection. It is also covered by most insurance plans.

Of course, we know that smoking causes lung cancer; yet nicotine is highly addictive and it is incredibly difficult for people to stop. That's why, in addition to the benefits of our LDCT Lung Cancer Screening Program, CMC also offers several resources to help you quit smoking in a respectful, supportive setting. For more information on LDCT screening, call CMC Radiology Nursing at 603.663.5219. 

*According to the Centers for Disease Control (CDC); "Cigarette smoking is the leading cause of preventable disease and death in the United States, accounting for more than 480,000 deaths every year, or one of every five deaths. In 2015, about 15 of every 100 U.S. adults aged 18 years or older (15.1%) currently smoked cigarettes. This means an estimated 36.5 million adults in the United States currently smoke cigarettes. More than 16 million Americans live with a smoking-related disease. Current smoking has declined from nearly 21 of every 100 adults (20.9%) in 2005 to about 15 of every 100 adults (15.1%) in 2015." If you're ready to quit smoking, learn more about the Freedom From Smoking® class at CMC on page 12.*

