

# Information About the Lung Screening Program

Nova Scotia's Lung Screening Program is for people who want to reduce their lung cancer risk. Being screened is a step you can take for your health. Getting screened can save lives. Lung cancer is one of the most common cancers. It is the most common cause of cancer death in Nova Scotia. We are here to help.

**“Some people feel shame because they smoke. The shame stops here. Smoking is an addiction. Our job is to help you prevent lung cancer when we can or find it as early as possible. This makes treatment work better.”**

– Dr. Daria Manos, Radiologist and Medical Director,  
Lung Screening Program

## Who can be screened?

- Are you between 50 and 74 years old?
- Have you been smoking cigarettes every day for at least 20 years?
- Or, are you a former smoker who smoked cigarettes every day for at least 20 years? The 20 years of smoking does not have to be 20 years in a row. There could be times when you did not smoke.

## How does the program work?

If you answered yes to the questions above, you should call the Lung Screening Program. You can call the program toll-free at 1-833-505-LUNG (5864) or email [lungscreening@nshealth.ca](mailto:lungscreening@nshealth.ca). You will be asked to leave your name, date of birth, health card number, phone number, and an email address we can use to reach you. A member from the Lung Screening team will reach out to you and arrange the next steps. The nurse navigator is a specially trained nurse. They will talk with you, ask you questions and answer your questions to help identify next steps for you.

The next steps may include:

1. Asking more questions to determine if you are at very high risk of getting lung cancer,
2. Providing you with help to stop smoking if you would like to try to quit,
3. Talking to you about the risks and benefits of screening with a chest CT scan and
4. Discussing if chest CT screening is right for you.

You will get information about ways to lower your risk of lung cancer. You will learn about the early signs of the disease.

Smoking is the number one risk for lung cancer. Everyone who calls the program will be asked if they smoke. If you say yes, you will be offered information to help you quit if you are interested. Even if you are not interested in quitting smoking, you can still take part in the Lung Screening Program.

Please call our Lung Screening Program at 1-833-505-LUNG (5864) or email us at [lungscreening@nshealth.ca](mailto:lungscreening@nshealth.ca) if you:

1. are between 50 and 74 years old; AND
2. have smoked cigarettes every day for at least 20 years, OR
3. have stopped smoking but you did smoke every day for at least 20 years.

Learn more:

Nova Scotia Health Cancer Care Program  
Lung Screening Program

Phone: 1-833-505-LUNG (5864)

Email: [lungscreening@nshealth.ca](mailto:lungscreening@nshealth.ca)

Web: [www.nshealth.ca/lungscreening](http://www.nshealth.ca/lungscreening)

**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](mailto: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.*