

LUNG CANCER
CAN AFFECT YOU OR A LOVED ONE.
THAT'S WHY SCREENING
IS IMPORTANT—IT HELPS
FIND CANCER EARLY, WHEN
TREATMENT IS MOST EFFECTIVE.

Lung cancer happens when abnormal cells grow out of control in your lungs.

The recommended way to screen for lung cancer is with a Low-Dose Computed Tomography (LDCT) scan, which uses a significantly lower dose of radiation compared to a regular CT scan.

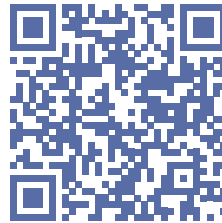
The scan is quick and easy.

During the scan, you will lie on a table that will slide into a CT machine.

A trained technologist will take detailed images of your lungs to check for signs of cancer.

Screening helps track changes over time, improving the chances of early detection and successful treatment.

For more information and resources on Mi'kmaq cancer care, visit:
www.mhwns.ca/programs
or scan the QR code below



LUNG CANCER Screening Program

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CURRENT SCREENING PROGRAM CRITERIA

Due to the high rate of lung cancer in Nova Scotia, the province offers a Lung Screening Program that is available for those who:

- Are between 50 to 74 years old
- Have smoked cigarettes daily for at least 20 years*, or have quit smoking cigarettes, but have smoked for at least 20 years* before quitting

**Note: The 20 years of smoking does not have to be in a row. There may have been times when you didn't smoke.*

SIGNS AND SYMPTOMS

Lung cancer can often develop without noticeable signs or symptoms for years.

However, when signs or symptoms do appear, they may include:

- A cough that has gotten worse or will not go away
- Chest pain
- Shortness of breath
- Wheezing
- Coughing up blood
- Unexplained weight loss, tiredness, or weakness

If you're experiencing any signs or symptoms, talk with a health care professional right away!

HOW THE LUNG SCREENING PROGRAM WORKS

If you meet the screening criteria ask your healthcare provider for a referral or contact the Lung Screening Program directly by calling their toll-free line at 1.833.505.5864 or emailing lungscreening@nshealth.ca.

A Screening Nurse Navigator will assess your risk, answer your questions, and guide you through the next steps. This may include:

- Asking more questions to determine your risk
- Explaining the risk and benefits of screening with a LDCT scan
- Discussing whether an LDCT scan is right for you
- Offer information on ways to lower your risk of lung cancer
- Offer support to help you quit smoking, if you are interested

DID YOU KNOW?

Smoking is the number one risk of lung cancer.

Everyone who contacts the Lung Screening Program will be asked if they smoke.

If you say yes, you will be offered information to help you quit smoking.

If you are not interested in quitting, you can still participate in the program if you meet the criteria.

EARLY DETECTION SAVES LIVES!

For more information or assistance, please contact your community's Health Centre.

You can also visit:

www.nshealth.ca/lungscreening
or scan the QR code below.

