



# Lung Cancer

## Questions & Answers



### ***Can you qualify for a lung cancer screening if you're a non-smoker?***

Yes, you may qualify for lung cancer screening if you are 50-80 years of age with at least a 20-pack year smoking history and quit smoking within the past 15 years. You will need to discuss your specific concerns and risk factors with your primary care doctor.

To find a high-quality lung cancer screening program near you, contact the Go2 Foundation for Lung Cancer at [1-800-298-2436](tel:1-800-298-2436) or [support@go2foundation.org](mailto:support@go2foundation.org)

[Centers for Disease Control and Prevention. \(2021\). Who Should be Screened for Lung Cancer.](#)

[Go2 Foundation for Lung Cancer. \(2022\). Screening Centers.](#)

### ***What are the early warning signs of lung cancer?***

Lung cancer often does not cause symptoms until the cancer has spread to other tissues. However, more effective treatment options are available the earlier you discuss with your physician about your symptoms. Contact your physician if you experience any of the following symptoms:

- A cough that does not go away or gets worse.
- Coughing up blood or rust-colored sputum (spit or phlegm)
- Chest pain that is often worse with deep breathing, coughing, or laughing.
- Hoarseness.
- Loss of appetite.
- Unexplained weight loss.
- Shortness of breath.
- Feeling tired or weak.

[American Cancer Society. \(2019b\). Signs and Symptoms of Lung Cancer.](#)



### ***What are the chances of survival?***

Many people survive, there is hope. According to the American Lung Association, the five-year survival rate for lung cancer is 18.6%. However, the five-year survival rate is 56% when detected early.

[American Lung Association. \(2020\). Lung Cancer Fact Sheet.](#)

### ***Is there a cure for lung cancer?***

Lung cancer is curable if detected early when there are more treatment options. If you are 50-80 years old and have a history of smoking tobacco, you should discuss lung cancer screening with your doctor.

Regardless of your smoking history, if you have symptoms or concerns, you should discuss with your primary care doctor as early as possible when more treatment options are available to treat lung cancer.

[Centers for Disease Control and Prevention. \(2021\). Who Should be Screened for Lung Cancer.](#)

### ***What's current age of lung cancer screening?***

The United States Preventive Service Task Force recommends lung cancer screening as a preventive wellness screening for people between the ages of 50-80 years old with a 20-pack year smoking history who either are currently smoking or quit smoking within the past 15 years. Lung cancer screening is a preventive wellness screening which should be discussed with your primary care physician at your regular appointments. It is recommended that lung cancer screening be performed in high quality programs recognized as Go2 Foundation for Lung Cancer Screening Centers of Excellence.

To find a Screening Center of Excellence near you, contact the HelpLine at [1-800-298-2436](tel:1-800-298-2436) or [support@go2foundation.org](mailto:support@go2foundation.org)

[Centers for Disease Control and Prevention. \(2021\). Who Should be Screened for Lung Cancer.](#)

[Go2 Foundation for Lung Cancer. \(2022\). Screening Centers.](#)

[United States Preventive Services Task Force. \(2021\). Final Recommendation Statement: Lung Cancer Screening.](#)

### ***Can COVID increase the chances of getting lung cancer?***

Since Covid is a respiratory illness, it can impact the lungs and airway. However, more research is needed on the effects of COVID in increasing risk of lung cancer.

[American Lung Association. \(2021\). Lung Cancer and COVID-19 Update.](#)



## ***Is lung cancer detected via X Rays?***

Lung cancer is detected by ACT scan to make detailed cross-sectional images of your body. Instead of taking 1 or 2 pictures, like a regular x-ray, a CT scanner takes many pictures and a computer then combines them to show a slice of the part of your body being studied.

Chest X-rays show “spots” on your lungs called nodules that are greater than 1 cm in size. Low dose computed tomography (LDCT) will show lung nodules less than 1 cm. Most nodules are not cancer. However, high quality lung cancer screening programs evaluate the growth of these nodules over time with LDCTs when lung cancer is small and curable.

[American Cancer Society. \(2021\). Tests for Lung Cancer.](#)

## ***Is there a correlation between asthma and lung cancer?***

More research studies are needed to determine the association between asthma and the risk of lung cancer, you should talk to your doctor to discuss your health history including asthma and any other risk factors for lung cancer.

[American Cancer Society. \(2019a\). Lung Cancer Causes, Risk Factors, and Prevention.](#)

[Qu, Y. L., Liu, J., Zhang, L. X., Wu, C. M., Chu, A. J., Wen, B. L., Ma, C., Yan, X. Y., Zhang, X., Wang, D. M., Lv, X., & Hou, S. J. \(2017\). Asthma and the risk of lung cancer: a meta-analysis. \*Oncotarget\*, 8\(7\), 11614–11620.](#)

## ***What are the main factors that contribute to getting lung cancer?***

While tobacco smoking may increase your risk for lung cancer, anyone with lungs can get lung cancer regardless of smoking history.

Main factors that contribute to lung cancer are

- Genetic mutations
- Family history of lung cancer
- Prior history of cancer
- COPD
- Pulmonary fibrosis
- Tobacco smoking
- Radon Exposure
- Secondhand smoke
- Air pollution
- Environmental exposures to asbestos, diesel fumes, chromium, cadmium, silica, beryllium, arsenic, nickel, coal smoke, and soot.

[American Cancer Society. \(2019a\). Lung Cancer Causes, Risk Factors, and Prevention.](#)



## ***I am a previous smoker, should I be concerned?***

While quitting smoking will decrease your risk of lung cancer, you may still be at risk. You should continue to discuss your risk for lung cancer with your physician to determine if lung cancer screening is appropriate as a preventive wellness screening.

## ***Please clarify what biomarker testing is. I have seen it often being referred to as "genomic testing" or "molecular testing". What's the difference?***

Biomarker testing identifies genes, proteins, and other substances (called biomarkers or tumor markers) that provide information about cancer cells. Identification of biomarkers allows your doctor to choose the most effective treatment for your specific lung cancer.

Biomarker testing for cancer treatment may also be called:

- tumor testing
- tumor genetic testing
- genomic testing or genomic profiling
- molecular testing or molecular profiling
- somatic testing
- tumor subtyping

To learn more about biomarker testing, contact [LUNGevery at 1-844-360-5864](#) or [Go2 Foundation for Lung Cancer at 1-800-298-2436](#)

[LUNGevery. \(2022\). No One Missed. Know Biomarkers. Know Your Options.](#)

[National Cancer Institute. \(2021\). Biomarker Testing for Cancer Treatment.](#)

[FightCancer.Org \(2021\) Recommendations to Improve Biomarker Testing Access in Cancer](#)

[Amgen: Biomarker Assist. \(2021\). Navigation Assistance with Biomarker Testing](#)



## ***Does insurance cover biomarker testing?***

Insurance will usually cover biomarker tests when they are “medically necessary.” If you do not have insurance or your insurance does not cover biomarker testing, (doctor), the hospital and medical team will help to provide assistance in locating resources to assist with the financial costs of biomarker testing.

For additional assistance, contact [LUNgevity at 1-844-360-5864](#) or [Go2 Foundation for Lung Cancer at 1-800-298-2436](#)

[American Cancer Society Cancer Action Network. \(2021\). New Survey: Top Barriers to Biomarker Use in Cancer Care include Coverage and Cost Concerns.](#)

[LUNgevity. \(2022\). No One Missed. Know Biomarkers. Know Your Options.](#)

[National Cancer Institute. \(2021\). Biomarker Testing for Cancer Treatment.](#)

[Triage Cancer. \(2021\). Checklist to Understanding Biomarker Testing.](#)

## ***Can you provide more guided materials and resources for current patients and care givers?***

[American Lung Association](#)

[American Cancer Society. Support and Online Communities](#)

[GO2 Foundation. Support for Patients, Survivors, and Caregivers.](#)

[Lungevity Foundation. Lung Cancer Support Community](#)

[Lung Cancer Research Foundation. Educational Materials](#)

