



What does the USPSTF recommend?



Adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years:

- **Screen** for lung cancer with low-dose computed tomography (CT) every year.
- Stop screening once a person has not smoked for 15 years or has a health problem that limits life expectancy or the ability to have lung surgery.



To whom does this recommendation apply?

Adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years. (See below for definition of pack-year.)



What's new?

The USPSTF has revised the recommended ages and pack-years for lung cancer screening. It expanded the age range to 50 to 80 years (previously 55 to 80 years), and reduced the pack-year history to 20 pack-years of smoking (previously 30 pack-years).



How to implement this recommendation?

- 1. Assess risk based on age and pack-year smoking history:** Is the person aged 50 to 80 years and have they accumulated 20 pack-years or more of smoking?
 - a. A pack-year is a way of calculating how much a person has smoked in their lifetime. One pack-year is the equivalent of smoking an average of 20 cigarettes—1 pack—per day for a year.
- 2. Screen:** If the person is aged 50 to 80 years and has a 20 pack-year or more smoking history, engage in shared decision making about screening.
 - a. The decision to undertake screening should involve a discussion of its potential benefits, limitations, and harms.
 - b. If a person decides to be screened, refer them for lung cancer screening with low-dose CT, ideally to a center with experience and expertise in lung cancer screening.
 - c. If the person currently smokes, they should receive smoking cessation interventions.

How often?

- Screen every year with low-dose CT.
- Stop screening once a person has not smoked for 15 years or has a health problem that limits life expectancy or the ability to have lung surgery.



What are other relevant USPSTF recommendations?

The USPSTF has made recommendations on [interventions to prevent the initiation of tobacco use in children and adolescents](#), and on [behavioral and pharmacotherapy interventions for tobacco smoking cessation in adults, including pregnant women](#).



Where to read the full recommendation statement?

Visit the USPSTF website to read the [full recommendation statement](#). This includes more details on the rationale of the recommendation, including benefits and harms; supporting evidence; and recommendations of others.