

Learning that your loved one has lung cancer can be scary and overwhelming. But, you are not alone. There are 43.5 million people in the U.S. who are caring for loved ones with cancer and other illnesses.

As a caregiver, you will play an important part in your loved one's fight against the disease. It's not just the person with cancer who is affected – you're on a journey together. As you transition into the role of caregiver, these tips may help.

## Take Time

A lung cancer diagnosis is often a shock and it may take time to process what's happening for the patient and for those who love him/her. Try to keep that in mind and be patient as you and your loved one settle into this new normal.

## Get Organized

There will be a lot of medical information to keep track of for your loved one. Create a binder with tabbed sections where you can file important things, such as phone numbers, prescription information, schedules, lab tests and medical bills. Always keep the binder organized and up-to-date because you never know when you will need to refer to it quickly.

## Define Your Role

Consider discussing with your loved one what ways you think you can help him/her with treatment and care. Setting expectations early may help to reduce stress and identify areas where you may need additional assistance.

## Do Your Research

Learning as much as you can about the kind of lung cancer your loved one has and the treatment options available will be helpful to him/her. Ask your loved one's doctor or nurse for suggestions on appropriate books, online resources and other materials that might help you learn more. [LUNGeVity.org](http://LUNGeVity.org) is also a good place to start.

## Connect with Others

Finding support early on may help you and your loved one navigate the new world into which you have entered. Now may be the time to lean on family and friends for help with daily tasks around the house as well as emotional support. Ask your loved one's doctors and nurses about local support groups. There are also many online forums, including one from LUNGeVity at [forums.lungevity.org](http://forums.lungevity.org), where you can chat, ask questions or just read about others' experiences when your schedule allows.



The "Your Journey Together" Program was created by Celgene Corporation in collaboration with LUNGeVity Foundation for caregivers of people with lung cancer. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your loved one's healthcare team for questions you have about managing your loved one's condition.

