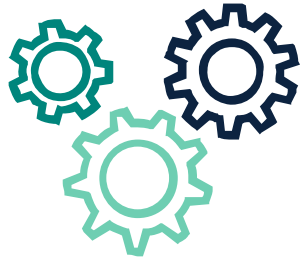




Early Detection of Lung Cancer: What Employees Should Know

Objectives



Understand the prevalence of lung cancer and the importance of early diagnosis. Encourage those who are eligible to get screened for lung cancer to potentially catch it at an early stage and help increase chances of overall survival.



Emphasize the importance of a proactive approach to people taking ownership of their health, especially considering the impact of a decrease in screenings and a reduction in visits to doctors caused by the COVID-19 pandemic.



Discuss how employers can raise awareness of lung cancer symptoms and eligibility for screenings, and support employees' efforts to take ownership of their health.

About Lung Cancer

About 25% of All Cancer Deaths Are Attributed to Lung Cancer, Making It the Leading Cause of Cancer Deaths Among Men and Women¹

The American Cancer Society's estimates for lung cancer in the United States for 2021 are²:

235,760

new cases of lung cancer
(119,100 men and 116,660 women)



131,880

deaths from lung cancer (69,410 men and 62,470 women)

1. American Cancer Society. Last revised January 12, 2021. Accessed January 12, 2021. <https://www.cancer.org/cancer/lung-cancer/about/key-statistics.html> 2. American Cancer Society. Accessed April 29, 2021. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2021/cancer-facts-and-figures-2021.pdf>

According to the American Lung Association, 5.7% of Americans at High Risk for Lung Cancer Were Screened in 2019¹

The low rate of screening may be due to:



People (including employees) not being aware of lung cancer symptoms and risk factors



Emotions (shame and denial) due to stigma surrounding common risk factors for the disease, such as smoking²



Providers not being aware of the current guidelines for lung cancer screening

1. American Lung Association. Updated November 17, 2020. Accessed June 23, 2021. <https://www.lung.org/research/state-of-lung-cancer/key-findings>

2. Borondy Kitts AK. *J Am Coll Radiol*. 2019;16:601–606.

Due to the COVID-19 Pandemic, There Have Been Delays in Doctor's Visits and a Decrease in Lung Cancer Screenings and Diagnosis, Which Have Adversely Impacted Patient Health¹

In 2020



Routine medical care was deprioritized, including regular doctor's visits



Lung cancer screenings declined by more than 50% compared to 2019

1. Patt D et al. *JCO Clin Cancer Inform*. doi: 10.1200/CCI.20.00134

Importance of Early Screening/Detection

- When diagnosed at an early stage, lung cancer has a 5-year survival rate of nearly 60%, but when diagnosed at a late stage, the relative 5-year survival rate decreases to only 6%.¹
- Once symptoms develop, the cancer has likely reached an advanced stage.^{2,3}

Encourage employees to visit their health care provider if they have symptoms, are at risk for lung cancer, or want to learn more about screening.

1. National Cancer Institute. Accessed May 20, 2021. <https://seer.cancer.gov/statfacts/html/lungb.html> 2. American Cancer Society. Updated April 22, 2021. Accessed May 14, 2021. <https://www.cancer.org/content/dam/CRC/PDF/Public/8705.00.pdf> 3. American Lung Association. Updated November 17, 2020. Accessed June 23, 2021. <https://www.lung.org/research/state-of-lung-cancer/key-findings>

Updated 2021 US Preventive Services Task Force Recommendations for Lung Cancer Screening¹

The US Preventive Services Task Force (USPSTF) recommends an annual screening for lung cancer with low-dose computed tomography for adults aged 50 to 80 years¹:

- ✓ Who have a 20 pack-year smoking history (patients who have smoked 1 pack a day for 20 years or 2 packs a day for 10 years)^{1,2}

AND

- ✓ Who currently smoke or have quit within the past 15 years¹

Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery.¹

Based on the updated recommendations, up to 14.5 million individuals are now eligible for screenings.²

It is important to stay consistent with national guidelines such as the USPSTF recommendations.



1. US Preventive Services Task Force. Accessed May 10, 2021. <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/lung-cancer-screening> 2. Nelson R. March 9, 2021. Accessed June 4, 2021. <https://www.medscape.com/viewarticle/947102>

Lung Cancer Awareness

Educating Employees on the Need for Lung Cancer Screening in Light of the COVID-19 Pandemic

Educating employees will likely:



Help them recognize the symptoms of, and risk factors for, lung cancer, and visit their doctor if they have concerns



Support the national guidelines around lung cancer screenings^{1,2}

1. US Preventive Services Task Force. Accessed May 10, 2021. <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/lung-cancer-screening> 2. Nelson R. March 9, 2021. Accessed June 4, 2021. <https://www.medscape.com/viewarticle/947102>

Recognizing Symptoms and Risk Factors

Symptoms and Risk Factors

Some of the most common symptoms of lung cancer are unexplained persistent cough lasting more than 3 weeks or shortness of breath.¹

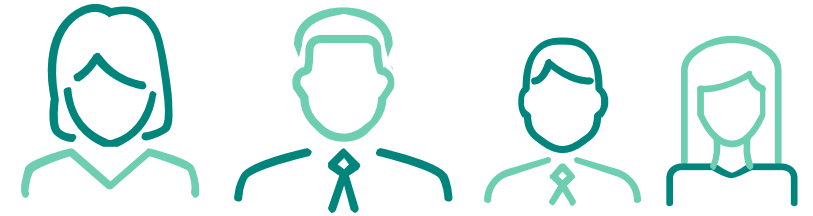
While anyone can get lung cancer, a person's risk goes up if they are aged 50 years or older with one or more of the following²:



Currently smoke or smoked
in the past²



Have been around
secondhand smoke²



Have family history of lung cancer,
such as a parent or sibling³

The above list does not include all risk factors for lung cancer.

1. Global Lung Cancer Coalition. January 2021. Accessed March 22, 2021. http://www.lungcancercoalition.org/uploads/news/GLCC%20Lung%20cancer%20and%20Covid-19%20Factsheet%20Final_EN.pdf
2. US Preventive Services Task Force. Accessed June 1, 2021. <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/lung-cancer-screening> 3. American Cancer Society. October 1, 2019. Accessed January 6, 2021. <https://www.cancer.org/cancer/lung-cancer/prevention-and-early-detection/risk-factors.html>

Opportunities for Employer Support

Reasons for Employers to Embrace Awareness and a Proactive Approach to Health



Help to address the impact COVID-19 has had on people neglecting cancer screenings and other routine care and not presenting with possible lung cancer symptoms

Emphasize the importance of signs and symptoms of lung cancer, such as unexplained persistent cough lasting more than 3 weeks or shortness of breath, and visiting the doctor as appropriate



Leverage different educational resources to increase awareness of symptoms and when a person should go in for care to get their symptoms checked out

Stress the importance of early diagnosis



Encourage Your Employees to Continue Their Regular Health Care Visits, Including Screenings for Lung Cancer

To learn more about lung cancer and lung cancer screenings, including recognizing symptoms and risk factors, visit the resources below.

Additional resources and information can be found at:

Lung Cancer Foundation of America

lcfamerica.org

GO₂ Foundation for Lung Cancer

go2foundation.org

Lung Cancer Research Foundation

lungcancerresearchfoundation.org