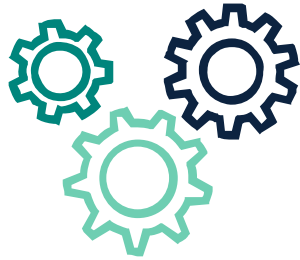




# Lung Cancer Screenings: What Employees Should Know

# Objectives

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Understand the benefits of annual lung cancer screenings for high-risk patients<sup>1,2</sup>



Emphasize the importance of aligning to the updated US Preventive Services Task Force recommendations for lung cancer screening eligibility<sup>3</sup>



Identify resources that you can provide to your employees to educate them on the importance of annual screening for lung cancer in high-risk patients<sup>1,2</sup>

1. American Lung Association. Last revised October 21, 2022. Accessed November 15, 2022. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer/resource-library/lung-cancer-fact-sheet> 2. National Cancer Institute. Cancer Stat Facts: Lung and Bronchus Cancer. Accessed January 18, 2023. <https://seer.cancer.gov/statfacts/html/lungb.html> 3. US Preventive Services Task Force issues final recommendation statement on screening for lung cancer. US Preventive Services Task Force Bulletin. Published March 9, 2021. Accessed January 12, 2023. [https://www.uspreventiveservicestaskforce.org/uspstf/sites/default/files/file/supporting\\_documents/lung-cancer-newsbulletin.pdf](https://www.uspreventiveservicestaskforce.org/uspstf/sites/default/files/file/supporting_documents/lung-cancer-newsbulletin.pdf)

# The Impact of Lung Cancer

# Approximately 1 in 5 of All Cancer Deaths Are Attributed to Lung Cancer, Making It the Leading Cause of Cancer Deaths Among Men and Women in the United States<sup>1</sup>

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The American Cancer Society's estimates for lung cancer in the United States for 2023 are<sup>2</sup>:

**238,340**

**new cases** of lung cancer (117,550 men and 120,790 women)



**127,070**

**deaths** from lung cancer (67,160 men and 59,910 women)

1. American Cancer Society. Last revised January 12, 2023. Accessed January 20, 2023. <https://www.cancer.org/cancer/lung-cancer/about/key-statistics.html> 2. American Cancer Society. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2021/cancer-facts-and-figures-2023.pdf>

# US Preventive Services Task Force Recommendations for Lung Cancer Screening<sup>1</sup>

**The US Preventive Services Task Force issued a recommendation statement for annual lung cancer screenings with low-dose computed tomography in 2021<sup>1</sup>:**

**The recommendations have been updated to adults who meet all 3 of the following criteria:**

- ✓ Age between 50 and 80 years old
- ✓ Currently smoke cigarettes, or have quit within the past 15 years<sup>a</sup>
- ✓ A smoking history of at least 20 pack-years<sup>b</sup>

<sup>a</sup>Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability to have lung surgery.<sup>2</sup>

<sup>b</sup>A pack-year is the number of packs of cigarettes a person smoked per day multiplied by the number of years they have smoked.<sup>3</sup>

**Based on the updated US Preventive Services Task Force recommendations, up to 14.5 million individuals now meet the high-risk criteria for annual lung cancer screening.<sup>4</sup>**



1. US Preventive Services Task Force issues final recommendation statement on screening for lung cancer. US Preventive Services Task Force Bulletin. Published March 9, 2021. Accessed January 12, 2023. [https://www.uspreventiveservicestaskforce.org/uspstf/sites/default/files/file/supporting\\_documents/lung-cancer-newsbulletin.pdf](https://www.uspreventiveservicestaskforce.org/uspstf/sites/default/files/file/supporting_documents/lung-cancer-newsbulletin.pdf) 2. US Preventive Services Task Force (USPSTF). Screening for lung cancer. US Preventive Services Task Force Recommendation Statement. JAMA. 2021;325(10):962-970. 3. National Cancer Institute. Pack year. Dictionary of Cancer terms. Accessed January 19, 2023. <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/pack-year> 4. Nelson R. March 9, 2021. Accessed October 28, 2022. <https://www.medscape.com/viewarticle/947102>

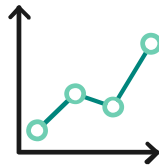
# The Unequal Impact of Lung Cancer in the United States

Lung cancer is the leading cause of cancer death among men and women<sup>1</sup>

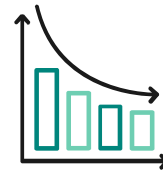
Black men have a **15% higher** mortality rate from lung cancer than White men

The 5-year overall survival rate is slightly **lower** for Black men and women overall at **20%** vs White people at **22%**

**Additional studies demonstrate that even when lung cancer is diagnosed at the early stage, Black people are less likely than White people to receive surgery, which is the most effective treatment for survival<sup>2</sup>**



Black men are diagnosed with lung cancer at a rate 12% higher than that for White men<sup>2</sup>



Hispanic patients are less likely to be diagnosed with localized disease at 22% compared to 25% in non-Hispanic White people



The 2021 updated US Preventive Services Task Force recommendations were revised to capture additional people in the high-risk population. This has expanded eligibility for more people, including women and Black people<sup>4</sup>

1. American Cancer Society. Last revised January 12, 2023. Accessed January 20, 2023. <https://www.cancer.org/cancer/lung-cancer/about/key-statistics.htm>

2. American Cancer Society. Published 2022. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/cancer-facts-and-figures-for-african-americans/2022-2024-cff-aa.pdf>

3. American Cancer Society. Published 2021. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/cancer-facts-and-figures-for-hispanics-and-latinos/hispanic-latino-2021-2023-cancer-facts-and-figures.pdf>

4. US Preventive Services Task Force issues final recommendation statement on screening for lung cancer. US Preventive Services Task Force Bulletin. Published March 9, 2021. Accessed January 12, 2023. [https://www.uspreventiveservicestaskforce.org/uspstf/sites/default/files/file/supporting\\_documents/lung-cancer-newsbulletin.pdf](https://www.uspreventiveservicestaskforce.org/uspstf/sites/default/files/file/supporting_documents/lung-cancer-newsbulletin.pdf)

# The Importance of Early Screening/Detection<sup>1,2</sup>

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When cancer is found only in the part of the body where it started, it is considered localized; if it has spread to a different part of the body, it is considered regional or distant<sup>2</sup>



In the United States, data from 2012-2018 revealed that only **19% of people diagnosed with lung cancer had early-stage disease**, while **77%** of people diagnosed had either regional or distant disease<sup>2</sup>



Lung cancer is most commonly detected when symptoms have developed, which usually do not appear until the cancer is advanced<sup>2,3</sup>

**Encourage employees at high risk for lung cancer to talk to their health care provider even if they do not currently have any symptoms.<sup>4</sup>**

1. American Lung Association. Last revised October 21, 2022. Accessed November 15, 2022. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer/resource-library/lung-cancer-fact-sheet> 2. National Cancer Institute. Accessed January 18, 2023. <https://seer.cancer.gov/statfacts/html/lungb.html> 3. American Cancer Society. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2023/2023-cancer-facts-and-figures.pdf> 4. US Preventive Services Task Force issues final recommendation statement on screening for lung cancer. US Preventive Services Task Force Bulletin. Published March 9, 2021. Accessed January 12, 2023. [https://www.uspreventiveservicestaskforce.org/uspstf/sites/default/files/file/supporting\\_documents/lung-cancer-newsbulletin.pdf](https://www.uspreventiveservicestaskforce.org/uspstf/sites/default/files/file/supporting_documents/lung-cancer-newsbulletin.pdf)

# Common Risk Factors for Lung Cancer

While anyone can get lung cancer, a person's risk increases when they meet  $\geq 1$  of the following criteria<sup>1,a</sup>:



Currently smoke or have smoked in the past<sup>1</sup>



Have exposure to secondhand smoke<sup>1</sup>



Have a family history of lung cancer, such as a parent or sibling<sup>1</sup>

<sup>a</sup>The above list does not include all risk factors for lung cancer.

**Most lung cancers do not cause any symptoms until they have spread, but some people with early lung cancer do have symptoms.<sup>2</sup> It is critical for individuals eligible under the updated US Preventive Services Task Force recommendations who are at high risk but without symptoms to be screened annually, as lung cancer diagnosed at an earlier stage is more likely to be successfully treated.<sup>3</sup>**

1. American Cancer Society. Last revised January 12, 2023. Accessed January 20, 2023. <https://www.cancer.org/cancer/lung-cancer/causes-risks-prevention/risk-factors.html>

2. American Cancer Society. Last revised October 1, 2019. Accessed January 18, 2023. <https://www.cancer.org/cancer/lung-cancer/detection-diagnosis-staging/signs-symptoms.html>

3. American Lung Association. Last revised October 21, 2022. Accessed November 15, 2022. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer/resource-library/lung-cancer-fact-sheet>



# According to the American Lung Association, Only 5.8% of Americans at a High Risk for Lung Cancer Were Screened in 2021<sup>1</sup>

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## The low rate of screening may be due to:



People being unaware of the potential benefits of yearly lung cancer screenings<sup>2-4</sup>

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Concern that this preventative care may not be covered by insurance<sup>5</sup>

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Fear or anxiety from the lung cancer screening process<sup>6</sup>

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Health care providers not being aware of the updated US Preventive Services Task Force recommendations for lung cancer screening<sup>4</sup>

1. American Lung Association. Updated November 4, 2022. Accessed November 15, 2022. <https://www.lung.org/research/state-of-lung-cancer/key-findings>. 2. American Lung Association. Last revised October 21, 2022. Accessed November 15, 2022. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer/resource-library/lung-cancer-fact-sheet> 3. National Cancer Institute. Cancer Stat Facts: Lung and Bronchus Cancer. Accessed January 18, 2023. <https://seer.cancer.gov/statfacts/html/lungb.html>. 4. Coughlin JM, Zang Y, Terranella S, et al. Understanding barriers to lung cancer screening in primary care. *J Thorac Dis*. 2020;12(5):2536-2544. 5. Wang GX, Baggett TP, Pandharipande PV, et al. Barriers to lung cancer screening engagement from the patient and provider perspective. *Radiology*. 2019;290(2):278-287. 6. Patel J. What is scanxiety? How people with cancer and survivors can cope. Cancer.Net. Published October 28, 2021. Accessed February 9, 2023. <https://www.cancer.net/blog/2021-10/what-scanxiety-how-people-with-cancer-and-survivors-cancope#:~:text=For%20people%20who%20have%20had,call%20these%20feelings%20%E2%80%9Cscanxiety.%E2%80%9D>.

# Screening for Lung Cancer

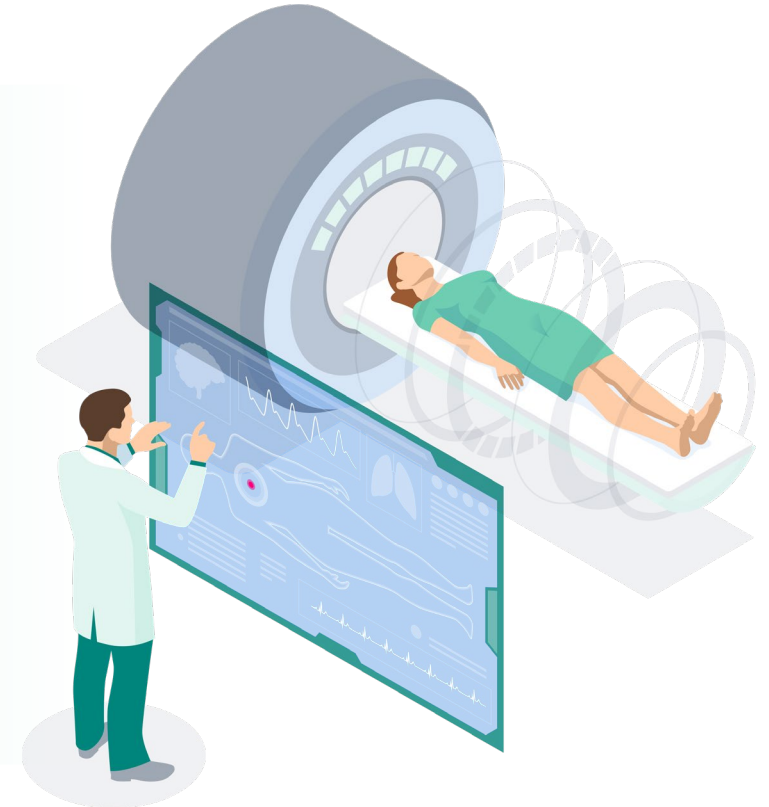
# Understanding Lung Cancer Screenings

A low-dose computed tomography (LDCT) scan is recommended as a screening test for adults with a high risk of developing lung cancer based on age and smoking history<sup>1</sup>

LDCT scans use a computer linked to an X-ray machine to create a series of detailed 3D pictures of areas inside the body.<sup>1</sup>

This LDCT is one of the easiest screenings. It takes less than 10 minutes to complete and does not require any medications or needles to perform.<sup>2</sup>

Compared with single-view chest X-ray screening, screening by LDCT scanning is associated with a 20% lower risk of death from lung cancer for those at risk.<sup>2</sup>



1. National Cancer Institute. Low-dose CT scan. Dictionary of cancer terms. Access June 21, 2022. <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/low-dose-ct-scan>  
2. The University of Kansas Cancer Center. Low-dose CT scan FAQ. Accessed June 13, 2022. <https://www.kucancercenter.org/cancer/cancer-types/lung-cancer/lung-cancer-diagnosis-screening/low-dose-ct-faq>

# Values of Preventative Care

A 2021 study concluded that the updated US Preventive Screening Task Force recommendations for lung cancer screenings have been shown to be **cost-effective** compared to the recommendations provided in 2013, with an **increased mean incremental cost-effectiveness rate of \$72,564 per quality-of-life year**.<sup>1</sup>

This **increased cost-effectiveness resulted in a 2.6% greater reduction in lung cancer mortality**, or more than 100 patient lives, through the use of low-dose CT scans.<sup>1</sup>

**Low-dose CT scans for lung cancer have compared favorably to other established screening exams in terms of cost-effectiveness.**<sup>3</sup>



In 2015, the National Institutes of Health estimated<sup>2</sup>:

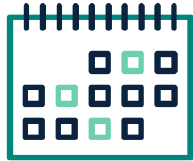
- A **productivity loss of \$36.1 billion** caused by premature lung cancer death



1. Toumazis I, de Nijs K, Cao P, et al 2021 et. Cost-effectiveness evaluation of the 2021 US preventive services task force recommendation for lung cancer screening. *JAMA Oncol.* 2021;7(12):1833-1842.  
2. America Lung Association. Accessed October 31, 2022. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer/resource-library/lung-cancer-fact-sheet> 3. GO2 Foundation. Accessed November 15, 2022. <https://go2foundation.org/for-professionals/cost-effectiveness-of-lung-cancer-screening/>

# Opportunities for Employers to Support Their Employees

# How Employers Can Embrace Awareness and a Proactive Approach to Health



Help employees understand the benefits of lung cancer screening and that lung cancer may be more successfully treated when found early<sup>1,2</sup>

Emphasize the importance of screening annually per the US Preventive Screening Task Force screening guidelines and encourage employees to take control of their health<sup>3</sup>



Increase awareness of resources that can educate employees about lung cancer screening

Emphasize the ease of the screening process and clarify that it does not involve needles or require medication<sup>4</sup>



1. American Lung Association. Last revised October 21, 2022. Accessed November 15, 2022. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer/resource-library/lung-cancer-fact-sheet> 2. National Cancer Institute. Cancer Stat Facts: Lung and Bronchus Cancer. Accessed January 18, 2023. <https://seer.cancer.gov/statfacts/html/lungb.html> 3. US Preventive Services Task Force issues final recommendation statement on screening for lung cancer. US Preventive Services Task Force Bulletin. Published March 9, 2021. Accessed January 12, 2023. [https://www.uspreventiveservicestaskforce.org/uspstf/sites/default/files/file/supporting\\_documents/lung-cancer-newsbulletin.pdf](https://www.uspreventiveservicestaskforce.org/uspstf/sites/default/files/file/supporting_documents/lung-cancer-newsbulletin.pdf) 4. The University of Kansas Cancer Center. Low-dose CT scan FAQ. Accessed January 20, 2023. <https://www.kucancercenter.org/cancer/cancer-types/lung-cancer/lung-cancer-diagnosis-screening/low-dose-ct-faq>

# Encourage Your Employees to Continue Their Regular Health Care Visits and Screenings, for Appropriate Employees, for Lung Cancer

To learn more about lung cancer and lung cancer screenings, including why patients who have never experienced signs or symptoms of lung cancer and who are eligible for screening under the updated US Preventive Services Task Force recommendations should still be screened annually,<sup>1</sup> please visit the resources below.

Additional resources and information can be found at:



<https://www.alcsi.org/> 



[lungcancerresearchfoundation.org](https://lungcancerresearchfoundation.org) 

1. US Preventive Services Task Force issues final recommendation statement on screening for lung cancer. US Preventive Services Task Force Bulletin. Published March 9, 2021. Accessed January 12, 2023. [https://www.uspreventiveservicestaskforce.org/uspstf/sites/default/files/file/supporting\\_documents/lung-cancer-newsbulletin.pdf](https://www.uspreventiveservicestaskforce.org/uspstf/sites/default/files/file/supporting_documents/lung-cancer-newsbulletin.pdf)