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## Screening for Lung Cancer with Low Dose Computed Tomography (LDCT)

### Background

The U.S. Preventative Services Task Force (USPSTF) made recommendations to nearly double the number of people eligible for tests. That recommendation would begin low-dose CT screening five years earlier than its previous 2013 guidance with lowering the starting age from 55 to 50. The group also expanded its high-risk population to include those who smoked the equivalent of a pack of cigarettes a day for 20 years, rather than a 30 pack-year history. That change would apply to adults between 50 and 80 years who currently smoke or have quit within the past 15 years.

The Centers for Medicare & Medicaid Services (CMS) announced February 10, 2022 their adoption of modified recommendations. The national coverage determination indicates the evidence is sufficient to expand the eligibility criteria for Medicare beneficiaries receiving low dose computed tomography (LDCT) when the following criteria are met:

### Beneficiary eligibility criteria:

- Age 50 – 77 years;
- Asymptomatic (no signs or symptoms of lung cancer);
- Tobacco smoking history of at least 20 pack-years (one pack-year = smoking one pack per day for one year; 1 pack = 20 cigarettes);
- Current smoker or one who has quit smoking within the last 15 years; and
- Receive an order for lung cancer screening with LDCT.

### Counseling and Shared Decision-Making Visit

Before the beneficiary's first lung cancer LDCT screening, the beneficiary must have a counseling and shared decision-making visit that meets all of the following criteria, and is appropriately documented in the beneficiary's medical records:

- Determination of beneficiary eligibility;
- Shared decision-making, including the use of one or more decision aids;
- Counseling on the importance of adherence to annual lung cancer LDCT screening, impact of comorbidities and ability or willingness to undergo diagnosis and treatment; and
- Counseling on the importance of maintaining cigarette smoking abstinence if former smoker; or the importance of smoking cessation if current smoker and, if appropriate, furnishing of information about tobacco cessation interventions.