

# Virginia's Leading Lung Cancer Screening Program

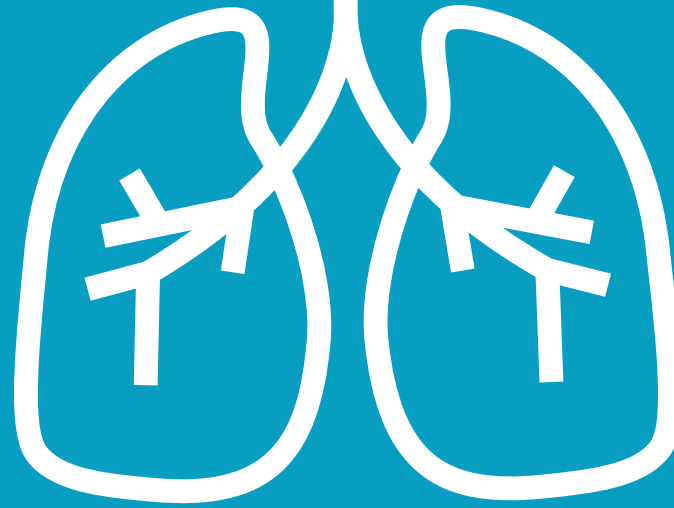
- Virginia's first American College of Radiology-Designated Lung Cancer Screening Center of Excellence
- Recognized by the Go2 Foundation as a Lung Cancer Screening Center of Excellence in Central Virginia
- Virginia's first National Cancer Institute (NCI)-Designated Cancer Center



Call **804-827-LUNG (5864)** or **804-828-3768** or visit **[vculungscan.com](http://vculungscan.com)** for more information or to schedule an appointment.



[vculungscan.com](http://vculungscan.com)



## Lung Cancer Screening Saves Lives

It only takes 7 seconds to save a life, possibly your own.



## A One-of-a-Kind, Comprehensive Screening Program



Our Early Detection Lung Cancer Screening Program is the only one of its kind in the Richmond area, providing a comprehensive patient experience for the early detection of lung cancer through state-of-the-art, low-dose CT imaging.

When you schedule a lung cancer screening at our VCU Health Stony Point location, you experience:

- One-on-one consultation with a board-certified and fellowship-trained pulmonologist, nurse practitioner or physician assistant. The consultation includes a calculation of your possible risk of developing lung cancer and an interactive shared decision-making discussion of the benefits and potential risks of lung screening to help determine if a lung screening exam is right for you
- Well-coordinated, efficient experience directed by a dedicated nurse navigator, who will, if needed, schedule any additional tests and appointments for you at the time of this visit

- Fast and safe, low-dose chest CT scan that takes only 7-10 seconds to perform on state-of-the-art CT scanners optimized to provide the lowest dose of radiation possible
- Immediate results with real-time screen findings read and interpreted by on-site board-certified and fellowship-trained thoracic radiologists
- Real-time review of these results with a pulmonologist, nurse practitioner or physician assistant and, if needed, recommendations regarding further tests and follow-up appointments
- Smoking cessation counseling, if desired
- In addition to the comprehensive clinic at VCU Health Stony Point, we also provide non-clinic oriented LDCT screenings at our Short Pump, New Kent, Tappahannock, Gateway and Main Campus locations. Regardless of the convenient location you choose, your screening will be read and interpreted by fellowship-trained thoracic radiologists and we will share the results with your primary care provider the same or following day



# Early Detection Saves Lives

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Lung cancer kills more men and women in the United States and across the entire globe each year than all of the cancers of the breast, colon and prostate combined. The American Cancer Society (ACS) predicts more than 131,800 lung cancer deaths in the U.S. in 2021 and more than 3,500 deaths this year in Virginia alone.

In the absence of early detection LDCT screening, unfortunately most lung cancers are not detected until they are far advanced and may have spread beyond the lung. In such circumstances, treatment options are often much more limited, resulting in more poor outcomes.

## Do You Have a Possible Increased Risk of Lung Cancer?

- About 1 in 16 lifelong smokers will get lung cancer
- Current cigarette smokers are 9 to 20 times more likely to develop lung cancer than people who do not smoke
- About 50 percent of lung cancer diagnoses are in former cigarette smokers



## Who is Eligible for LDCT Lung Cancer Screening?

According to the revised 2021 United States Preventive Services Task Force (USPSTF) recommendations, individuals are now considered high-risk and eligible for LDCT screening if they:

- Are between 50-80 years of age, AND
- Have at least a 20-pack year history of smoking (smoked 1-pack per day for 20 years or the equivalent thereof), AND
- Are currently smoking or have quit smoking within the past 15 years

The USPSTF reviewed several randomized control trials and cohort studies when developing their revised recommendations. These included the National Lung Screening Trial (NLST), which showed a 20 percent reduction in lung cancer mortality (2011). More recently, the NELSON (Netherlands-Leuven Longkanker Screenings ONderzoek) Trial showed a 61 percent reduction in mortality in high-risk women and a 26 percent mortality reduction in high-risk men (2018).

## Lung Cancer Screening has Broad Insurance Coverage

Based on 2013 USPSTF guidelines, Lung cancer screening with low-dose CT is now covered without cost for eligible Medicare beneficiaries and most eligible individuals with private insurance. Under the Affordable Care Act, commercial payers and Medicaid Expansion plans must comply with the new recommendations by March 2022. In the meantime, plans may voluntarily cover these new eligibility requirements, but they are not required to do so. For those who do not have insurance coverage for whatever reason, flexible self-pay options are available.



## Expertise & Coordinated Care You Can Trust

Our clinic is part of a multidisciplinary team of lung and lung cancer experts at VCU Massey Cancer Center who collaborate to offer you one-stop consultation and highly coordinated cancer care if needed. This ensures that if you are diagnosed with lung cancer, you will receive:

- Advanced care by board-certified cancer specialists at one of the nation's top cancer centers
- The ideal combination and sequence of treatments are customized to meet your needs
- Cutting-edge therapies, including access to one of the largest selections of cancer clinical trials in Virginia
- Compassionate care that is delivered in a supportive environment
- Comprehensive support services that attend to your needs and those of your family

## Our Specialists



**Mark S. Parker, M.D., F.A.C.R.**

*Director, Lung Cancer Screening Program  
Chief, Thoracic Imaging  
Director, Thoracic Imaging Fellowship*

Dr. Parker is an expert in cardiothoracic imaging and early detection of lung cancer. He headed the Thoracic Imaging Division at the University of Texas Southwestern Medical Center before joining VCU Health in 2009.

Dr. Parker was instrumental in developing and launching one of the first multidisciplinary lung cancer screening programs in Virginia at VCU Health. He received his medical degree and completed his residency at Eastern Virginia Medical School before serving a fellowship at Vanderbilt University Medical Center.



**Patrick P. Nana-Sinkam, M.D.**

*Chair, Division of Pulmonary Disease  
and Critical Care Medicine*

Dr. Nana-Sinkam specializes in the diagnosis and treatment of lung cancer and COPD and also researches the identification of novel tumor biomarkers for early lung cancer detection and surveillance. Before joining VCU Health,

Dr. Nana-Sinkam served as the associate director of the Thoracic Center at the James Comprehensive Cancer Center at The Ohio State University. He received his medical degree from Wake Forest University School of Medicine, completed his residency at the University of Michigan Health System and served a fellowship at the University of Colorado Health Sciences Center.