

Lung cancer

“In the past, there wasn’t a lot that could be done to cure a person with lung cancer because it was often found at a later stage. Now there is a test to find lung cancer early when treatment has a better chance of working.”

Dr. Gail Darling, Leading Lung Surgeon,
Toronto General Hospital

You may qualify for lung cancer screening in the OLSP if you are 55 to 74 years old and have smoked cigarettes every day for at least 20 years (it does not have to be 20 years in a row, which means there could be times when you did not smoke).

Contact your health care provider or an OLSP site hospital to find out if you qualify to get checked for lung cancer screening. Call **1.866.662.9233** or visit **cancercareontario.ca/lungscreeninglocations** to get the names of the OLSP site hospitals you can contact.

Where can I get help to quit smoking cigarettes?

People who stop smoking greatly reduce their risk of getting disease, including cancer, and dying early.

Quitting can be hard, but it is possible, and someone is more likely to quit if they get help. If you are a smoker and come to one of the OLSP site hospitals, you will be offered services to help you quit smoking. If you end up not qualifying for lung cancer screening, you will still be offered services.

Services offered by OLSP sites to help quit smoking are free.

You can also contact the following services directly for support:

- Telehealth Ontario: **1.866.797.0000**
- Smokers' Helpline: **SmokersHelpline.ca**

Need this information in an accessible format?

1-877-280-8538, TTY 1-800-855-0511,
info@ontariohealth.ca
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Screening is being done at a few OLSP site hospitals. To find out more about these services, contact an OLSP site hospital screening navigator.



Love your Lungs

LEARN MORE ABOUT
LUNG CANCER SCREENING

Are you at risk?

Cancer screening is testing done on people who are at risk of getting cancer, but who generally feel fine.

You may qualify for lung cancer screening if you:

- **Are 55 to 74 years old; and**
- **Have smoked cigarettes every day for at least 20 years (it does not have to be 20 years in a row, which means there could be times when you did not smoke).**

Screening is being done at a few Ontario Lung Screening Program (OLSP) site hospitals.



If you are at high risk of getting lung cancer, getting screened regularly can greatly lower your risk of dying from lung cancer.

Why should I get screened for lung cancer?

Lung cancer is one of the most common cancers, and is the most common cause of cancer death in Ontario. Smoking is the biggest risk factor for lung cancer.

If you are at high risk of getting lung cancer, getting screened regularly can greatly lower your risk of dying from lung cancer.

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

Contact your health care provider (for example, your doctor or nurse practitioner) or an OLSP site hospital. Call **1.866.662.9233** or visit **cancercareontario.ca/lungscreeninglocations** to get the names of OLSP site hospitals you can contact.

If you qualify, your health care provider will have to fill out a form, called a “referral form”. If you do not have a health care provider, the hospital will help find you one so you can get screened.



What happens during the screening test?

People who are at high risk of getting lung cancer and qualify to get screened will be offered a special type of computed tomography (CT) 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 passes through a large donut-shaped machine called a “scanner”. The scanner uses a small amount of radiation to take detailed pictures of your lungs. The **test only takes a few minutes** and **is not painful**. There are no medications or needles given during the test.

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, so it is important to understand these risks before deciding 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.