

Lung cancer risk factors and Recommended detection period

| Risk Group | Risk Factors | Recommended Screening Intervals |
|--------------------------|---|--|
| High-risk Group | <ol style="list-style-type: none"> 1. Suspected nodules identified by LDCT or x-ray images. 2. History of lung diseases (tuberculosis, emphysema, or other chronic lung diseases). 3. Age 45-74, with a smoking history of > 30 pack-years, current smokers, or quit smoking < 15 years ago. (Pack-years calculation: Packs smoked per day × Years smoked) 4. Age over 45, with a family history of lung cancer among second-degree relatives. 5. Cooking without a range hood or cooking for ≥ 4 hours/day for ≥ 20 years. 6. Previously diagnosed with lung cancer. | <p>Test every 3 months or more.</p> <p>* Consult with your physician for a chest LDCT scan if appropriate.</p> |
| Medium-High Risk Group | <ol style="list-style-type: none"> 1. Long-term exposure to secondhand or residual ('thirdhand') smoke. 2. Long-term exposure to carcinogens like radon, asbestos, radiation, arsenic, etc. 3. Long-term exposure to PM2.5, diesel exhaust, factory emissions, etc. 4. Cooking for ≥ 2 hours/day for ≥ 10 years. | <p>Test twice every year or more.</p> <p>* Consult with your physician for a chest LDCT scan if appropriate.</p> |
| Low to Medium Risk Group | <ol style="list-style-type: none"> 1. Occasional exposure to secondhand or residual ('thirdhand') smoke. 2. Occasional exposure to carcinogens like radon, asbestos, radiation, arsenic, etc. 3. Occasional exposure to PM2.5, diesel exhaust, factory emissions, etc. 4. Cooking for ≥ 2 hours/day for < 10 years. | <p>Test once every year or more.</p> <p>* Consult with your physician for a chest LDCT scan if appropriate.</p> |

