

McLeod Healthy Lungs Initiative

Dear McLeod Friends and Families:

The Pee Dee region is a beautiful place in which to live, work, and play. Unfortunately, this area also holds a high prevalence of lung cancer due to several historical and modern-day factors, chief among them heavy tobacco use. This disease is the number one cause of cancer-related deaths in the United States -- more deaths than breast, prostate, and colon cancer combined. At McLeod Health, a large, multidisciplinary team has come together in recent years to tackle the issue head on, and we want to invite you to be part of the solution.

The *McLeod Healthy Lungs Initiative* (HLI) has started reversing the trend of late-stage lung cancer diagnosis through early detection via low-dose CT (LDCT) screening and enhanced access to care. Nationally, only 5% of people that qualify for an LDCT scan are getting screened. HLI aims to change this, as a simple 10-minute low-dose CT scan is significantly more effective at saving lives than other common cancer screenings. **In our service area last year, at least one life was saved (early-stage lung cancer detected) for every 103 LDCT scans that we performed.** If you or your dependent family members meet screening criteria, then this scan will be performed at no cost.

Additionally, we know that quitting smoking can be extremely difficult. We have in-person counseling and medications available to help, along with the digital resources provided through Healthier You. Enrolling in cessation counseling could also make it possible to eliminate your health plan smoking surcharge.

We are committed to reaching every eligible McLeod Health employee and dependent covered under our health plan with these resources to support healthy lungs. Please join us in this life-saving initiative.

To find out whether you may qualify for a free lung cancer screening, please call Karen Snider, Program Coordinator, at 843-777-5953.

Vinod Jona, MD
HLI Chairman



Kristy Hinchler, RN
Amy Perugini, BS, RN
Ainsleigh Brown, BSN, RN
HLI Nurse Navigators

Eligibility for \$0 Cost Screening (McLeod Health plan)

Age ≥ 50 and ≥ 20 pack-year smoking history and no lung cancer symptoms*

*Persistent cough and/or chest pain of unknown origin, coughing up blood, unexplained weight loss