



Lung Screening Could Reduce Lung Cancer Deaths



Findings of a trial led by Cardiff University researchers show that lung cancer screening could significantly reduce deaths in high risk groups without causing unnecessary stress typically associated with medical tests. The study is published in *Thorax*.

Lung cancer is the leading cause of cancer-related mortality in the UK. Approximately three quarters of patients are diagnosed at a late stage. If detected early, seven out of ten patients could survive for a year or more. It is thus important to introduce early detection strategies that could help ensure early treatment delivery to patients before they reach an advanced stage of the disease.

See also: [NSNs in Lung Cancer Can Be Managed With Annual CT Scan](#)

This study evaluated the long-term psychosocial outcomes of CT screening for lung cancer. More than 4000 men and women aged 50-75 years and at high risk of lung cancer were included in the study. Study participants were assessed two weeks into the study and two years later. Emotional responses to CT lung screening were assessed using measures such as cancer distress, anxiety, depression and satisfaction.

Findings showed that more participants from the group that didn't receive scans were dissatisfied with their decision to participate in the trial. Cancer distress was found to be higher in women, participants under the age of 65 and current smokers, regardless of group allocation.

Study researchers conclude: "Sometimes, fear of medical procedures and the results they might bring can prevent people from seeking life-saving tests. However, what our trial shows is that CT lung cancer screening actually has no long-term negative psychosocial impact on patients, making it an excellent tool for catching lung cancer earlier when there is a better chance of survival."

Source: [Thorax](#)

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