

# Smoking Cessation

We continue to encourage everyone who smokes to quit. Quitting smoking is the best defense against lung cancer.

We recommend the following resources to help you:

- [PHCS Community Education and Outreach Freedom From Smoking®](#)  
An eight-week program led by American Lung Association-trained Facilitators in a small group setting. To register, call 1.888.897.8979.
- [National Cancer Institute's Cancer Information Service](#)
- [American Cancer Society Quit For Life Program](#)
- [New Jersey State Funded Cessation Services \(FREE TO THE PUBLIC\)](#)  
NJ Quitline: 1.866.NJSTOPS (866.657.8677)
- [Mom's Quit Connection 888.545.5191](#)  
Free telephone or face-to-face cessation counseling for pregnant and parenting women and families.

The health information provided in this brochure is for general education purposes and is not intended to constitute medical advice. The information should not be used for diagnosis or treatment, nor should it be used to replace the advice of licensed healthcare professionals. Health concerns or questions should be discussed with your physician. If you have any concerns about your health, please contact your healthcare provider.



# Lung Cancer Screening



# Lung Cancer Screening

Lung cancer is the leading cause of cancer death in the United States, killing more people annually than breast, prostate and colon cancers combined. A study by the National Cancer Institute (NCI) released in August 2011 has identified that low-dose radiation CT scans (LDCT) are better than traditional chest X-rays for detecting lung tumors. Scans like those offered at University Medical Center of Princeton (UMCP) and Princeton Radiology Associates can identify lung cancer nodules in high-risk individuals before symptoms begin and can help to save lives.

Usually the earlier lung tumors can be found, the easier they are to treat successfully.





## Are You at Risk?

Based on the results from the National Lung Screening Trial (NLST), lung cancer screening is recommended for:

- **Current or former smokers aged 55-74 who have a smoking history of 30 or more pack years (the number of cigarette packs smoked per day multiplied by the number of years smoking) but do not have a history of lung cancer.**

If you think you are a candidate for a CT scan to screen for lung cancer based on the criteria above, please talk with your doctor about the potential benefit of CT screening for your particular circumstance.

## Next Steps

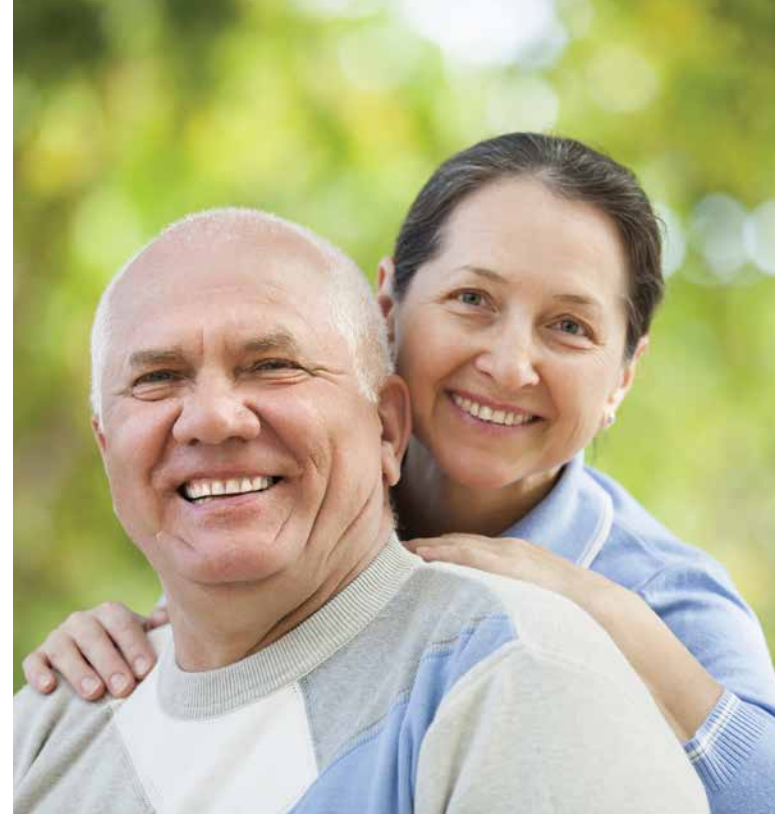
If you meet the screening program criteria above, your primary care physician will need to write an order for you to have a LDCT lung screening. The next step is to call UMCP's Central Scheduling Department at 609.497.4040. A screening questionnaire will be completed over the phone to confirm if you meet the screening program criteria above. Once confirmed, you will be scheduled to receive a discounted screening through this program.

## Fees

We recognize the importance of early detection in ensuring the best outcomes for patients with lung cancer, and are offering the screening to those who are at a high-risk at no cost to the patient.

## What to Expect During the Exam

The technologist begins by positioning you on the CT examination table, usually lying flat on your back. Pillows may be used to help you maintain the correct position and to help you remain still during the exam. The table will move slowly through the CT machine as the actual scanning is performed. You will be asked to hold your breath during the scanning. When the examination is completed, you will be asked to wait until the technologist verifies that the images are accurate. The actual CT scanning takes less than 10 seconds, but the entire appointment process is usually completed within one hour.



## Your Results

This program uses the recommendations from the NLST for follow-up care. Our board certified radiologists will review your results. Many screening scans detect nodules that usually turn out to be benign. However to rule out cancer, further evaluation is necessary. Sometimes this evaluation may require more frequent low-dose CT scans. Sometimes a different test may be done.

After your LDCT, your lung screening results will be communicated to your primary care physician and/or the physician who ordered the test. Our Nurse Navigator will work with your physician to ensure that appropriate follow-up care is received if it is necessary.

## Locations

### UMCP

Medical Arts Pavilion  
Outpatient Imaging Center  
1 Plainsboro Rd.  
Plainsboro, NJ 08536

### Princeton Radiology Associates

419 N. Harrison St.  
Princeton, NJ 08540

### Princeton Radiology Associates

9 Centre Dr.  
Monroe Township, NJ 08831

### Princeton Radiology Associates

8 Quakerbridge Plaza Dr.  
Mercerville, NJ 08619

For more information please contact our Nurse Navigator at [609.853.6790](tel:609.853.6790).

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To schedule an appointment please call [609.497.4040](tel:609.497.4040).