Congratulations on taking charge of your lung health by getting a low-dose computed tomography (LDCT) screening. Now that you’re doing more for your lungs, it may be the right time to quit smoking.

Talk to your doctor about quitting smoking.
TAKE THE NEXT STEP TOWARDS QUITTING SMOKING TODAY

QUIT NOW FOR A BIGGER CHANCE OF SUCCESS

More than twice as many people successfully quit smoking after being screened for lung cancer*

Also, in a recent study, people who quit smoking and entered a screening program were up to 15% less likely to start smoking again than people who quit without getting screened.

SUPPORT IS AVAILABLE IF YOU WANT TO QUIT

Your doctor may be able to help you with information, support, and resources for quitting smoking. Help is also available from the following organizations:

- **National Cancer Institute** (smokefree.gov)
- **American Lung Association** (lung.org/stop-smoking)
- **American Cancer Society** (cancer.org/healthy/stay-away-from-tobacco)

5 years after quitting smoking, your risk of getting lung cancer can drop by 39%.†

*14.5% percent of people who had been screened were able to successfully quit smoking, while 5%-7% of people in the general population were able to quit successfully.

†Based on a survey of data from smokers with a median of at least 21.3 pack-years of smoking. The cancer risk was determined by comparing those who quit versus those who continued to smoke. Pack-years are calculated by multiplying the number of packs smoked per day by the number of years smoked.

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