

American Indians and lung cancer

American Indian and Alaska Natives are at a high risk for lung cancer. Lung cancer is the leading cause of cancer death.

In some regions, like Alaska, the Northern Plains and the Southern Plains, American Indians have higher rates of lung cancer and lung cancer death than other groups.

Smoking cigarettes is the #1 cause of lung cancer. Quitting smoking is the best way to prevent lung cancer.

For smokers and former smokers, screening saves lives by catching lung cancer early, before it is deadly.

Where can I get screened?

- Talk to your doctor about the best place to get screened.
- Screening should be done with a low-dose CT scan. In the past, chest X-rays were sometimes used to screen for lung cancer, but this is not effective.
- These websites can help you find the right place to be screened:

Lung Cancer Alliance

lungcanceralliance.org/am-i-at-risk/where-should-i-be-screened/lung-cancer-screening-centers/

ACR Accredited Facility Search

acraccreditation.org/accruited-facility-search
(Search Designation: Lung Cancer Screening Center)

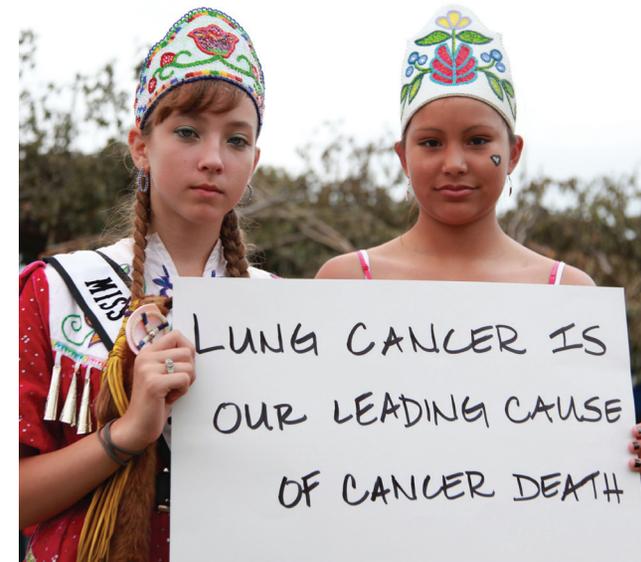
- This website has resources that can help you understand your choices if you are diagnosed with lung cancer:

Caring Ambassadors Lung Cancer Choices

lungcancercap.org



Lung Cancer Screening *Be Aware. Take Action.*



American Indian
Cancer Foundation.

AmericanIndianCancer.org



Screening saves lives.

We know it works for breast, prostate, cervical and colon cancers. Now we know it works for lung cancer, too.



Who should be screened?

Anyone who can say “yes” to all three of these questions

1. Are you 55-80 years old?

NO

YES

2. Have you smoked 30 pack years?
(a pack a day for 30 years or two packs a day for 15 years)

NO

YES

3. Do you still smoke or have quit within the last 15 years?

NO

YES

Not Eligible

Eligible

Talk with your doctor about whether screening is right for you.

Your conversation should start with: *How do I stop smoking?*



Screening FAQs

Your doctor can help answer these questions in more detail.

What are the risks?

- Screening isn't perfect, but it saves lives by finding cancer early. Your doctor can help you understand the pros and cons.

Is screening covered by insurance?

- Most insurance plans cover lung cancer screening if you are eligible.
- Contact your insurance plan to find out if you are covered.

If I get screened, can I keep smoking?

- Even if it shows you don't have lung cancer, quitting smoking is the best way to prevent cancer and save your life.
- Smoking leads to many types of cancers, not just lung cancer.
- No matter how long you've smoked, quitting is the best step you can take to prevent lung cancer.

How do I stop smoking?

- You have options!
- Most clinics have medications and counseling available to help you quit.
- Your insurance plan also has options.
- **Quitline:** 1-800-QUIT-NOW
- **Quit Connections:** an online support group for American Indians on Facebook. Join at: [Facebook.com/groups/quitconnections](https://www.facebook.com/groups/quitconnections)