



BlueResourceSM – Healthy Lifestyle – Finding Lung Cancer Early

Let's Clear the Smoke About Screening

Lung cancer is sneaky — and deadly. It's the leading cause of cancer deaths in adults. Often, there aren't any symptoms until it has spread. Annual screening can find cancer early and save your life. Take these steps.

Be honest about your smoking history. Tally up your cigarette use. If you smoke now, smoked a pack a day for 20 years, or two packs a day for 10 years, get screened.

Get screened even if you've stopped smoking. Don't blow off screening. You're still at risk if you smoked one or two packs a day in the last 15 years.

Ask for the right kind of screening. Talk with your doctor about low-dose computed tomography. Studies show LDCT lowers the risk of dying in smokers.

Keep it up. Be diligent about screening. Experts advise smokers and former smokers between the ages of 50 and 80 to be tested each year.



Get screened to find lung cancer as early as possible.

Sources: *Is Lung Cancer Screening Right for Me?* American Lung Association. 2024.
Lung Cancer Screening. NIH National Cancer Institute. 2023.

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