

Webinar

MSK Direct Presents: Love Your Lungs!

Wednesday, August 13, 2025 • 1:00–2:00 p.m., ET

Your lung health matters—protect it with knowledge and action! We can take our lungs for granted, but being aware of everyday irritants, signs and symptoms of a bigger problem, and how to maintain a healthy lifestyle are key to prioritizing lung health.

Join MSK Direct for a webinar featuring Memorial Sloan Kettering Cancer Center thoracic surgeon, Alexis Chidi, as she discusses:

- Actions you can take for healthy lungs
- The dangers of vaping
- The importance of lung screening and prevention

REGISTER HERE:

To register for the webinar,
[click here](#) or scan the QR code.



Memorial Sloan Kettering
Cancer Center



SPEAKER: Alexis Chidi, MD, PhD, MSPH
(Above, with patient)

MSK Direct

Getting Screened Could Be a Breath of Fresh Air

Cancer screenings are important, so please don't wait. Take charge of your health with a short assessment to get personal lung screening recommendations from MSK.

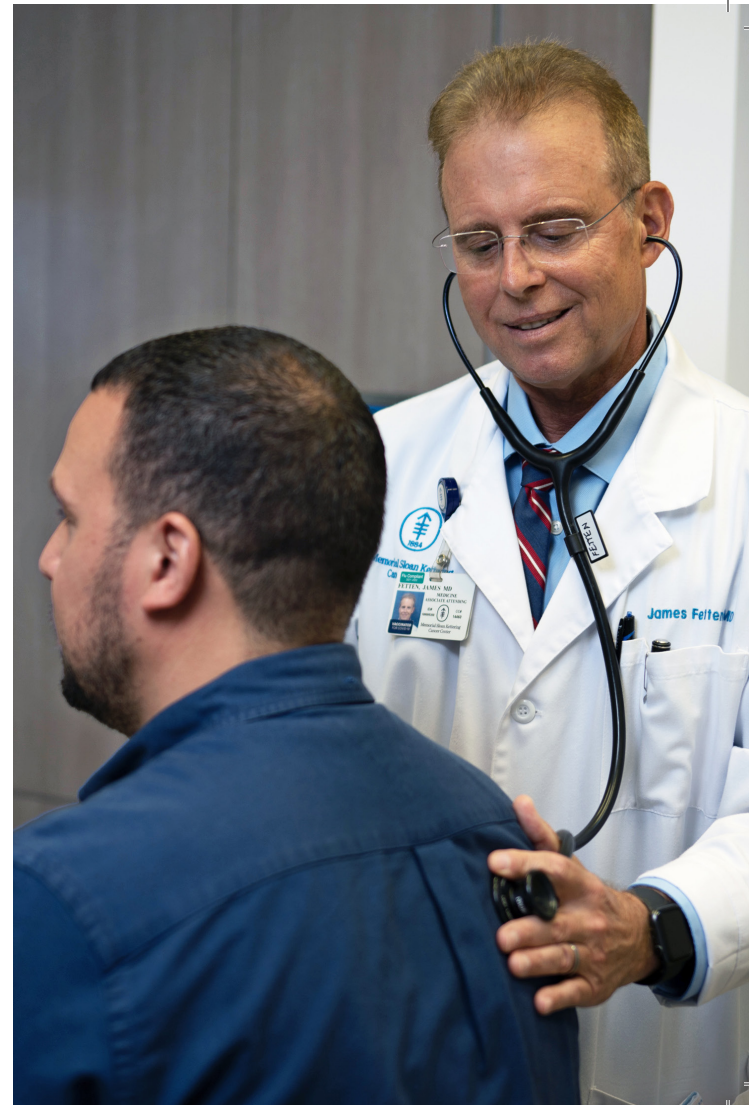
We recommend screening if you:

- Smoke now, or quit smoking within the past 15 years
- Are between the ages of 50 and 80
- Have smoked an average of 1 pack a day for at least 20 years, or a similar amount (for example, 2 packs a day for 10 years)

The MSK Direct team is available to help you and your family make smart decisions about the best cancer care options. To learn more about lung cancer screening eligibility or to book a screening appointment, call the dedicated MSK Direct line: **(646) 449-1515** or [scan the QR code](#).



Memorial Sloan Kettering
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MSK Direct

Your Guide to Lung Cancer Screening



**Memorial Sloan Kettering
Cancer Center**

The MSK Promise

When having a lung cancer screening at Memorial Sloan Kettering, you will meet with a specialist on the thoracic (lung) team, have a low-dose CT scan, and be offered participation in a smoking cessation program, educational information, and the opportunity to get involved in research.

Memorial Sloan Kettering is recognized as a world leader in the prevention, diagnosis, and treatment of lung cancer. Our lung cancer specialists take a comprehensive approach to cancer treatment. We prioritize the quality of life of the people we care for, providing social services, emotional support, integrative medicine, and access to the latest advancements in cancer science.

Meet Our Experts



Bernard Park, MD

Surgeon
Deputy Chief of Clinical Affairs,
Thoracic Service



Michelle Ginsberg, MD

Radiologist
Vice Chair for Education,
Department of Radiology



Jamie Ostroff, PhD

Psychologist
Chief, Behavioral Sciences
Service; Director,
Tobacco Treatment Program

Getting Screened is Easy!

Lung cancer is the number-one cause of cancer-related deaths in the United States. Each year, lung cancer is responsible for more deaths than breast, prostate, and colorectal cancers combined.

By the time we diagnose most people with lung cancer, the disease is in an advanced stage. It cannot be removed through surgery and is difficult to cure. Because of this, researchers and members of the American Cancer Society, the National Comprehensive Cancer Network, the American College of Chest Physicians, and the American Society of Clinical Oncology came together to evaluate years of data about lung cancer screening.

Research shows that screening with a low-dose CT scan can reduce the risk of death from lung cancer for people at a high risk of getting the disease. At MSK, we work to ensure that we are delivering the lowest CT radiation dose possible while still getting highly accurate scans. This type of screening can sometimes detect cancer at an early stage, when treatment may be more effective.



Clear the Air

It's never too late to quit! No matter your smoking history, quitting today will help reduce your risk for smoking-related diseases. We know it can be difficult to quit and stay quit, but you can do it with the right guidance and support. We can help.

Tobacco Treatment Program at MSK

At MSK, we have experts who can help you quit smoking. Our program is open to all individuals who smoke and other tobacco users, people who have never had cancer or a tobacco-related disease, those diagnosed with cancer, and cancer survivors, regardless of your readiness to quit. We can help you safely and effectively cut down your smoking in preparation for quitting.

We offer treatment in formats that are the most convenient and comfortable for you:

- telephone
- group
- in-person
- telehealth (videoconference)

At Memorial Sloan Kettering, we follow the screening guidelines of the US Preventive Services Task Force. We want to ensure that only the people who'll benefit most from lung screenings get them. Currently, the eligibility guidelines for lung screenings include people who meet all three of these criteria:

- have smoked an average of one pack a day for at least 20 years or the equivalent (for example 2 packs for 10 years)
- between the ages of 50 and 80
- an individual who smokes or quit within the past 15 years

If you would like to schedule a screening visit, call **646-497-9163**.

If you have any other concerns about your lung health, we encourage you to discuss them with your primary care doctor.

Frequently Asked Questions

What is a low-dose CT?

It is a test that uses X-rays to make detailed pictures of the inside of the body. During the test, you will lie on your back on a table that is attached to an X-rays pass machine. The CT scanner is a large doughnut-shaped machine that is open on both ends so that your head and the lower part of your body are not in the machine. X-rays through the body area being studied (for this screening, the chest and lung areas). A computer saves all the pictures the machine takes so that a doctor can review them.

I already spoke with my doctor about lung screening. Do I still need to meet with someone at MSK before having a low-dose CT?

At MSK, we are responsible for reviewing if a lung screening is right for you, and going over the benefits and risks of screening. So to become part of our screening program, you first need to meet with a thoracic specialist. After that, you will have a low-dose CT scan, and we will follow up with your results in one business day.

I'm experiencing symptoms. Can I still meet with an MSK clinician for a lung cancer screening?

We suggest you talk to a healthcare provider about those signs. We want to be sure they are reviewed right away, and by the right kind of provider. While we may consider chest pain, shortness of breath, fatigue, or coughing up phlegm, mucus, or blood to be possible symptoms of lung cancer, they could also be due to an infection, seasonal allergies, or another illness that isn't cancer. If you have questions about your symptoms, call 646-497-9163 to discuss them with a dedicated care adviser.

I'm under age 50 but concerned about my lung health. Can I come in for a screening anyway?

Even though you may not meet the US Preventive Services Task Force's guidelines for a lung screening, we understand your concerns. You can contact our project coordinator at **646-668-0254** to discuss your options.



MSK Direct

Your employer partners with Memorial Sloan Kettering Cancer Center (MSK) — one of the top cancer hospitals in the nation, with more than 135 years devoted to exceptional patient care and cutting-edge medicine — to offer you MSK Direct.

With MSK Direct, you and your family have access to expert cancer guidance, no matter where you're located. MSK Direct is your pathway to the highest-quality cancer solutions and services for screening and prevention, diagnosis, treatment, and life after cancer for both adults and pediatric patients. Whether you have cancer, are concerned about your risk of cancer, or are a caregiver, MSK Direct is here for you.

The MSK Direct team is available to help you and your family make smart decisions about the best cancer care options, close to home. Call the MSK Direct dedicated phone number: 646-449-1515 or visit mskcc.org/direct/mskdirectforyou to learn more.



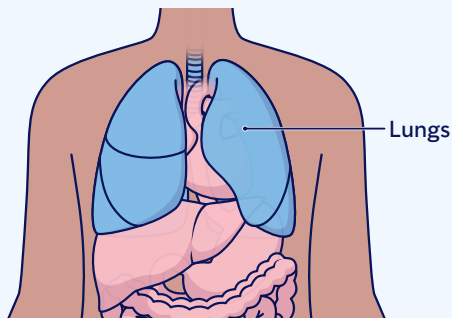
Memorial Sloan Kettering
Cancer Center

**As of December 8, 2022.*

Your Quick Guide to Lung Cancer Screening

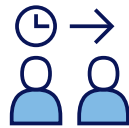
Lung cancer screening can help you stay healthy!

Lung cancer screening checks for signs of lung cancer and other lung health problems. Screening can find lung cancer early, when it's easier to treat. It could even save your life.



Who should get screened?

At MSK, we want to make sure that only the people who will benefit most from lung screenings get them. Right now, lung screenings are recommended for people who:



Are 50 to 80 years old.



Smoke now or have smoked in the past.



Have smoked an average of one pack a day for at least 20 years or something similar:

- Such as, 2 packs a day for 10 years, or a half pack a day for 40 years.

Why do I need to get screened?

It's best to learn as early as possible if you have cancer. Lung screening helps you understand your lung health. Taking action early can lower your risk of dying from lung cancer or other causes.

Why should I come to MSK for lung screening?

At MSK, you will have a full care team to help you keep track of your lung health. At your first visit, we'll talk about what to expect during a lung screening. We'll make a screening schedule that's right for you.

If you are currently smoking, you can also meet with our Tobacco Treatment Program experts. They help you address your smoking habits using the latest methods, based on research.

Ready to schedule your screening or have questions?



Take our quiz to learn if screening is right for you. It only takes 2 minutes.

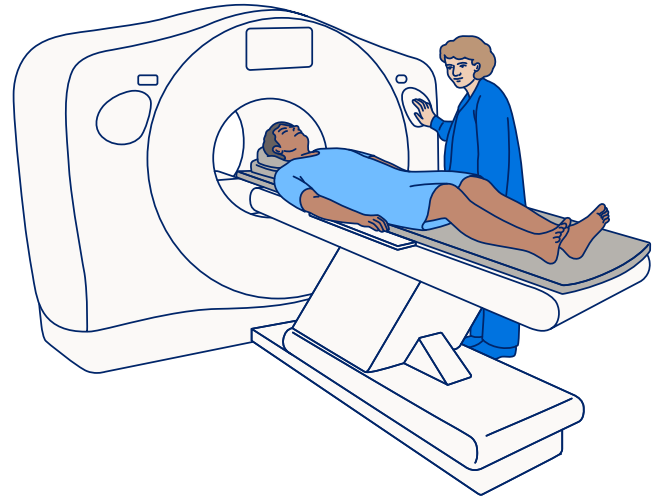
Point the camera of your smart device at the QR code and tap the link.



What happens during the screening?

We will use a low-dose CT (or CAT) scan to check your lungs. It's a 5 minute test that uses a low dose of radiation to take pictures of your chest and lung area. You don't have to prepare anything before the test. You can do the test and go home on the same day.

During the scan, you will lay on your back on a table. The table will slide and pass through a machine that takes the pictures. An MSK doctor will look for cancer in these pictures and any abnormal (not normal) spots.



I might be having symptoms of lung cancer. Can I still get screened?

You might be having symptoms in your lungs, such as shortness of breath, chest pain, or coughing up phlegm or blood. This doesn't mean you have cancer. Some causes for these symptoms include an infection, allergies, or another condition that is not cancer. If you're having any of these symptoms, speak with your healthcare provider right away. If you call us at **646-449-1515** to plan your lung screening, tell the dedicated Care Advisor about your symptoms.

Do I need insurance to get a lung screening?

Yes. Lung cancer screening is covered by most insurance. If you're not sure about your coverage, contact your health insurance provider.

Need help quitting smoking?

Are you currently smoking and interested in quitting? No matter how long you've smoked, quitting today or cutting back will help lower your risk for diseases related to smoking. We know quitting or cutting back can be hard, but you can do it with the right support. MSK can help.







Tobacco Treatment Program at MSK

At MSK, we have experts who can help you quit smoking. We help people diagnosed with cancer, people who have never had cancer, and cancer survivors. Our team of tobacco treatment experts can help you cut back your smoking or tobacco use to quit when you're ready.

Through MSK Direct, you have access to MSK's world-class team of cancer experts.

If you have been diagnosed with or suspect you have cancer, please don't wait. Call your dedicated MSK Direct number **646-449-1515** or scan the QR code to learn more.



CANCER	WHO	SCREENING TYPE	STARTING AGE	FREQUENCY
 Cervical	Female	Pap test	21	Every 3 years
		HPV test	21	Every 5 years
 Breast		Self-exam	21	Monthly
		Exam by provider	25	As part of routine checkups
		Mammogram	40	Annually or as recommended
 Prostate	Male	PSA test (baseline)	45	As recommended
 Colorectal	All Genders	Colonoscopy	45	Every 10 years or as advised
 Lung		Low-dose CT scan	50	Only with smoking history
 Skin		Self-exam	Risk-dependent	Monthly

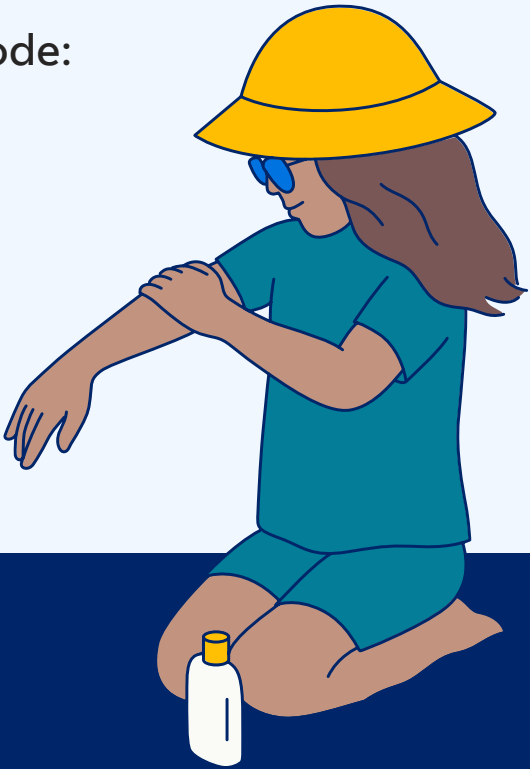
MSK Direct

Summer of Health—
Early Detection Saves Lives!

Summer is a season of energy and adventure—no better time to invest in your health and well-being!

This Summer, make your health a priority by answering a few simple questions to get personalized screening recommendations from Memorial Sloan Kettering Cancer Center (MSK). In less than five minutes, you can discover if you’re due for any cancer screenings and take an important step toward a brighter, healthier future.

To start now, please scan the QR code:



Lung Screening Could Be a Breath of Fresh Air

Lung screening at MSK is quick, easy, and can save your life. You'll talk with an MSK provider, get a chest CT (CAT) scan, and get your results as soon as the next day.

You don't have to be an MSK patient to schedule a screening.

Lung cancer screening is often covered by health insurance. If you have questions, contact your health insurance provider.

If you or a loved one are 50 to 80 years old and currently smoke or used to smoke, call **646-449-1515** or ask a member of our team for more information.

Learn more: Point your smartphone camera at this QR code. Then, tap the link.





MSK Direct

Vaping: What You Need to Know

What is Vaping?

Electronic cigarettes, also known as e-cigarettes or vapes, are devices that heat a liquid that makes an aerosol (or “vapor”), which you breathe in. The vape liquid has high amounts of nicotine, which is a very addictive drug.

In addition to nicotine, the liquid also has a number of harmful chemicals and vitamin E acetate, all of which may cause breathing problems and lung damage when inhaled.

Is Vaping a Good Way to Quit Smoking?

Vapes are not an FDA-approved method of quitting smoking. Vapes also contain high amounts of nicotine, harmful chemicals, and can be just as addictive as smoking tobacco cigarettes.

Does Vaping Affect My Health?

Vaping impacts your health in a number of ways. A few examples are:

1. The nicotine in vapes instantly raises your blood pressure.
2. Vaping exposes you to chemicals that can cause swelling, bad headaches, nausea (feeling like you want to throw up), and cancer.
3. Secondhand vapor exposure can cause health problems too.

Can Vaping Damage Your Lungs?

Healthcare providers are seeing an alarming rise in people who vape developing rare lung problems. Chemicals in the vaping liquid like formaldehyde, acrolein (also often used to kill garden weeds) and vitamin E acetate have been linked to lipoid pneumonia, asthma, and even a collapsed lung. Symptoms of these problems can range from wheezing and shortness of breath to sharp pain in your chest and coughing up blood.

Connect with us

MSK Direct is your pathway to MSK’s cancer programs and services for screening and prevention, diagnosis, treatment, and life after cancer.

Whether you smoke or vape, quitting today will help you lower your chances of disease caused by smoke and tobacco.

Call your dedicated MSK Direct line at **646-449-1515** or visit **mskcc.org/direct/mskdirectforyou/lung-health** to learn more about our Tobacco Treatment program or to use our Lung Cancer Screening Assessment Tool.



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Health Benefits of Quitting Smoking

20 minutes

AFTER QUITTING

your blood pressure decreases to your normal level.

The temperature of your hands and feet increases to normal.

24 hours

AFTER QUITTING

your chance of a heart attack decreases.

8 hours

AFTER QUITTING

the carbon monoxide level in your blood drops to normal.



1 year

AFTER QUITTING

the risk of coronary heart disease is one-half that of a smoker's.



10 years

AFTER QUITTING

the death rate from lung cancer is 50% lower than that of a person who continues to smoke.

The risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.



CONNECT WITH US.

The MSK Direct team is available to help you and your family make smart decisions about the best cancer care options — at MSK or close to home. Call the MSK Direct dedicated phone number: **646-449-1515**, or visit mskcc.org/mskdirectforyou to learn more.



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