

## After Your Lung Screening

Answering your questions about screening results and quitting smoking

***After your lung screening, a radiologist looks for spots, also known as nodules on your scan.***

These spots indicate small lumps of tissue that many people have. Your lung scan alone cannot tell us whether these spots are scars, areas of inflammation, or cancer in your lungs.

Your next steps are determined by the size and appearance of any spots found during your lung screening, and other details the radiologist notices on your scan.

### **What kind of tests will I get as part of lung screening follow-up?**

Lung screening follow-up may include having more pictures taken of your lungs, a lung biopsy (where a small sample of lung tissue is removed so it can be looked at more closely), or surgery. Your primary care provider can share more details about your follow-up and answer any questions you may have.

### **Why is it important that I return for lung screening when I'm due?**

The risk of lung cancer increases with age. Screening works best when you receive regular lung scans to see if there are any new spots or changes to existing spots since your last scan. Even if you don't have any spots now, you may get them in the future. This is why it's important to return for lung screening whenever you are due.

### **If you currently smoke, and would like to Quit Smoking, here are some resources to help**

Quitting smoking can be hard. However, quitting smoking doubles the benefits of screening, and significantly improves your health. It also improves health outcomes for other tobacco-related diseases including heart attack, stroke and chronic obstructive pulmonary disease (COPD).

### **BC Smoking Cessation Program**

The BC Smoking Cessation Program helps eligible B.C. residents to quit smoking or to use other tobacco products by covering the price of:

Nicotine Replacement Therapy (NRT) Products	Smoking Cessation Prescription Drugs
<p>Each calendar year (from January to December), eligible B.C. residents can receive a single continuous course of treatment with NRTs. This can be for up to 12 weeks (84 days in row). NRT products include specific nicotine gums, lozenges, and patches.</p> <p>You can get NRT products without seeing your primary care provider. You do not need to be registered for Fair PharmaCare. To access NRT products, visit your local pharmacy. You and the pharmacist must both sign a declaration form.</p>	<p>Each calendar year (from January to December), PharmaCare will cover a portion of one prescription smoking cessation drug for a single continuous course of treatment. This can be for up to 12 weeks (84 days in a row).</p> <p>Talk to your primary care provider about whether prescription smoking cessation drugs are right for you. Depending on your medical history, your primary care provider may prescribe one to you, or suggest you to try nicotine replacement therapy or some other smoking cessation plan.</p>

For more information on the BC Smoking Cessation Program, please visit: [www.healthlinkbc.ca](http://www.healthlinkbc.ca).

## Additional Resources to Help You Quit Smoking

**QuitNow:** this is a free program offering telephone based behavioural counselling to those looking to quit, or reduce tobacco and e-cigarette use. QuitNow is delivered by the BC Lung Foundation on behalf of the Government of British Columbia. For more information, please visit: [www.quitnow.ca](http://www.quitnow.ca).

**Respecting Tobacco:** the First Nations Health Authority has developed helpful and supportive resources for the traditional and non-traditional use of tobacco and support with quitting commercial tobacco use. For more information, please visit [www.fnha.ca/respectingtobacco](http://www.fnha.ca/respectingtobacco).

## Understanding Your Results

No Concerning Findings	Low Chance of Cancer
The radiologist did not notice anything of concern from your scan, but regular screening is important to monitor for changes as you age. <b>Next Steps:</b> You will receive a reminder letter when it is time to screen again in two years.	The radiologist considers you to have a low chance of lung cancer, but recommends continued monitoring of your lungs. <b>Next Steps:</b> You will receive a reminder letter when it is time to screen again in one year.
Additional Screening Required	Follow-up Required
The radiologist has noticed some findings from your scan that may be related to inflammation, infection or a need to monitor an area more closely. We would like to check again in 3 months to see if there are any changes. <b>Next Steps:</b> You will be contacted to arrange a follow-up LDCT scan in 3 months.	Your lung scan has revealed some spots that require further investigation. This does not mean that you have cancer, but it is important that you attend all follow-ups. <b>Next Steps:</b> You will be contacted shortly by a chest specialist to arrange for follow-up, which may include more scans or a biopsy.
Findings not related to Lung Cancer	
Your lung scan has revealed findings that are not related to cancer but require follow-up. <b>Next Steps:</b> Your primary care provider will contact you for follow-up.	

### Did you know?

In addition to your lungs, your scan may show abnormalities in surrounding areas, such as your heart. If anything unusual is found in those areas, your results will be sent to your primary care provider who will decide on whether you need more tests.

### What if I'm experiencing symptoms?

If you think you are experiencing these symptoms, speak with your primary care provider right away:

- Coughing that does not go away or gets worse;
- Coughing up blood or rust-coloured sputum (spit or phlegm);
- Shortness of breath or chest pain that is always felt and gets worse with deep breathing or coughing.

### Contact Us

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