



bone
HEALTH
IN FOCUS

UNDERSTANDING THE IMPORTANCE
OF BONE HEALTH WHEN LIVING WITH
METASTATIC LUNG CANCER

IF YOU'VE BEEN DIAGNOSED WITH METASTATIC LUNG CANCER, it's important to pay special attention to your bone health and talk to your doctor about the serious bone problems* that you need to consider if your cancer has spread to your bones.¹ Having bone metastases is not uncommon when your cancer spreads.² In fact, 36% of patients who had advanced metastatic lung cancer had bone metastases.³ Bone metastases put you at risk for serious bone problems that can limit your daily functioning, so it's important for you to speak with your care team about your treatment goals.^{3,4}

It is important to speak with your doctor about bone health early on in your care.



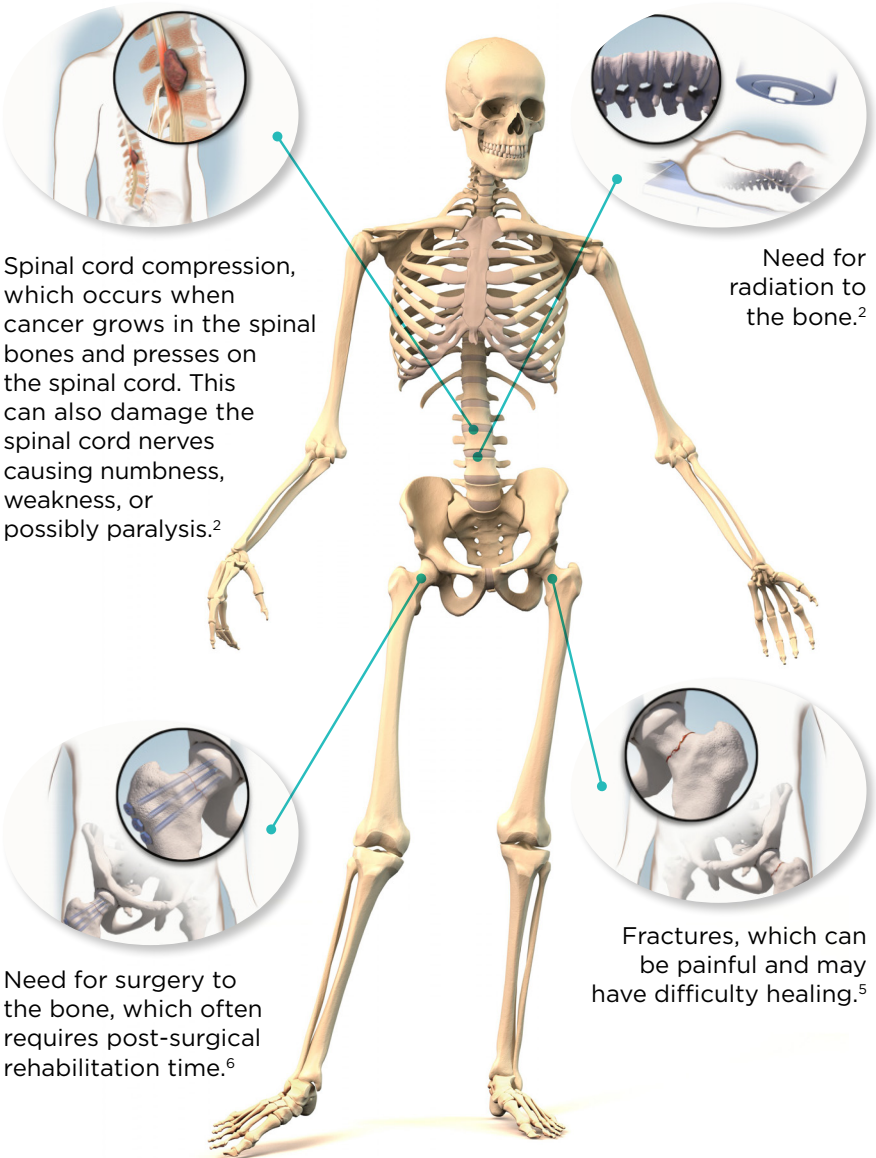
ASK YOUR DOCTOR IF YOU ARE AT RISK FOR SERIOUS BONE PROBLEMS

*** Serious bone problems are: broken bones (fractures), need for surgery to prevent or repair broken bones, need for radiation treatments to the bone, and pressure on the spinal cord (spinal cord compression).¹**

THE IMPACT OF PROGRESSIVE DISEASE ON BONE HEALTH

The spine, hip, upper leg, upper arm, ribs and skull are the most common sites of bone metastases.²

When lung cancer spreads to the bones, patients are at risk of developing serious bone problems* that can make it difficult to complete everyday activities.^{3,4} Serious bone problems are:



Spinal cord compression, which occurs when cancer grows in the spinal bones and presses on the spinal cord. This can also damage the spinal cord nerves causing numbness, weakness, or possibly paralysis.²

Need for radiation to the bone.²

Need for surgery to the bone, which often requires post-surgical rehabilitation time.⁶

Fractures, which can be painful and may have difficulty healing.⁵

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IF YOUR CANCER HAS SPREAD TO YOUR BONES

IT'S IMPORTANT TO KNOW THAT bone pain is not always a reliable indicator for the risk of serious bone problems*.⁷ As such, it is very important to have ongoing conversations with your doctors and nurses about your bone health and how it plays into your overall treatment goals.



Bone scans can help show if the cancer has spread to the bones and sometimes, bone metastases may be found before they have a chance to cause symptoms.² It's important for patients living with metastatic lung cancer that has spread to their bone to be aware of the potential for serious bone problems.³ Ask your doctor if you are at risk for serious bone problems. Your doctor will work with you to schedule a bone scan.

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MAKE BONE HEALTH A PRIORITY WHEN LIVING WITH METASTATIC LUNG CANCER



BE INFORMED. Being aware of bone health and working with your doctor to set a treatment plan that reflects your needs and goals is important. Some key questions to discuss with your doctor include:

- » Am I at risk for serious bone problems*?¹
- » What can I do to help prevent serious bone problems?
- » Should I have a bone scan and if so, how often?
- » Where can I go for more information?



BE PROACTIVE. If your healthcare team hasn't mentioned bone health, be sure to ask about it and get answers to all of your questions.



COMMUNICATE. Make sure that all members of your healthcare team—oncologists, other doctors, nurses and caregivers—are fully informed of your treatment plan and goals.



RECRUIT A SUPPORT TEAM. The support of friends, family, a counselor or clergy can help you manage living with cancer, especially if bone pain limits your daily activity.

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Helpful resources

- LUNGEVITY (<http://www.lungevity.org>)

References

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