



NORTH ARKANSAS  
REGIONAL  
MEDICAL CENTER

## FAQ's

### **What is CT screening?**

Computerized tomography (CT) screening uses special X-Ray technology to obtain image data from different angles around the body and then uses computer processing for the information to show a cross section of body tissues and organs.

### **What is the goal of LDCT lung screening?**

The goal of LDCT lung screening is to save lives. Without LDCT lung screening, lung cancer is usually not found until a person develops symptoms. At that time, the cancer may be much harder to treat.

### **How effective is LDCT lung screening at preventing death from lung cancer?**

Studies have shown that LDCT lung screening can lower the risk of death from lung cancer by 20 percent in people who are at high risk.<sup>2</sup>

### **How is the exam performed?**

LDCT lung screening is one of the easiest screening exams you can have. The exam takes less than 10 seconds. No medications are given, and no needles are used. You can eat before and after the exam. You do not even need to get changed as long as the clothing on your chest does not contain metal. You must, however, be able to hold your breath for at least 6 seconds while the chest scan is being taken.

## Smoking Cessation

Quitting smoking can be hard, and you may have even tried to quit in the past. Luckily, there are many resources available to help you on reaching your goal, and North Arkansas Regional Medical Center is here to help you quit.

For more information, call 870-414-4888.

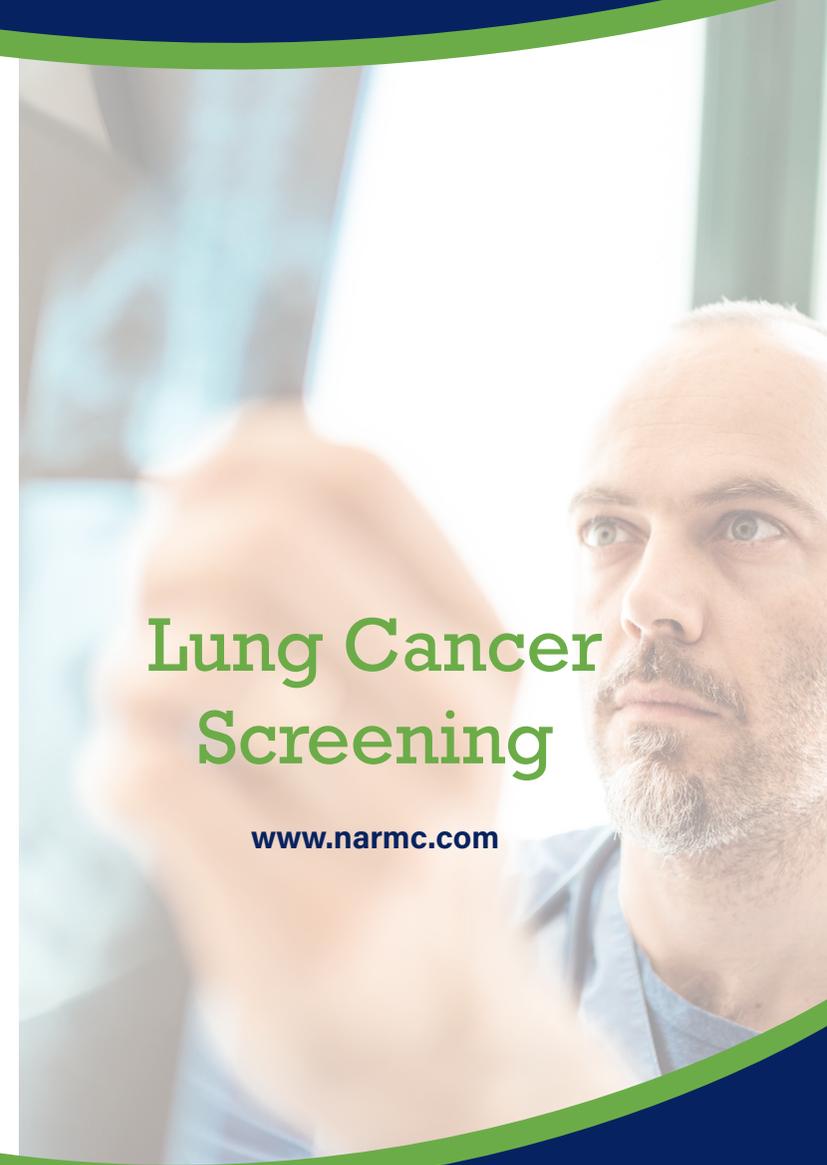


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## Lung Cancer Screening

[www.narmc.com](http://www.narmc.com)





## About the Program

Lung cancer is the leading cause of cancer death for both men and women, resulting in more than 150,000 deaths each year in the United States; a figure that is greater than the mortality rates of breast, prostate and colon cancer combined.<sup>1</sup>

Low dose CT (LDCT) lung screening is quick and easy and results in a minimal amount of radiation exposure. North Arkansas Regional Medical Center is determined to raise awareness and improve access to this testing for all people at high risk. Therefore, we are currently offering LDCT lung screening to individuals who meet the established high-risk criteria.

## Qualification Criteria

LDCT lung screening is recommended for the following groups of people who are at high risk for lung cancer. You may qualify for a LDCT lung screening at North Arkansas Regional Medical Center if you meet the criteria below:

People ages 50-80 years old with:

- History of 20 or more smoking pack years\*
- Currently smoking or quit within the past 15 years.
- No symptoms of lung cancer and no history of any cancer within the last five years.

\*Pack years = # of packs smoked per day x number of years smoked

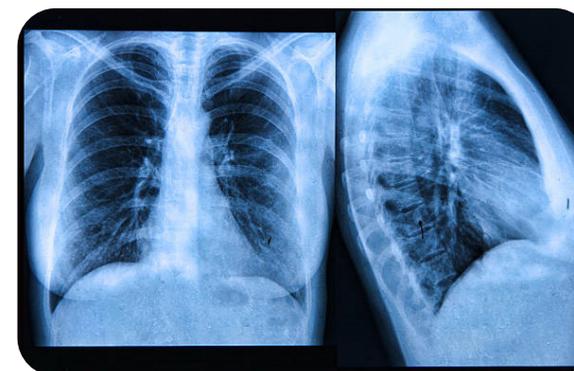
If you meet these criteria, schedule a shared decision making visit with your doctor to discuss your eligibility and the benefits and harms of screening.

<sup>1</sup> American Cancer Society. Cancer Facts & Figures 2014. Atlanta: American Cancer Society; 2014.

<sup>2</sup>The National Lung Screening Trial Research Team. Reduced lung- cancer mortality with low-dose computed tomographic screening. N Engl J Med. 2011; 365:395-409.

## Schedule a Screening

You do not have to be a North Arkansas Regional Medical Center patient to receive a lung cancer screening. However, you must schedule a shared decision making visit with your doctor before your scheduled appointment will be eligible.



Cancers found in early stages are easier to treat and more successful at curing. Get this screening for yourself, for your loved ones.

## Additional Resources

American Cancer Society  
▪ [www.cancer.org](http://www.cancer.org)

American Lung Association  
▪ [www.lung.org](http://www.lung.org)

National Comprehensive Cancer Network  
▪ [www.nccn.org](http://www.nccn.org)