

LOW DOSE COMPUTED TOMOGRAPHY FOR LUNG CANCER SCREENING GUIDE



Lung cancer is a common cancer among males in Malaysia and the 3rd most common cancer among the general population.

Early lung cancer can be detected through Low Dose CT scans. However, the best way to prevent lung cancer is to STOP SMOKING.

WHAT IS LOW DOSE COMPUTED TOMOGRAPHY (CT)?

A low dose CT scan is a preventative health check that uses small amounts of radiation to create a detailed 3D picture of your lungs. It helps to find something before you know it's there and before you display any symptoms.



Low dose CT scans are conducted in the radiology department where you will lie on a table and raise your arms above your head. Then the table will slide into the scanner.

LUNG CANCER SCREENING: ARE YOU ELIGIBLE?



**50-80
YEARS OLD**



**CURRENTLY
SMOKING**

OR



**QUIT WITHIN THE
PAST 15 YEARS**

HAVE A LEAST A 20-PACK-YEAR SMOKING HISTORY



**NUMBER OF CIGARETTES
PACKS SMOKED PER DAY**



**NUMBER OF YEARS YOU
SMOKED**



IF YOU HAVE

20

**OR GREATER HISTORY OF
SMOKING**

*If you think you meet all of these criteria, talk to your doctor about being screened once a year for up to three years in a row.

SYMPTOMS OF LUNG CANCER



A new cough that
doesn't go away



Coughing up
blood



Shortness of breath



Chest pain



Hoarseness



Unexplained weight
loss

**LUNG CANCER SCREENING HAS POTENTIAL
BENEFITS AND HARMS.
IF 1,000 ELIGIBLE INDIVIDUALS ARE
SCREENED 3 TIMES, IT IS ESTIMATED THAT:**



779 will have normal low dose CT scans



34 will be diagnosed with lung cancer



167 will have a positive scan and need an extra scan, but will not have lung cancer



13 will need an invasive procedure to rule out after an extra scan



4 will be diagnosed with lung cancer but would not have caused illness or death (over-diagnosis)



Thanks to screening, 3 will not die from lung cancer

Infographic depicting estimated outcomes in the US National Lung Screening Trial in 2019

BENEFITS OF LOW DOSE CT LUNG CANCER SCREENING

1

EFFECTIVE FOR DIAGNOSING LUNG CANCER AT ITS EARLIEST AND MOST TREATABLE STAGE

2

LOWER CHANCES OF DYING FROM CANCER

3

CT IS FAST, PAINLESS AND NON INVASIVE

4

CAN DETECT MANY OTHER LUNG DISEASE AND ABNORMALITIES

FOR MORE INFORMATION OR TO MAKE APPOINTMENT,
PLEASE CONTACT SUNWAY WELLNESS CENTRE.