

**FREE LUNG CANCER SCREENING PROGRAM FOR HIGH-RISK INDIVIDUALS AT WHITE PLAINS HOSPITAL**

**PILOT PROGRAM WITH GREAT VALUE**

**By Dr. Victor Sternberg**

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As we all know, lung cancer due to smoking takes up to 400,000 lives annually of our citizens. The vast majority of lung cancer cases are detected after symptoms appear, most commonly coughing or coughing up blood. At that point, the condition is often Stage III or IV with a poor outlook. Newer chemotherapies have extended the lives of some patients but the disease still has a very poor prognosis once it reaches these stages.

Recently a patient came to me who revealed that she had a history of lung cancer but she's currently doing well. She related to me that after 19 years of smoking, she requested that her physician order a CT scan. She had heard that CT scans of the lungs can pick up early lung cancer which is not detectable prior to symptoms. When the physician refused and said she did not require that, she sought another opinion and had the CT scan taken. The CT scan revealed that she had a tumor in one part of her lung that was in an early stage and had not spread. That tumor was removed 9 years ago and she remains free of disease.

I've had one other patient who had a similar experience when her CT scan for another purpose picked up early lung cancer and she has also survived.

Both patients had no chemotherapy due to the early stage of their disease.

White Plains Hospital has a pilot program where they have begun to screen patients who have at least one of the following: a 20 year one-pack history which means for 20 years, they smoked at least one pack of cigarettes daily OR a two-packs daily history for 10 years OR even more packs during a shorter period of time. Additional eligibility criteria can be discussed directly with the Research Coordinator, Diana Zondorak.

In any event, it doesn't matter whether you are currently smoking or have stopped smoking. White Plains Hospital has now screened 425 patients. They will accept insurance if you have it but if you do not have insurance, or your insurance denies coverage of the scan, you will not be billed. These patients will not only have a CT scan but will be followed on a long-term basis.

Thus far they have picked up 10 patients with asymptomatic lung cancers that have been removed successfully. Lives will be saved by early detection.

For any of you who have a history of smoking or have relatives or friends with a history of smoking, please contact:

**Diana Zondorak PhD, Clinical Research Coordinator  
Dickstein Cancer Treatment Center at White Plains Hospital**

**(914) 849-7667**

**Email at [dzondorak@wphospital.org](mailto:dzondorak@wphospital.org)**

It may save your life or the life of someone you love.

Yours truly,

Victor M. Sternberg, D.M.D.

**Dental Office of:**

**Victor M. Sternberg, D.M.D., PC**

**Westchester Center of Periodontal and Implant Excellence**

**141 North State Road**

**Briarcliff Manor, NY 10510**

**EMAIL: [officesternberg@verizon.net](mailto:officesternberg@verizon.net)**

**WEBSITE: [www.DrSaveMyTeeth.com](http://www.DrSaveMyTeeth.com)**

**O: 914-762-1885**

**F: 914-762-1880**