

## Can Englewood Health Help Me Quit Smoking?

Yes, we're here to help you live a healthier life. Englewood Health's Graf Center for Integrative Medicine provides a variety of resources to get you on the path to living smoke-free.

The Graf Center program includes eight weekly group sessions where you and others like you will learn strategies to help you quit smoking. All meetings are led by an experienced licensed clinical social worker certified through the American Lung Association's Freedom from Smoking Program, regarded as one of the country's most effective.

The Graf Center also provides guided meditation to help you relax and acupuncture, which may help reduce your nicotine cravings. A certified acupuncturist provides auricular (ear) acupuncture to those who would like to try this therapy.

To learn more about the Graf Center's resources, visit [englewoodhealth.org/graf](http://englewoodhealth.org/graf) or call 201-608-2377.

In addition, medications that may help you reach your smoking cessation goal can also be considered. Talk to your doctor about which ones might be right for you.



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The Lefcourt Family  
Cancer Treatment and Wellness Center

350 Engle Street, Englewood, NJ 07631

[englewoodhealth.org/cancer](http://englewoodhealth.org/cancer) | 201-608-2266

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Para asistencia lingüística gratuita,  
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무료 통역 서비스를 원하시면  
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## Lung Cancer Screening

Low-Dose CT Scan  
for the Early Detection of Lung Cancer



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Medical research has made great strides in recent years. Technological advances and new drug discoveries are helping doctors find cancer earlier and treat it more effectively.

At Englewood Health, we offer patients low-dose CT screening for lung cancer (LDCT), an imaging procedure that provides more detailed images than conventional X-rays and has been proven to find cancer earlier, when it is more likely to respond to treatment.

### What is a Low Dose CT Scan?

LDCT is a quick, painless test for lung cancer. It produces detailed images, consisting of several cross-sections of the lungs. The detail, as well as the ability to look deep inside the organ, helps physicians detect abnormalities and render a more accurate and comprehensive assessment than that based on conventional chest X-rays. Low-dose CT uses lower amounts of radiation than a standard chest CT.

### Am I Eligible?

Medicare and most third party payers now cover LDCT for patients who qualify. To determine if you are eligible, your doctor will see if you meet the following criteria:

- Are 50 – 80 years old
- Have no signs or symptoms of lung cancer
- No diagnosis of cancer within the past five years
- Have at least a 20 pack-year history of smoking. To calculate yours, take the number of packs you have smoked per day and multiply it by the number of years you have smoked. For example, if you smoked one pack a day for 20 years, or if you smoked two packs a day for 10 years, you have a 20 pack-year history.
- Are either a current smoker or have quit within the last 15 years
- Have a doctor's prescription for LDCT following a detailed lung cancer screening counseling session

### Should I Get This Test?

Finding lung cancer early, before it has spread to other parts of the body, is the best way to improve your chance of a cure. Similar to colonoscopy for colon cancer, or mammography for breast cancer, LDCT is an effective cancer screening that has been shown to reduce cancer deaths. According to

the American Cancer Society, LDCT is better than chest X-ray at finding early malignancies in high-risk individuals and saves more lives. In fact, the landmark National Lung Cancer Screening Trial demonstrated that the use of this test in high-risk populations reduces cancer deaths by 20%.

Like all screening tests, LDCT has limitations. It may occasionally miss a cancer or not find one early enough to improve chances of survival. Sometimes abnormalities are found that require additional, more invasive tests such as biopsies to rule out a cancer diagnosis.

Patients should continue this screening annually until they no longer fit the criteria.

### How Do I Prepare for My LDCT? What is the Test Like?

Getting an LDCT is easy. No fasting or special preparations are required.

During the test, you will lie on your back on a table that gently moves through the center of a large machine, which takes pictures of your lungs. From start to finish, you can expect to be in the room about 15 minutes. The scan itself will take less than one minute.

### How to Make an Appointment

After you have a prescription from your doctor, call 201-894-3640 to schedule your low-dose CT scan. If you need help finding a doctor, call 833-234-2234 or visit [englewoodhealth.org](http://englewoodhealth.org).