
Quitline Iowa-New Lung Screening

1 message

Lisa McConnell <lmccConnell@sieda.org>

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To: Meho Clark <meho.clark@outlook.com>, "Jones, Cheryll" <cheryll-jones@uiowa.edu>, Christina Scharck <cscharck@simhcottumwa.org>, Pat McReynolds <patmcreynolds318@gmail.com>, Shiloh Seim <Seim.Shiloh@jobcorps.org>

Good morning, please share-out, thanks!

Quitline Iowa Now Offering Lung Cancer Screening Education

On February 18, 2025, Quitline Iowa began implementing a new process to inform Quitline participants if they qualify for lung cancer screening. The U.S. Preventive Services Task Force recommends yearly lung cancer screening with low-dose computed tomography (LDCT scan) for people who:

- Have a 20 pack-year (one pack a day for 20 years or two packs a day for 10 years) or more smoking history, **and**
- Smoke now or have quit within the past 15 years, **and**
- Are between 50 and 80 years old.

During an LDCT scan, the x-ray machine uses a low dose of radiation to create detailed images of the person's lungs. The scan only takes a few minutes and is not painful.

Lung cancer screening can help to detect tumors earlier when they are more treatable which can increase survival. Lung cancer is the number one cause of cancer deaths in Iowa. Iowa ranks 14th in the nation for the rate of new cases of lung cancer.

Quitline Iowa is a free program that has helped over 1.5 million people quit tobacco. The professional quit coaches and online community provide support including connections to resources like nicotine quit medications.

For more information on Quitline Iowa and to connect with a personal coach:

- Visit <https://quitlineiowa.org/>
- Call 1-800-QUIT-NOW (784-8669)
- Text START to 300500

For more information about lung cancer screenings: <https://www.cdc.gov/lung-cancer/screening/>

For more information about lung cancer in Iowa: https://shri.public-health.uiowa.edu/wp-content/uploads/2024/08/2024-Spotlight_Lung-Cancer-in-Iowa_August-2024.pdf

Sincerely,

Lisa McConnell
Tobacco Prevention Specialist
Sieda Community Action
Behavioral Health and Treatment Services
[310 West Main Street](#)
[Ottumwa IA 52501](#)
lmccConnell@sieda.org
641-329-4182

