

Pulmonary (Lung) Nodule Clinic

A **pulmonary** (PUL-mun-ary: lung) nodule (NOD-yool: lump or spot) is sometimes found on the lungs when CT scans or X-rays are taken for other reasons. It can also be found during a routine lung screening. It is important to check the nodules and watch them to make sure they do not become a problem. The Pulmonary Nodule Clinic will monitor your lung nodules.

What are lung nodules?

You may have been told that you have a pulmonary nodule. This means that a spot has been found on one or more of the lobes of your lungs. A spot or lesion (LEEZH-un) is a place on your lungs that does not look like normal lung tissue. It may be quite small, the size of a grain of rice. It may be as large as a walnut. Almost all lung nodules are benign (be-NINE: not cancer). Most are scars from a past lung infection. It is important for an experienced doctor to read and understand your scan.

What can cause a benign lung nodule?

- A viral, bacterial, or fungal lung infection
- Tuberculosis (TB), or being exposed to TB
- Bruise or inflammation in the lung from a chest injury
- Some common diseases such as rheumatoid arthritis can cause lung nodules.

What can cause a cancerous lung nodule?

- Smoking, now or in the past
- Cancer that starts elsewhere in the body can move to the lung.
- Aging makes it more likely that a lung nodule can become cancer.
- Family history of lung cancer makes developing cancer more likely.

What to expect at the Pulmonary Nodule Clinic

Lung nodules are very common. The pulmonary nodule clinic will make sure that you get the proper follow-up for your lung nodule. A nurse navigator will help you set up your visits. You will meet with a pulmonologist (pul-mun-OL-o-jist: lung specialist) where pulmonary nodules will be explained and evaluated. You will be able to ask questions. Future CT scans may be scheduled. It will depend on the size of the nodule and your risk of cancer. Your nurse navigator will be able answer questions that may come up after your appointment. Please call (608) 775-0346 with any questions.

You may need additional testing on your lungs. It will be important for you to come to all the appointments. You may speak with several doctors, nurses, and other staff from the nodule clinic during this time.

Most nodules are not lung cancer but it is important to find out for sure. If you do have lung cancer, there are options. It may be treated and may even be cured.

Finding out that you have a nodule on your lung can be scary. We can help you:

- Find appropriate and reliable information about your situation.
- Understand your own **risk level**: your chances of having lung cancer.
- Understand what kind of follow-up treatment you will need, if any.

Important: Stopping smoking is the best thing you can do to lower your risk of lung cancer. Ask your nurse or doctor for information on how to quit smoking, or contact the Wisconsin QuitLine.

- www.WiQuitLine.org
- 1-800-QUIT-NOW (1-800-784-8669)

What is a CT scan?

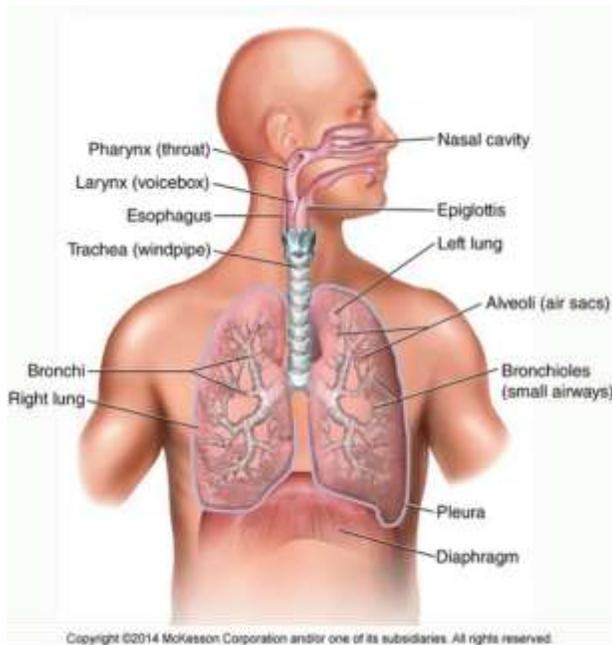
Computers and x-rays combine to take pictures of cross-sections of your body. They show bones, muscles, organs, fat and other body parts. They are very detailed.

Call your doctor if you have any of these problems:

- Loss of appetite
- Weight loss when you are not trying to
- Night sweats or chills
- Feel sick or more tired than normal
- Difficulty breathing when you are active

Go to a doctor or emergency room right away if you have any of these problems:

- Cannot stop coughing
- Coughing up blood
- Shortness of breath or wheezing
- Chest pain
- Dizziness
- Fever for more than 72 hours (3 days)
- Any of the above problems suddenly get worse



Follow-up of your lung nodule will depend on these 2 things:

- The size of the nodule
- Your risk of having cancer (low risk or high risk)

Your provider may do more tests if he or she thinks the nodule is cancerous. More tests may also be scheduled if the nodule changes during any of the follow-up CT scans.

Contact Information

8 a.m. – 5 p.m. weekdays

Pulmonary Nodule Clinic

(608)775-0346 or (800)362-9567, ext. 50346

After hours, weekends and holidays

Telephone Nurse Advisor

(608) 775-4454 or (800) 858-1050

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This information is meant to inform and educate our patients. It supports the care you receive from your health care team. It does not replace medical evaluation, advice, diagnosis or treatment. Talk to your doctor or health care team before starting any new treatment.

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