

## How can you learn more?

If you are interested in participating, or would like more information about NLST, call the National Cancer Institute's Cancer Information Service toll-free, Monday through Friday, 9 a.m. to 4:30 p.m., at

**1-800-4-CANCER**  
**(1-800-422-6237).**

The number for callers with TTY equipment is **1-800-332-8615.**

Or, visit us on the Web at:  
**<http://cancer.gov/nlst>**

The NLST logo features the letters 'NLST' in a dark purple, serif font. Above the 'N' and 'L' are yellow curved lines, and below the 'S' and 'T' are yellow curved lines, creating a stylized, dynamic appearance.

NATIONAL CANCER INSTITUTE

# National Lung Screening Trial

*Enrolling healthy men and women  
in research to detect lung cancer*

**<http://cancer.gov/nlst>**

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## What is NLST?

NLST, the National Lung Screening Trial, is a research study sponsored by the National Cancer Institute for men and women at risk for lung cancer.

## Could you be at risk for lung cancer?

If you've smoked heavily or have smoked for many years, the answer is "yes." Smoking puts you at risk even if you no longer smoke or do not have any symptoms.

## What's the connection between smoking and cancer?

There's no doubt about it—cigarette smoking can cause lung cancer. In fact, cigarette smoking is the leading cause of lung cancer. Every year, more than 169,000 people in the United States get lung cancer, and nearly 155,000 people die from this disease. Lung cancer is the leading cause of cancer death for both men and women.

Your risk of lung cancer depends on how many cigarettes and how long you've smoked. Quitting reduces the risk, but half of all lung cancers occur in former smokers.

## What's the purpose of this study?

NLST is a lung cancer screening trial. *Screening* means testing people to detect a disease before it causes symptoms.

The purpose of NLST is to compare two ways of detecting lung cancer: standard chest x-ray and spiral computed tomography (CT) scan. Both chest x-rays and spiral CT scans are used in an effort to find lung cancer early. So far, neither chest x-rays nor spiral CT scans have been shown to reduce a person's chance of dying from lung cancer. This study aims to show which test is better at reducing deaths from this disease.

Lung cancer research is a high priority for the National Cancer Institute. NCI is supporting NLST at more than 30 locations throughout the United States. NLST is a vital part of the effort to reduce the toll of lung cancer.

## Who can join NLST?

**You may be eligible to join if:**

- ⦿ You are a healthy man or woman aged 55 to 74, and
- ⦿ You are a current or former smoker who has smoked heavily, or for many years, and
- ⦿ You have never had lung cancer, and
- ⦿ You have not had any cancer (except some skin cancers or in situ cancers) within the last 5 years.

## Why should you consider participating?

**NLST offers participants:**

- ⦿ The *possibility* of detecting a small lung cancer that may still be curable
- ⦿ The chance to contribute to medical research and to help others and future generations
- ⦿ Referrals to smoking cessation resources if you want to quit

## What will happen if you join NLST?

**If you join this study:**

- ⦿ You will meet with NLST staff to discuss the study, and they will determine your eligibility.
- ⦿ You will read and sign a consent form that explains NLST in detail.
- ⦿ You will be assigned by chance (randomized) to have either chest X-rays or spiral CT scans. You will visit the NLST site to have the same test each year for three years.
- ⦿ Expert radiologists will review your X-ray or spiral CT scan.
- ⦿ Your test results will be mailed to you and your doctor, who will determine if follow-up tests are needed.
- ⦿ Periodically, for several years, the study staff will contact you by phone or by mail to update information about your health.
- ⦿ Some NLST centers may ask to collect your blood, urine, or sputum (phlegm) for future lung cancer studies.