



# Lung Cancer **Screening**

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## What is Lung Cancer?

Lung cancer is one of the common cancers and the cause of cancer-related deaths all over the world. In India, Lung Cancer constitutes 6.9% of all new cancer cases and 9.3% of all cancer related deaths in both sexes.\*

## Who are at risk of getting Lung Cancer?

People who smoke have the greatest risk of lung cancer, though lung cancer can also occur in people who have never smoked. Over 90% lung cancer cases are of smokers. Passive smoking increases the risk of cancer in non-smokers. Spouse of a smoker is always at risk; also the people who are exposed to a lot of environmental pollution. Several factors may increase your risk of lung cancer. Some risk factors can be controlled while a few cannot be controlled. Below are some common factors which can lead to lung cancer:

- Smoking
- Environmental Pollution
- Exposure to Asbestos (cement)
- Exposure to Radon Gas
- Family History

## What are the symptoms of Lung Cancer?

The most common symptoms of lung cancer include, but are not limited to:

- Pain in the chest, back or shoulders that worsens during coughing, laughing or deep breathing
- Shortness of breath that comes on suddenly and occurs during everyday activities
- Unexplained weight loss

## What is the advantage of Lung Cancer screening?

Lung cancer typically does not show any signs and symptoms in the early stages. Signs and symptoms of lung cancer occurs only when the disease is in its advanced stage. It has one of the poorest survival rates as it is often detected late. Lung cancer screening helps in early detection of the disease which helps in saving almost 20% more lives.



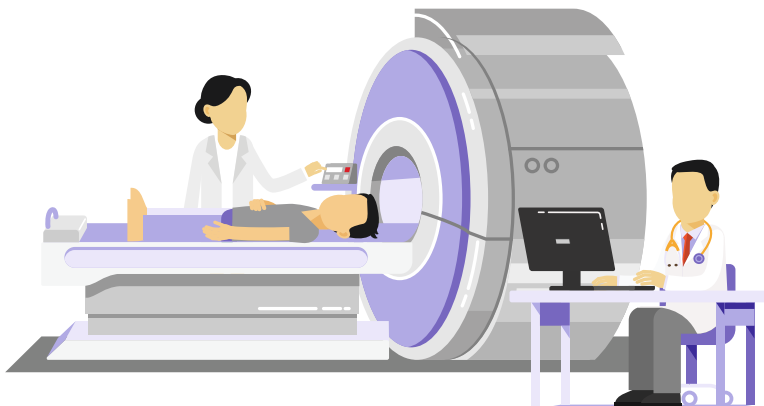
\* Source: [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)

## What is low dose CT scan (LDCT)?

LDCT is an unique CT scan technique that combines special X-ray equipment with sophisticated computers to produce multiple, cross-sectional images of the inside of the body. It produces decent quality images to detect tiny lung nodules with better clarity which may be missed in normal chest X-rays.

### Advantages:

- Short duration (60 seconds)
- No pricks needed



## Low dose CT screening for Lung Cancer

You should be screened for lung cancer if you tick all the boxes given below:

- Age between 55 - 80 years
- Active smoker or have quit smoking in the last 15 years
- Have smoked 25 pack years (1 pack daily x 25 years or 2 packs daily x 12 years)

1 in 10 CT scans show some sort of abnormality which may require further testing. Most common abnormality is nodules. These nodules are mostly benign (not cancerous), but on the basis of their size and character you may need further investigation like a biopsy or repeat CT scan after short duration to check if these nodules are increasing in size or not. Most of the patients are encouraged to meet our lung cancer physicians for optimal advice.

## How much radiation exposure will I get with LDCT?

LDCT detects many abnormalities while using lesser ionizing radiation than a conventional chest CT scan. In fact, it gives half of the radiation than that of a normal CT chest scan. It is within the prescribed normal limits of 3mSv - 5mSv. If you are at a high risk of developing lung cancer, the benefits of early detection outweigh the risks of small radiation due to this test.

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