

Appendix A. Decision aid used in pre-screening shared decision making consultations.

FREQUENTLY ASKED QUESTIONS ABOUT LUNG CANCER SCREENING

What is LDCT screening?

- ✓ LDCT, or Low Dose Computed Tomography, is a special type of X-ray also known as a “CAT scan,” that takes very detailed pictures of organs inside the body, such as the lungs.
- ✓ “Screening” means testing whether a person might have a disease, even if he or she doesn’t know it.

Why should I consider LDCT screening?

- ✓ Your smoking history and age put you at increased risk of developing lung cancer.
- ✓ Lung cancer is usually a fatal disease: most patients (>80%) with lung cancer die from it.
- ✓ Lung cancer is a “silent killer”: most people don’t know they have it until it’s too late—after it’s had a chance to grow and spread.

What are the pros or benefits of LDCT screening?

- ✓ Aside from stopping smoking, LDCT is the only way to lower your risk of death from lung cancer.
- ✓ LDCT screening can discover lung cancer at an early stage, when it can still be effectively treated.
- ✓ LDCT screening can reduce a person’s chances of dying from lung cancer by about 3/1000 (or less than 1%) over the next 6-7 years.
- ✓ LDCT is simple to do, requires very little time, and involves no discomfort.

What are the cons or harms of LDCT screening?

- ✓ LDCT is not a perfect test:
 - Many people (25%) will receive a “false alarm,” or falsely abnormal result from LDCT—that is, the LDCT will indicate they may have lung cancer or other problems, even when they are healthy:
 - <2% will have a false alarm resulting in an invasive procedure (bronchoscopy, lung biopsy, surgery).
 - <1% will have a false alarm resulting in a major complication from invasive procedures.
 - Some people (5%) will receive “false reassurance,” or a falsely normal result from LDCT—that is, the LDCT will indicate they are healthy, even when they actually have cancer.
- ✓ LDCT exposes people to a small amount of radiation that might slightly increase the risk of cancer.

Should I have LDCT screening?

- ✓ Although research shows that LDCT screening saves lives, it’s not possible to say whether you or any individual person will be helped or harmed by screening.
- ✓ LDCT screening is a personal choice that you need to make based on how you weigh the pros and cons.