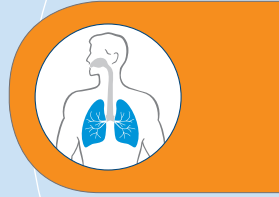




U.S. Department of Veterans Affairs
Veterans Health Administration
Patient Care Services
Health Promotion and Disease Prevention



My Lung Cancer Screening Did Not Show Lung Cancer: *Now What?*

Your lung cancer screening low-dose Computed Tomography (LDCT) scan did NOT show lung cancer. Now what?

- This result does not mean that you will never get lung cancer.
- The goal of screening for lung cancer is to identify the cancer at an early, more treatable stage. You have been screened because you are at increased risk of lung cancer. Talk with your health care team about when you should be screened again.

What can I do to decrease my risk?

- If you have stopped smoking, you have already taken the most important step to decrease your risk for lung cancer and other illnesses.
- You can also decrease your risk by not being around others while they are smoking. This may be a good time to encourage those around you to consider quitting, as well.
- If you are still smoking, quitting now will lower your chance of developing lung cancer in the future.
- Quitting smoking is also the most powerful thing you can do to lower your chances of having or dying from a variety of diseases, such as heart disease, stroke, and other cancers.
- By quitting, you can also protect the health of those you care about, by reducing their exposure to secondhand smoke and reducing their risk for a number of illnesses, as well.

It's never too late to quit smoking, because you will see improvements in your health at any age.

Help to quit smoking for good is available!

Quitting smoking isn't easy and many smokers who want to quit have tried many times before. The good news is that we know more now about what helps smokers quit than we ever have.

- If you think that you may be ready to talk with someone about quitting smoking, or if you need help to remain smoke free, make an appointment to talk with your health care team about what is available to help you quit.
- Someone on your health care team can help you by providing information about setting a quit date, getting support, and providing a prescription for smoking cessation medications as part of your quit attempt.
- You and a member of your health care team can discuss a treatment plan that will meet your needs and that can include resources, such as a smoking cessation class or group, a telephone counseling quit line, online resources, or a referral to a member of your health care team who can help you with quitting.

You don't have to quit smoking on your own, the VA can help!

Ask your provider when you should get your next LDCT scan.

REMEMBER: The best way to prevent lung cancer is to STOP SMOKING. If you are still smoking, talk with your VA health care team and call 1-855-QUIT VET (1-855-784-8838). WE CAN HELP!

FOR MORE INFORMATION ONLINE:

- VHA National Center for Health Promotion and Disease Prevention:
<http://www.prevention.va.gov>
- VHA Tobacco & Health: Policy and Programs:
<http://www.publichealth.va.gov/smoking/>
- Quit VET, Veterans Smoking Quitline
1-855-QUIT VET (1-855-784-8838)
8 am–8 pm, Monday–Friday (ET)
Counseling is available in English and Spanish
- SmokefreeVET
Text Message Program
Text the word VET to 47848 or sign up at
<http://www.smokefree.gov/VET>
- A government Web site with online resources to help you quit*: <http://www.smokefree.gov>
- Healthfinder — Quit Smoking*:
<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicId=24>

* Indicates that the link leads to a non-VA Web site.
The VA is not responsible for content on the site.

For more information, please contact your local VA Medical Center or Health Clinic.