

TEXAS C-STEP

Cancer Screening, Training, Education & Prevention

Physicians recommend that certain smokers between ages 50–80 years old should have regular screenings for lung cancer.

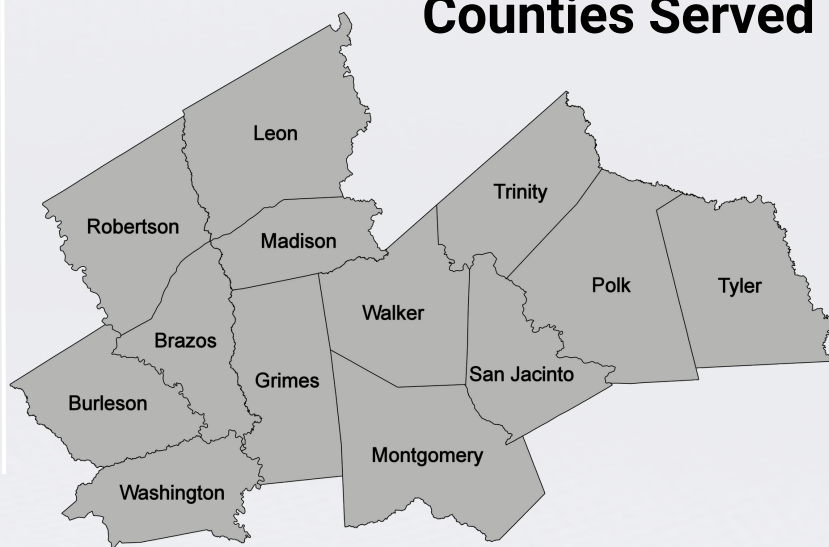


Our Service

Texas C-STEP offers **FREE** lung cancer screening services (i.e. Low-dose CT) to uninsured, or qualifying underinsured persons.

Lung Cancer is by far the leading cause of cancer deaths in the United States. It is the second most common cancer in both men and women in the U.S. and mainly occurs in older people aged 65-84 years old.

Counties Served



TO SPEAK TO A LOCAL COMMUNITY HEALTH WORKER ABOUT YOUR OPPORTUNITY FOR LUNG CANCER SCREENING (I.E. LOW-DOSE CT), PLEASE CALL: **979-436-0499**



Texas A&M HEALTH FAMILY CARE
2900 E 29th St., Bryan, TX 77802
Se habla Español



<https://cstep.tamu.edu>



CANCER PREVENTION & RESEARCH
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ATM HEALTH

What is LDCT Screening?

A low-dose spiral computed tomography (LDCT) screening can reduce lung cancer deaths by about 20% compared to a standard chest x-ray among current or former heavy smokers. During an LDCT scan, you lie on a table and an X-ray machine uses a low dose of radiation to make detailed images of your lungs. The scan only takes a few minutes and is not painful.

Lung cancer screening is recommended if you:

- Are between 50 and 80 years old.
- Have smoked a pack a day for 20 years, two packs a day for 10 years, or if you smoke more.
- Smoke now or have quit within the past 15 years.



How to Quit Smoking

Quitting smoking remains the single best thing you can do to protect your health. Additionally, receiving LDCT screening can aid in detecting lung cancer if it has developed due to smoking.

Here are some resources that can assist you in quitting smoking.

The **Texas Tobacco Quitline** offers free personalized support and strategies to help you quit smoking. Counselors speak both English and Spanish and are available 24 hours, 7 days a week. Call **1-877-YES-Quit (1-877-937-7848)** or visit **www.yesquit.org**.



FREE Mobile Application



The Smokefree mobile app provides 24-hour, 7-day-a-week support. With the app, you can:

- Access tools to assist you in quitting smoking
- Track your moods and learn how they relate to your smoking urges
- Identify reasons and ways to quit
- Keep track of your progress in quitting

You can access this app at <https://smokefree.gov/tools-tips/apps/quitguide> or by using the QR codes below.

Android



iPhone



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