LUNG CANCER SIGNS AND SYMPTOMS

Lung cancer is usually asymptomatic in its early stages. Symptoms of advanced disease are different in each person, but may include:

- A cough that doesn’t go away and gets worse over time
- Wheezing or shortness of breath
- Coughing up blood or bloody phlegm
- Chest pain
- Voice change or hoarseness
- Frequent lung infections, such as bronchitis or pneumonia
- Bone or joint pain
- Difficulty swallowing
- Redness and swelling of the upper body

HOW IT WORKS

The EarlyCDT®-Lung blood test detects special proteins called autoantibodies, which your body may produce if you have cancer. Autoantibodies can be found up to 5 years before a tumor is visible on a CT scan. Increased levels of these proteins mean you are at greater risk for having lung cancer.

STEP 1
GET TESTED
If you have lung cancer risk factors, EarlyCDT®-Lung can be ordered to help assess your risk and increase the chances of detecting lung cancer early, when treatment can be most successful.

STEP 2
UNDERSTAND THE RESULT
Your EarlyCDT®-Lung test result will show values for 7 different autoantibodies. If you have elevated levels of any of these antibodies, your risk for having lung cancer is increased by 7-fold. A negative test result means that elevated levels of autoantibodies were not found, but it does not mean you are cancer-free; you may still have high risk due to your existing lung cancer risk factors. Regular follow-up testing is recommended.

STEP 3
FOLLOW THE PLAN ESTABLISHED BY YOUR MEDICAL PROVIDER

When caught in its earliest stages, lung cancer can be beaten. It is critical that you follow your medical provider’s advice, which may include other diagnostic tests or dietary and lifestyle changes that may reduce lung cancer risk, including:

- Smoking cessation
- Exercise
- Decreased alcohol consumption
- Decreased intake of foods that may increase inflammation and cancer risk, such as red/processed meat, refined grains and sugars, highly heated or oxidized oils, and partially hydrogenated oils or trans fats
- Increased intake of foods that have been shown to significantly reduce inflammation and cancer risk, including fresh fruits, carotenoid-rich foods (e.g., carrots, dark leafy greens, broccoli, tomatoes, sweet potatoes), non-starchy vegetables, raw nuts and seeds, and omega-3 fatty acid-containing foods such as oily fish

References

LUNG CANCER IS THE NUMBER ONE CANCER KILLER IN THE U.S.

Each year lung cancer kills nearly 160,000 Americans — taking almost the same amount of lives as breast, prostate, liver, kidney and skin cancers combined.²

When found early, the 5-year survival rate for lung cancer more than triples to 54%,² and if found in stage 1, studies have shown the 5-year survival is as high as 90%.³

WHO SHOULD BE TESTED?

EarlyCDT™-Lung is for people who are at high risk for developing lung cancer. Long-term smokers have the greatest risk; up to 90% of all lung cancers are caused by smoking.⁴ Ask your provider about testing with EarlyCDT™-Lung if you...

- Are a smoker or ex-smoker aged 50 years or older, with a smoking history of 20 pack years* or more
- Have been diagnosed with indeterminate pulmonary nodules

*equivalent to smoking one pack per day for 20 years

Additional risk factors:⁵

- Family history of lung cancer
- Exposure to second-hand smoke, radon, asbestos, coal products, or radioactive substances
- Being male (men have 4x increased risk for lung cancer)
- Emphysema or chronic obstructive pulmonary disease (COPD)

Note: EarlyCDT™-Lung is not recommended for people who have had cancer in the past.

EARLYCDT®-LUNG: EARLY DETECTION MEANS BETTER OUTCOMES

Delayed diagnosis is one of the main reasons that lung cancer is so deadly. Studies have shown that screening with computer tomography (CT) could reduce lung cancer deaths.⁵ But CT Scans, in addition to being costly, can have disadvantages. When used alone, they often suggest that cancer is present when it isn’t (known as a “false positive”), which can lead to unnecessary surgical procedures.

EarlyCDT™-Lung is a blood test that can detect lung cancer in high-risk patients up to 5 years earlier than a CT scan.¹

LUNG CANCER DETECTABILITY AND PROGRESSION

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