

MONTHLY Check-Up

WHITE PLAINS HOSPITAL

FIVE FACTS :

Lung Cancer Screening

1

The Facts

Lung cancer is the most common cause of cancer deaths in men and women worldwide, with more people dying from it each year than from breast, colon and prostate cancer combined. The best way to prevent lung cancer is to never smoke, with smokers being approximately 20 times more likely to develop lung cancer than nonsmokers.

While the prognosis after a lung cancer diagnosis is very serious, early detection can and does save lives. In current and former smokers and other high-risk individuals, a screening test using a low-dose CT scan can detect tumors at an early stage before symptoms appear, and when surgery can be most effective. Studies have shown this can reduce the risk of death from the disease by 20%.

2

Early Detection

3

Screening for Lung Cancer

Qualified individuals can be screened annually, free of charge, at White Plains Hospital through an Institutional Review Board (IRB)-approved clinical trial. Current and former smokers who are at least 50 years old and have smoked for 20 pack years (defined as smoking one pack of cigarettes a day for twenty years or two packs per day for ten years) may qualify for the study.

Those who qualify for the study will complete a questionnaire, followed by a low-dose CT scan of the chest to check for nodules, or masses in the lung. If findings are suspicious for malignancy, further evaluation will be recommended. If findings are completely normal and the individual remains at high-risk, routine follow up in one year is recommended.

4

What's Involved

5

Screening News

This winter, the Centers for Medicare and Medicaid Services (CMS) announced they would begin to cover annual lung cancer screening, in the form of a low-dose CT Scan, for many high-risk individuals and former smokers who are Medicare beneficiaries. This is a powerful validation of the potentially lifesaving value in annual screenings for lung cancer in high-risk individuals.



“ SINCE LUNG CANCER IS THE SECOND LEADING CAUSE OF CANCER IN THE UNITED STATES AND IS MOST OFTEN FOUND AT A LATER STAGE WHEN TREATMENT OPTIONS ARE LIMITED, IDENTIFYING EARLY, POTENTIALLY CURABLE LUNG CANCER IS OF GREAT BENEFIT. ”

CYNTHIA CHIN, M.D.

Dr. Cynthia Chin is a Thoracic Surgeon using minimally invasive techniques to diagnose and treat lung cancer at White Plains Hospital, where she is the Principal Investigator (PI) of an IRB-approved clinical trial evaluating the role of low-dose CT scans of the chest in screening for the disease. She earned her medical degree with honors from the SUNY Stony Brook School of Medicine, and completed her General Surgery residency at St. Vincent's Hospital, followed by fellowship training in Cardiothoracic Surgery at the Mount Sinai Medical Center. She then completed an additional fellowship in Thoracic Surgery at University of Pittsburgh, where she received advanced specialty training in the minimally invasive surgical management of esophageal cancer. Dr. Chin is also a former Assistant Professor of Cardiothoracic Surgery at The Mount Sinai Medical Center. For more information on lung cancer screening at White Plains Hospital, visit www.wphospital.org

WP White Plains Hospital
Exceptional, every day



41 East Post Road, White Plains, NY 10601 • wphospital.org
To find a physician call, 914.681.1010