

Mayo Clinic Minute: Who is at high risk for lung cancer?

VIDEO	AUDIO
Jason	Screening for lung cancer with an annual low-dose CT scan saves lives, and is recommended for those at high risk.
Jason	The U.S. Preventive Services Task Force defines that as a person who is age 55 to 80 and smoked a pack a day for at least 30 years, or quit smoking within 15 years.
Jason	Mayo Clinic's Dr. David Midthun (MID-toon) says calculating a person's risk for lung cancer and screening recommendations isn't one-size-fits-all.
David Midthun, M.D. Pulmonology/Critical Care Medicine Mayo Clinic	"Maybe they stopped smoking at 28 pack years. Maybe they are younger — age 50 — but have two siblings who died of lung cancer or have COPD."
Jason	Dr. Midthun recommends considering additional factors. And age isn't strictly 55 and older.
Dr. Midthun	"We include people who are perhaps a little younger than that, have a little less smoking history than that, but have other risk factors, such as COPD, family history, personal history of cancer."
Jason	And experts emphasize that education about lung cancer screening availability is especially important.
Dr. Midthun	"Fewer people died of lung cancer in those who are screened with CT."
Jason	For the Mayo Clinic News Network, I'm Jason Howland.