
What can I do to reduce my risk of cancer?

The most important thing you can do to reduce your risk of developing lung cancer is to stop smoking or to never start smoking in the first place. Following a healthy diet, regular check-ups and getting adequate exercise is also very important.

Where can I get help with quitting smoking?

If you've tried to quit smoking in the past, keep trying—each attempt will help you reach your goal. You can do it!

Every patient referred for a lung cancer screening CT scan will also receive a referral to a free smoking cessation program.

Lung Cancer Screening Program

The lung cancer screening program at Dignity Health hospitals offers those with a high risk of developing lung cancer the opportunity to be screened for lung cancer, and receive their diagnosis at an early stage, even before symptoms develop.

Find out if you're a candidate for our lung cancer screening program today.

How do I schedule this exam?

Arroyo Grande Community Hospital

Mary Fedel, RN, OCN, Nurse Navigator
805.481.7245

French Hospital Medical Center

Gloria Caine, RN, OCN, Nurse Navigator
805.542.6234

Marian Regional Medical Center

Carol Herrin, RN, OCN, Nurse Navigator
805.346.3463



Arroyo Grande Community Hospital
French Hospital Medical Center
Marian Regional Medical Center



Be first for a second chance.

Early detection of lung cancer can save your life.

Are you a smoker or did you smoke in the past? Smoking puts you at high risk for lung cancer. Get screened now.



Early detection can save your life.

LUNG CANCER is the No. 1 cancer killer in the USA. More people die from lung cancer than from breast, colon, pancreas and prostate cancer combined. The early-stage survival rate is 53.5%; however, only 15% of the lung cancer cases are currently found in the early stage. Most cases are not diagnosed until later stages, when survival rate is *only* 3.9%. That is why Lung Cancer Screening is so important!

Recent federal guidelines recommend that long-term, pack-a-day smokers receive an annual screening for lung cancer using low-dose spiral computed tomography (CT) imaging. The guidelines are based on findings from a large study conducted by the National Cancer Institute that proved screening people at high risk for developing lung cancer with low-dose CT scans reduced mortality from lung cancer by 20%. This study estimates that early detection and treatment could save over 70,000 lives per year.



Who should be screened?

Lung cancer screening is not appropriate for everyone. You may qualify if you fall into one of these categories:

CATEGORY 1

- 55-74 years old
- Are currently a smoker or have quit within the past 15 years
- Have smoked at least a pack of cigarettes a day for 30+ years

OR

CATEGORY 2

- 50-74 years old
- Have smoked at least a pack of cigarettes a day for 20+ years
- Have one additional lung cancer risk factor, not to include secondhand smoke exposure

Call our nurse navigators to discuss the benefits and risks associated with lung cancer screening, and determine if the test is appropriate for you.

The contact information for the nurse navigators at the three Dignity Health Central Coast hospitals is listed on the back panel of this brochure.

Frequently asked questions

What is a low-dose screening CT scan of the chest and what are the associated risks?

A low-dose screening computerized tomography scan of the chest, commonly called a CT or CAT scan, produces detailed images of the lungs and other structures located inside your chest. The low-dose scan exposes you to less radiation than you would receive from a normal CT scan of the chest. It only takes 15 minutes.

What is the cost to me?

Low-dose CT scans of the chest are not currently covered by all insurances, but low-cost, cash pricing is available.

What if I have an abnormal finding?

At Dignity Health, each abnormal CT scan is reviewed by a dedicated multi-disciplinary team of physicians who specialize in the treatment and diagnosis of lung cancer. After review, our physicians will discuss the results with you and your primary care doctor, and will discuss options for further evaluation and treatment if necessary.

What if something other than cancer is found on a low-dose screening CT scan of the chest?

CT scans may detect other findings, such as infections or emphysema. This will be reported to your doctor for appropriate treatment.