

## Smoking Cessation

Smoking continues to be the leading cause of preventable death and disease in the United States, taking the lives of over 480,000 Americans annually. Tobacco takes years off of a person's life and over 60% of patients who continue to smoke will likely die from a tobacco related illness. It is time to quit!

It has been found that combined cognitive behavioral therapy and pharmacotherapy, when used in combination can double to triple the quit rates of patient's attempting to quit smoking or quit using smokeless tobacco. Nebraska Medicine Nicotine Dependence Clinic is here to help you be tobacco free. We feel that resources and opportunities should be available to any and every patient who is ready to make a quit attempt. For those who aren't quite ready, let us help you explore the dangers of tobacco and the modalities available to help you quit once you decide it is time.

This clinic is staffed by Jill Selzle PA-C and Lauren Darrah PA-C, who both received training and designation as Certified Tobacco Treatment Specialists at the Mayo Clinic in Rochester, MN. Certified Tobacco Treatment Specialists are professionals who are specifically trained to provide treatment for individuals seeking to stop using tobacco. Training entails understanding the science behind the addiction, withdrawal symptoms, and effective treatments. Persons with CTTS designation are able to help patients develop individualized treatment plans and strategies including: effective and practical behavioral techniques and recommendations regarding medications and potential side effects.

The program is available to any patient wishing to pursue abstinence. Clinic times are available on Tuesday afternoons at the main campus and Thursday afternoons at the Village Point Cancer Center. For an appointment simply call the Thoracic Surgery Office at **402.559.4389** and ask for a Tobacco Dependence Clinic appointment. The benefits of quitting smoking occur within minutes to hours after stopping...now is the time to quit!

## Scheduling

If scheduling with insurance, your scan will be scheduled two weeks out to allow our insurance coordinators to obtain authorization.

For scheduling or any questions, please call the thoracic surgery office at **402.559.4389**

*\*Pack years are calculated by multiplying the amount of packs smoked per day by the number of years a person has smoked.*

### For example:

1.5 packs a day x 30 years = 45 pack years

1 pack a day x 30 years = 30 pack years



# LUNG CANCER SCREENING AT NEBRASKA MEDICINE





## What is it?

Lung cancer is the leading cause of cancer-related death in the United States. If lung cancer is detected at an early state, it may be more likely to be cured. The lung cancer screening is a low-dose computed tomography (CT) scan of the chest area to look for abnormalities. Chest X-rays do not qualify as an acceptable screening option.

## Who is screening recommended for?

Screening studies are recommended to be done for high risk populations. Smokers (both current and former) are an example of high-risk candidates for screening. Criteria for lung cancer screening candidates includes the following:

- 55 to 80 years old
- Patients have had a 30-pack year\* history
- A current smoker or quit less than 15 years ago

*OR*

- 50-80 years old
- 20 or more pack years\* and
- One other risk factor (ex. Family history of lung cancer, personal history of cancer, or a diagnosis of COPD)

## Is this covered by insurance?

Most insurance companies cover lung cancer screenings; however, if the patient does not have insurance, a self-pay rate of \$200 is available.

If you have Medicare or Medicaid, the Centers for Medicare and Medicaid Services (CMS) have specific requirements for the documentation of lung cancer screenings. Patients must be seen by a referring provider prior to any screening. Medicare also requires that your provider discuss with you:

- Benefits vs. risks of the screenings (including radiation exposure)
- Follow-up diagnostic testing and annual screenings
- Potential over-diagnosis or false positive rates
- Smoking cessation programs and reasons to abstain from smoking

Scans that are not covered by your insurance are available through the self-pay program.

## How often should I get screened?

If you are a part of the at risk population, yearly screenings are recommended.

## What are the risks or limitations of a low-dose CT?

**False positives** – A screening result, that identifies a nodule which is not cancerous.

**Radiation exposure** – Low-dose CT scans expose you to a low level of radiation at 1.5 millisieverts (mSv). This is quite a bit less than a regular CT of the chest, which exposes you to 7 millisieverts (mSv).

**Over diagnosis** – Some cancers found are very slow growing and would have likely not effected a person's longevity. At this time, we are not certain how often this over diagnosis occurs.

**Additional Testing** – A suspicious nodule may require a biopsy or other additional testing.

**Emotional Stress** – Waiting for results and comprehending suspicious results can be very stressful. If you are having a hard time dealing with stressful results, please discuss this with the program coordinator or your physician.

## Where are the screenings offered?

Low-dose CT scans are available at two locations:

### Nebraska Medicine – Radiology at Hixson-Lied Center

42nd & Dewey Streets  
Omaha, NE

### Nebraska Medicine – Radiology at Village Pointe

111 Building  
111 N. 175th Street  
Omaha, NE