



UNDERSTANDING LUNG NODULES AND OTHER FINDINGS



Lung nodules

Lung cancer screening uses a low-dose computed tomography (CT) scan to look for any small lumps, called nodules. If you have any small lumps on your lungs, it may or may not be cancer but should be investigated or monitored.

- Lung nodules are very common.
- Lung cancer screening may find nodules in up to half of the people screened.
- Most nodules are not related to cancer.
- Often, nodules are areas of scarring from past lung infections.
- Nodules are not likely to cause any symptoms.
- A person may have several nodules.
- Having several nodules is not necessarily more serious than having just one
 - these will be monitored.
 - if you have no significant findings the National Cancer Screening Register (NCSR) will remind you to re-screen in two years.

If nodules are found on your screening low-dose CT scan, a follow-up low-dose CT scan may be recommended. This could be after 3, 6 or 12 months. You will get a reminder when it is time to see your healthcare provider (doctor or nurse practitioner), who will provide you with a low-dose CT scan referral for the follow-up scan.

If a nodule grows or changes, your healthcare provider may refer you to a specialist for further investigation or you may require follow-up scans more frequently. If you are referred to a specialist they may arrange for you to have further tests.

If a nodule is found to be lung cancer without any signs or symptoms, it is very likely that screening has found it early. This means it can be more easily treated.



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Findings not related to lung cancer

The scan can also see other parts of the body, in the lower neck, chest, and upper abdomen. Sometimes this can show things either in the lungs (something other than cancer, such as emphysema) or outside of the lungs (such as heart disease). If findings not related to lung cancer are found, the National Cancer Screening Register will encourage you to see your healthcare provider to discuss if further tests are needed.

The radiologist reporting your scan will review all parts of the body that can be seen. Changes with no effect on your short-term or long-term overall health may not be in the report. This includes normal 'wear and tear'. All findings not related to lung cancer that may affect your overall health will be reported.

Discussing these other findings with your healthcare provider may improve your overall health. Without screening, you may not have been aware of conditions that may have impacted your health.

Symptoms to look out for

It is normal to feel worried when participating in a cancer screening program. It can be an anxious time waiting for scans and getting the results. Please talk with your healthcare provider about any worries or concerns that you have.

Screening is not suitable for anyone with unexplained persistent symptoms, including those below. These people need different tests.

If you have any of these symptoms, even if your last screening test was very low risk or you are between scans, please talk to your healthcare provider right away.

- A new or changed cough
- Coughing up blood
- Being short of breath for no reason
- Getting very tired
- Unexplained weight loss
- Chest or shoulder pain that does not go away



Other support services you can access include:

Cancer Council support

☎ 13 11 20

13YARN

☎ 13 92 76

Beyond Blue

☎ 1300 224 636

Head to Health

☎ 1800 595 212

**Lung Foundation
Australia**

☎ 1800 654 301

Lifeline

☎ 13 11 14

Quitline

☎ 13 78 48

Screening every two years is the best way to find lung cancer early, when it's easier to treat.



**For more information
about the National Lung Cancer
Screening Program:**

www.health.gov.au/nlcsp

**Call free Helpline Monday to Friday
8:00am – 4:30pm AEST (excluding public
holidays): 1800 654 301 (Option 2)**

**Quitline®
13 7848**

**For help to quit smoking:
www.quit.org.au**