



# UNDERSTANDING YOUR RESULTS



This brochure provides you with information to help you understand your lung cancer screening results.

The National Cancer Screening Register (NCSR) ([www.ncsr.gov.au](http://www.ncsr.gov.au)) and your healthcare provider (doctor or nurse practitioner) will let you know what you need to do next. This may be to have a low-dose computed tomography (CT) scan again in two years or to meet with your healthcare provider to discuss the findings.

## What does lung cancer screening detect?

Lung cancer screening uses a low-dose CT scan to look for any small lumps, called nodules. Nodules are small lumps of tissue in the lungs. They are very common and most nodules are not lung cancer.

Your next steps are guided by the size and appearance of any nodules you may have. You may need more tests to look at an area more closely. Having lung nodules or needing further tests does not mean that you have lung cancer.

The scan might find other findings in the lungs or outside the lungs. These do not mean you have cancer, but should be discussed with your healthcare provider.

### Next steps may include:

- A follow-up low-dose CT scan in 3, 6 or 12 months to see if the nodule changes over time.
- A referral to a respiratory physician for further tests.
- The NCSR will support you with lung cancer screening. They will send reminders to visit your healthcare provider or when to get your next scan.
- Your screening history will be stored in the NCSR.
- If you have no significant findings, the NCSR will remind you to screen in two years.



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NATIONAL  
**LUNG CANCER**  
**SCREENING**  
PROGRAM

## What does my result mean and what happens next?

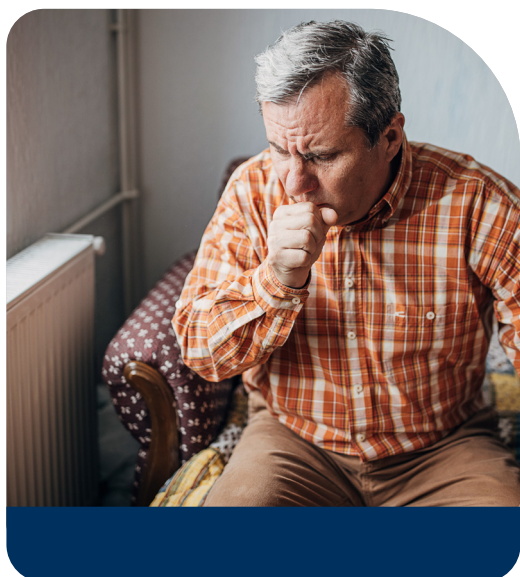
Screening results	Next steps
<b>Incomplete</b> The scan could not be reported for technical reasons and needs to be repeated.	<ul style="list-style-type: none"> <li>You will need to re-screen when you get a reminder from the NCSR or your healthcare provider.</li> </ul>
<b>Very low risk</b> There were no findings of concern from your scan. Regular screening every 2 years is important to check for changes as you age.	<ul style="list-style-type: none"> <li>You will be told there are no significant findings and that you should re-screen in 2 years.</li> <li>You will get a reminder from the NCSR and/or your healthcare provider when it is time to screen again in <b>2 years</b>.</li> <li>You will need to go back to your healthcare provider in 2 years for your suitability check and get a referral for a low-dose CT scan. Smoking history will not need to be re-assessed.</li> </ul>
<b>Low risk</b> A nodule has been found on your scan but you are considered to have a low chance of lung cancer. You will need to have another scan in 12 months time.	<ul style="list-style-type: none"> <li>The NCSR will not provide you with your results but will encourage you to speak with your healthcare provider about your results.</li> <li>The NCSR will remind you when it is time to screen again in <b>12 months</b>.</li> <li>When you get your reminder, you will need to go back to your healthcare provider for your suitability check and get a referral for a low-dose CT scan.</li> </ul>
<b>Low to moderate risk or moderate risk</b> A nodule or nodules have been found on your scan that need to be monitored more frequently. Depending on your findings you will need to have another scan in 3 or 6 months time.	<ul style="list-style-type: none"> <li>The NCSR will not provide you with your results but will encourage you to speak with your healthcare provider about your results.</li> <li>The NCSR will remind you when it is time to screen again in <b>3 or 6 months</b>. You will need to go back to your healthcare provider for your suitability check and get a referral for a low-dose CT scan.</li> </ul>
<b>High or very high-risk</b> One or more nodules have been found that need further investigation. This does not mean that you have cancer. There is a higher risk of lung cancer, so it is important that you attend all follow-ups.	<ul style="list-style-type: none"> <li>The NCSR will encourage you to speak with your healthcare provider about your results. The healthcare provider will review the radiology report and refer you to a specialist for further investigation.</li> </ul>
<b>Actionable additional findings unrelated to lung cancer</b> The scan can see other parts of the body in addition to the lungs, including the neck, chest and upper abdomen. Sometimes this can show findings either in the lungs (something other than cancer, such as emphysema), or outside of the lungs (something like heart disease). The NCSR will encourage you to see your healthcare provider to discuss next steps.	<ul style="list-style-type: none"> <li>Your healthcare provider will talk to you about the need for any further tests and next steps. An additional finding does not necessarily mean you cannot continue in the lung cancer screening program.</li> </ul>

## Who can I talk to for support?

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 concerns that you have.

Having lung cancer screening **every two** years (or as recommended by your healthcare provider) is the best way to find lung cancer early, when it's easier to treat.

Websites	Mental health support: <a href="http://www.medicarementalhealth.gov.au">www.medicarementalhealth.gov.au</a>		
	Support service for Aboriginal and Torres Strait Islander peoples: <a href="http://www.13yarn.org.au">www.13yarn.org.au</a>		
	Quitline <a href="http://www.quit.org.au">www.quit.org.au</a>		
Crisis hotlines	Beyond Blue ☎ 1300 224 636	Lifeline ☎ 13 11 14	13YARN ☎ 13 92 76
Other community supports	Cancer Council support ☎ 13 11 20		Quitline ☎ 13 78 48
	Lung Foundation Australia ☎ 1800 654 301		Head to Health ☎ 1800 595 212
	More support services can be found at: <a href="http://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx">www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx</a>		



## What if I'm experiencing symptoms?

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



For more information  
about the National Lung Cancer  
Screening Program:

[www.health.gov.au/nlcsp](http://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](http://www.quit.org.au)