

## CONNECTING FOR LUNG HEALTH: LUNG CANCER SCREENING





## Learn About Lung Cancer Screening

Lung cancer is a disease where cells in the lungs grow out of control. It is the second most common cancer in the United States, after skin cancers. The goal of a screening test is to diagnose a disease early, so it can be treated more successfully. That is why it is so important to get screened, especially if you are at higher than average risk. This fact sheet will help you understand if lung cancer screening is right for you. It will provide some answers about how to get a screening and talk to your doctor.

Research shows that lung cancer is more common in Black and African American men compared to other populations. The chance of being diagnosed late, and to dying from it are also higher. Some health disparities contribute to the differences in these statistics. "Health care disparities" means that there are differences in access to care for certain groups of people. These differences could be based on many factors. These include race, gender, income or location. This fact sheet suggests things you can do to reduce these barriers to care.



## Find a Doctor You Trust

It is not always easy to put your health in the hands of doctors you do not know well. For Black or African American individuals, this can sometimes be a difficult process. Both personal experience and historical events can make it harder to find a doctor you trust. Many people find it easier to talk to a doctor who is supportive and understanding.

Talk with friends and family members or other people you trust about finding a doctor they would recommend. This could be a doctor who is also a person of color. It can also be someone who has a history of providing excellent care. When you feel understood by your doctor, you will have better outcomes. They can also help you gain better access to critical health care, such as screening.



## Be Your Strongest Advocate

Don't be afraid to ask for what you need from your doctor. It might feel embarrassing or awkward to talk about personal health concerns like lung cancer. Other times, it may feel like your doctor is not hearing what you are telling them. It is not a sign of weakness to ask for help. It is the only way to ensure your good health in the long-term.

For Black and African American people, feeling dismissed by your doctor is a common concern. Speaking up for yourself is not always easy, but it can make a difference. Being open with your doctor can help you understand your risk for lung cancer. This includes asking questions. If you feel you are not getting the best care, consider changing providers or seeking a second opinion.

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