

## Early Lung Cancer Screening



### Early Screening

If you meet the criteria, make sure to sign up for Early Screening.



### Early Detection

Only 18-20% of eligible high-risk individuals undergo lung cancer screening.



### Earlier Access to Treatment

Only about 28% of lung cancers are currently diagnosed at an early age, where the best outcomes are possible.



### Improved Outcomes

Early detection through screening can lead to a 24% reduction in cancer mortality risk.

## What Else?

- ✓ If eligible, insurance will cover lung cancer screening.
- ✓ If someone has symptoms (like chronic cough, chest pain, coughing up blood), doctors may order diagnostic tests (X-rays, CT scans) that insurance will cover.
- ✓ Many cancers are preventable through regular exercise and a healthy diet.

## Insurance Coverage

**Private Insurance (Affordable Care Act Plans):** Most private insurance plans are required to cover yearly lung cancer screening with low-dose CT (LDCT) at no cost if you meet the guidelines from the U.S. Preventive Services Task Force (USPSTF).

**Medicare (Age 65+ or younger people with certain disabilities):** Federal program (same rules across the US). Covers hospital care, doctor visits, prescriptions, preventative services like lung cancer screening (if you qualify).

**Medicaid (People of all ages with low income, sometimes including kids, pregnant women and people with disabilities):** Joint state & federal program (rules and coverage vary by state). Covers doctor visits, hospital care, long term care, preventative screenings.

### Facts:



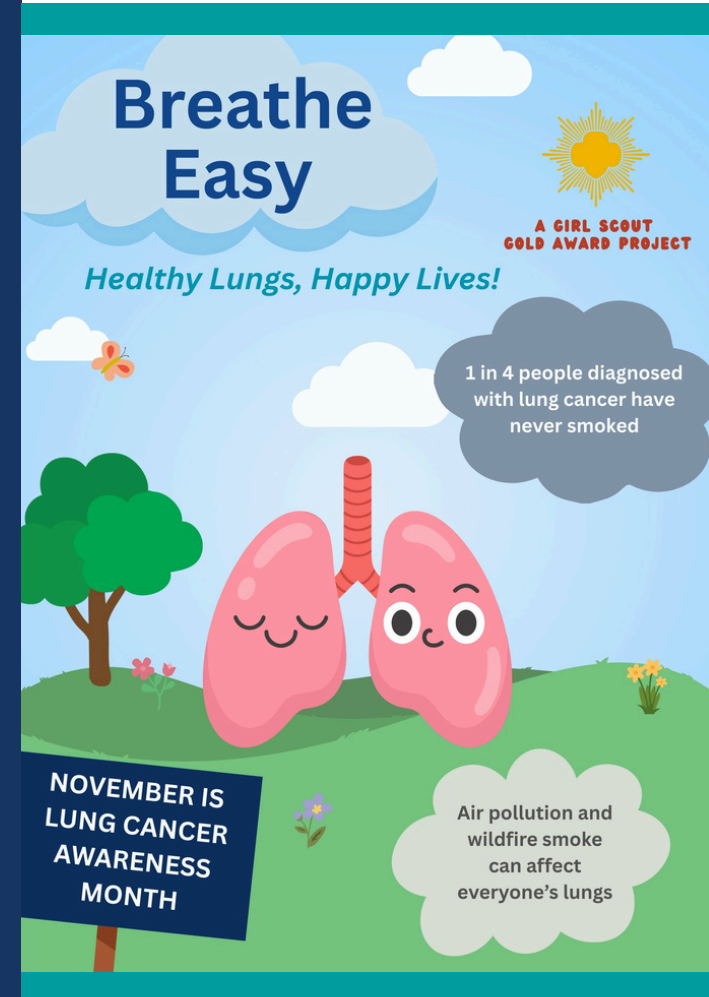
64% is the 5-year survival rate of lung cancer with early detection.



Consuming a diet rich in both fiber and yogurt is associated with a 33% lower risk of developing lung cancer.



29% of Lung Cancer deaths caused by air pollution.





## All About the “Breathe Easy” Lung Cancer Awareness Project

Breathe Easy is a Gold Award project created by Girl Scout Sienna to raise awareness about the **link between air pollution and lung cancer** which is an often overlooked but serious health concern. While most people associate lung cancer with smoking, many don't realize that **prolonged exposure to polluted air, especially in wildfire-prone or high-smog areas, can also be a major risk factor.** Despite this connection, air pollution is not commonly considered in current lung cancer screening guidelines.

This project aims to educate communities about the harmful chemicals in polluted air that can cause long-term damage to lung health, particularly among non-smokers. By sharing resources, hosting informational sessions, and partnering with local health organizations, Breathe Easy encourages early detection and pushes for broader awareness around environmental causes of lung disease.

[www.breatheeasy.org](http://www.breatheeasy.org)

## What is Lung Cancer

**Lung cancer** is a type of cancer that starts as a growth of cells in the lungs and has affected **millions** of people around the world. It is currently the most **common cause of cancer-related deaths.**

While many associate lung cancer primarily with smoking or age, these aren't the only risk factors.

- **Air pollution** – especially in areas impacted by wildfires, poor air quality, industrial pollution – can also play a major role. Harmful chemicals released into the air can be breathed in by anyone, even those who have never smoked.
- This is why it is important to check for lung cancer easy through **early detection**, which can save lives.



## Current Lung Cancer Screening in the United States

### LUNG CANCER SCREENING CRITERIA

Our patients must be:

50-80  
years old





  
**CURRENTLY**  
smoke

or

**QUIT**  
in the last  
**15 YEARS**

Have at least a  
**20-PACK-YEAR**  
smoking history

 X  = **20**  
1 pack per day 20 years pack-year  
history

or  
 X  = **20**  
Or 1/2 pack a day 40 years pack-year  
history



Scan QR code

More resources  
available on our website

[www.breatheeasy.org](http://www.breatheeasy.org)