



Learn more about lung cancer screening

Screening is when you get checked for a disease, even though you may have no symptoms and feel okay.

You may qualify for lung cancer screening if you:

- Are **55 to 74** years old, and
- Have smoked cigarettes daily for at least **20 years** in total (even if you're not smoking now)

Screening is being done at hospitals in **Sudbury, Oshawa** and **Ottawa** starting in **April 2017**.

How do I find out if I qualify for lung cancer screening?

Contact your healthcare provider or call the hospital at 1-844-394-1124.

If you qualify, you will need a referral from your healthcare provider. If you don't have a family doctor, we will help you find one.

Why should I get screened for lung cancer?

Lung cancer is one of the most common cancers. In Ontario, it is the number one cancer people die from. Up to **85 percent** of lung cancers are caused by smoking cigarettes.

Regular screening can lower your chance of dying of lung cancer by 20 percent.



What happens during the screening test?

Lung cancer screening is done with a special type of Computed Tomography (CT) scan (also known as a CAT scan) that uses a small amount of radiation. This test is called a "low-dose CT scan." During the scan, you lie on an open table that moves slowly through a large donut-shaped machine that takes pictures of your lungs. The **test only takes a few minutes** and is **not painful**. You will not be given any drugs or needles.

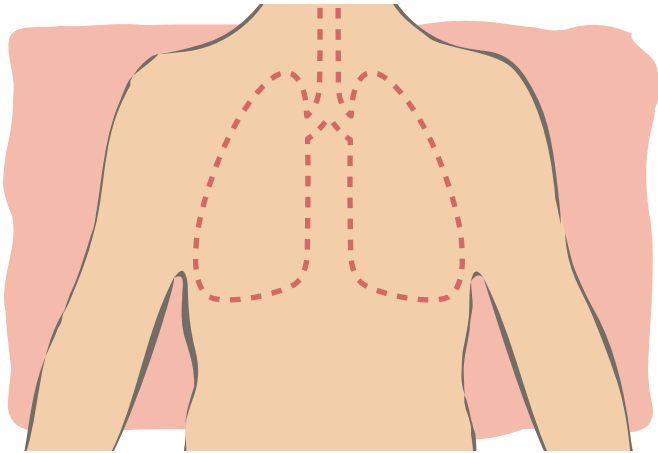
Our hospital staff will be there to support you when you get screened. You can also bring a friend or family member with you.

Screening tests are not perfect and can have risks. It is important to learn about these risks before you choose to get screened. We will tell you about them when we meet with you.

The low-dose CT scan is **free** if you have an Ontario health card.

"I have had to say goodbye to my grandfather and my husband's ataatsiaq, who both died from lung cancer. I need you to ask about lung cancer screening. Taking the time now could give you more years with your loved ones."

— *Dr. Treena Greene, Regional Aboriginal Cancer Lead, Champlain*



Where can I get help to quit smoking cigarettes?

The best way to lower your chance of getting lung cancer and many other diseases is to stop smoking cigarettes.

It can be hard to quit smoking, but many people have done it. You are more likely to succeed if you get help.

If you smoke, we can help you quit, whether or not you qualify for lung cancer screening.

You can also contact **MyQuit** for free support at any time.

- Call 1-877-376-1701 to talk to a **non-judgmental** Quit Coach who can help you make **your own quit plan**, or
- Visit www.myquit.ca

If you are 55 to 74 years old and have smoked cigarettes daily for at least 20 years in total, talk to your healthcare provider or call **1-844-394-1124** to see if you qualify for lung cancer screening.

1-844-394-1124
ottawahospital.on.ca/lungscreening



Champlain
Regional Cancer Program
in partnership with Cancer Care Ontario



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Acrylic on canvas, 24 x 30 inches
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Need this information in an accessible format?

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