

LDCT Lung Cancer Screening Decision Aid

What is the purpose of this guide?

To explain the benefits and harms of low-dose computed tomography(CT) screening for lung cancer in people at high risk for the disease. The NLST showed a reduction in deaths from CT screening compared to chest X-ray screening. The Prostate, Lung, Colorectal, and Ovarian Cancer Screening Trial recently showed that chest X-ray screening did NOT reduce the chance of dying from lung cancer.

Who participated in the NLST?

Current or former smokers within the past 15 years, 55 to 74 years of age, with at least 30 pack-years of smoking. Participants must have had no symptoms or scgns of lung cancer or other serious medical conditions.

Study Findings: Low-dose CT versus Chest X-ray

53,454 current and former smokers were randomly assigned to be screened once a year for 3 years with low-dose CT(radiation dose < =3 milligray) or chest X-ray. Results after 6.5 years:

	Low-dose CT		Chest X-ray
Benefit: How did chest CT do versus X-ray			
3 in 1,000 fewer died of lung cancer	18 in 1,000	versus	21 in 1,000
5 in 1,000 fewer died from all causes	70 in 1,000	versus	75 in 1,000
Harm: What problems did CT cause versus X-ray			
223 in 1,000 more had a false alarm	365 in 1,000	versus	142 in 1,000
18 in 1,000 more had a false alarm leading to an invasive procedure.	25 in 1,000	versus	7 in 1,000
1 in 1,000 more had a serious complication from an invasive procedure.	3 in 1,000	versus	1 in 1,000

Summary:

Lung cancer screening with CT scans is the only screening test shown to lower the chance of dying from lung cancer. The effect of screening may vary based on how similar you are to the people who participated in the study. The benefit of screening may be bigger if your lung cancer risk is higher.

For perspective, the reduction in deaths from lung cancer with CT screening is larger than the reduction in deaths from the target cancers of other common screening tests, such as mammograms for breast cancer.

There is a tradeoff: CT screening decreases your chance of death but increases your chance of having a false alarm.

If you choose to have CT screening, it is important to have it done at a medical center with special expertise in lung cancer screening.



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