

Understanding Your Lung Screening Results

This information is for people who have been booked for a CT scan or have already had a chest CT scan.

About CT scans:

- A chest CT scan of the lungs looks for lung nodules or spots on a person's lungs. These spots are small lumps of tissue that most people have. Sometimes the scan cannot tell whether the spots are small scars, areas of inflammation or cancer in your lungs. More testing is needed. Often, the best way to assess small spots is to watch them just like you would for moles on the skin.
- A radiologist (a doctor who specializes in reading medical images) looks at your CT scan. They will decide what your next step should be, based on the size of the spots and what they look like.

What kind of follow-up tests might be needed?

Sometimes follow-up testing is needed. This is more common after the first chest CT of the lungs.

Follow-up may include having another chest CT, a different picture test of the lungs, a lung biopsy (a small sample of lung tissue is removed so it can be looked at more closely), or surgery. The screening nurse navigator will provide more information and answer any questions you may have.

Understanding your chest CT results

Your results will fall into one of four categories:

1. Very low and low risk – no concerning findings

This means the radiologist did not notice anything of concern from your scan. Regular screening is still important.

Next step: We will make an appointment for you to have another chest CT in 1 or 2 years. You always have a choice to stop lung screening.

2. More screening needed

This means the radiologist has noticed spots that need to be watched. These spots are commonly found on a person's lungs and have a low chance of being a cancer.

Next step: You will be booked for another scan. This will happen between 1 and 12 months after your first scan, depending on the size of the spot(s). The second scan will check if there has been any changes in size or how the spot(s) look.

3. More testing needed

This means the radiologist has noticed spots that need another test. This does not mean you have cancer. Another test is needed to know whether the spot is concerning.

Next step: The nurse navigator will discuss your results and next steps with you. They will book the next test for you.

4. Findings not related to lung cancer

This means your lung scan had findings not related to lung cancer, but still needs follow-up.

Next step: The radiologist will provide guidance on next steps when possible. Your results will be shared with your family doctor or nurse practitioner. If you do not have one, they will be shared with the screening nurse navigator who will talk with you about the next steps.

Anyone who is worried about their lung screening result may call the screening nurse navigator at 1-833-505-LUNG (5864).

For more information about lung cancer prevention and early detection in Nova Scotia:

- › Call our toll-free cancer screening line at 1-833-505-LUNG (5864).

Patient and family feedback is very important to us.

We would like to invite you to send any comments or suggestions on how to improve this booklet to education.cancercare@nshealth.ca or feel free to call us at 1-866-599-2267.

Looking for more health information?

Find this brochure and all our patient resources here: <http://library.nshealth.ca/cancer>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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It is not intended to replace the advice or professional judgment of a health care provider.

If you have any questions, please ask your health care provider.