

Mayo Clinic Minute-
Lung Cancer Screening, Yoga

Video	Audio
Vivien Williams	Cancer screening - it can help save lives. Hi I'm Vivien Williams with your Mayo Clinic Minute.
	Let's talk lung cancer. It's the leading cause of cancer deaths in the U.S. Research proves that screening with CT scans saves lives. And this year, Medicare agreed to pay for screening in certain high-risk patients. So, who's at high risk? The U.S. Preventive Services Task Force says people 55 to 80 who've smoked a pack a day for 30 years. Mayo physicians agree, but
David Midthun, M.D. Pulmonology Mayo Clinic	"We're also recommending it to those who are at equivalent or higher risk who don't fit those criteria."
	Mayo Clinic pulmonologist Dr. David Midthun says that would include, for example, a smoker who has a parent or sibling with lung cancer. If you're at risk talk to your doctor about screening for lung cancer.
	In other lung-related news, a study from India found yoga was just as effective as pulmonary rehab in patients with chronic obstructive pulmonary disease or COPD. COPD includes diseases such as emphysema or chronic bronchitis.
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