

Pulmonary Nodules

A Small Problem for Many, Severe Distress for Some, and How to Communicate About It

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e-Appendix 1. Sample information letter.

Date

Dear *** :

Your recent chest x-ray / CT scan on **XX/YY/ZZ** found a small lung nodule measuring **XX** millimeters.

Most small lung nodules are not lung cancer, but a few grow into lung cancer. Therefore, we recommend closer follow-up of your lungs. If it is a cancer, finding and treating it early can save your life.

Nodules are very common. They are often caused by scar tissue, a healed infection, or some other irritant from the air. Nodules can be a very early form of lung cancer but more than 95 percent are not lung cancer.

The best way to tell if a small nodule is lung cancer is to see if it changes on another CT scan. The radiologist recommended that we repeat your CT scan in **XX months**.

Many people are worried after hearing about their nodule and want more information about the nodule and how the decision was made to get another CT scan.

If you want more information on lung nodules, you can go to:

<https://www.thoracic.org/patients/patient-resources/resources/lung-nodules-online.pdf>

You can also call **XXX-YYY-ZZZZ** or message us through **XXXX** with all your questions or concerns about your lung nodule.

Small nodules don't cause problems but if you develop new symptoms, like worse shortness of breath, more coughing, or coughing up blood, please contact us right away.

Finally, if you are still smoking, we encourage you to quit. We know that quitting cigarette smoking is difficult but quitting is the best way to improve your health and lower your chance to get lung cancer in the future. There are many resources to help you. When you want help, let us know. You can also call **1-855-QUIT-NOW** (1-855-784-8669), or visit **<https://www.cdc.gov/tobacco/>**.

Your next CT scan is ordered for **XX/YY/ZZ**. Please call **XXX-YYY-ZZZZ** to schedule your appointment.

Sincerely,