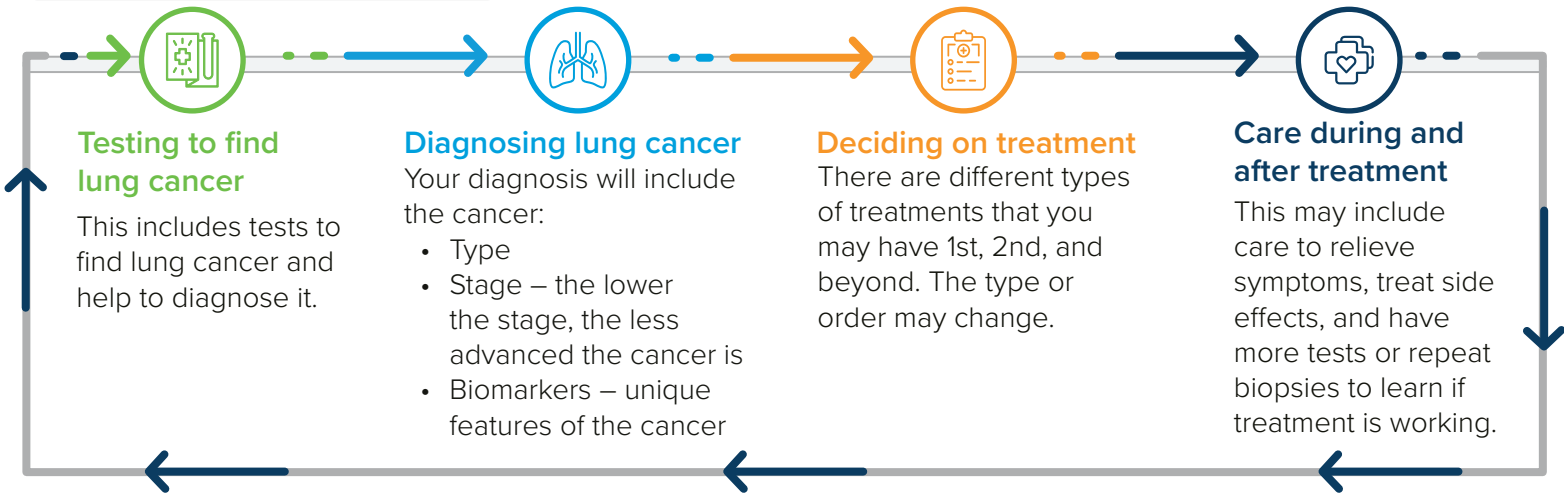


My lung cancer journey: What's next

Use this handout to learn about your lung cancer, discuss the cancer journey with your doctor, and partner with them to make informed healthcare decisions.

My lung cancer journey

Steps on your journey

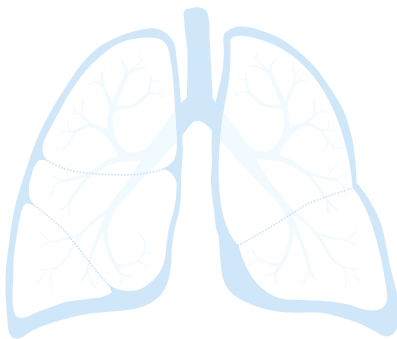


You and your doctor can mark checkboxes and take notes below based on your journey.



Diagnosis

Location of cancer:



Type of lung cancer:

- Non-small cell lung cancer
 - Adenocarcinoma
 - Squamous Large cell
- Small cell lung cancer

Stage:

- 0 1 2 3 4
- Recurred (came back)

Cancer biomarkers:

- EGFR ALK
- BRAF NTRK
- HER2 KRAS
- ROS1 RET
- MET Exon14
- Other _____
- PD-L1 for immunotherapy



Testing

- Imaging tests
- Lab tests
- Biopsy – taking tissue samples to look for cancer cells under a microscope
- Biomarker tests – taking tissue or fluid samples to test for unique features of the cancer

Notes



Deciding on treatment

- Surgery
- Radiation therapy – uses high energy to kill cancer cells
- Immunotherapy – medicines that work with your immune system to fight cancer
- Chemotherapy – medicines to stop the growth of cancer cells
- Combination therapy – using 2 or more treatments together
- Targeted therapy – medicines that attack cancer cells with less harm to normal cells
- Clinical trial – a type of research designed to learn more about how our bodies respond to new drugs or other treatments



Care during and after treatment

Notes

Questions to ask on my lung cancer journey

Use these questions to think about what's important to you and learn more about your cancer care. Write the question numbers and your doctor's answers on a separate sheet of paper.



Questions to ask myself

1. While I get treatment, do I:
 - a. Need to work?
 - b. Have someone to help me get to treatment?
 - c. Have someone to help around the house, help care for my children or grandchildren?
2. What does "quality of life" mean to me?
3. Are there major life events I would like to attend?



Questions to ask my doctor

Diagnosis questions

4. Should I get a 2nd opinion, and how do I do that?
5. Will you test my cancer for biomarkers?

Treatment questions

6. What is the goal of my treatment?
7. What are my treatment options?
8. Do I need breathing and exercise training (pulmonary rehab) or physical therapy?
9. What would we do if my treatment doesn't work or if the cancer comes back?
10. How can I learn more about emotional, physical, and medical support services?
11. Will I have a navigator or case manager assigned to me? A navigator or case manager has special training to help guide you through the cancer care process.

Side effect questions

12. What possible harmful effects and side effects might I have from treatment?
13. What can I do to treat side effects?
14. Who do I call if I have severe problems outside of your office hours, such as high fever?

Phone:

15. Will I need help controlling pain (pain management)?

Lifestyle questions

16. How will the treatment affect my daily activities?
17. Will I be able to work during treatment?
18. Can I travel during treatment?

Clinical trial questions

19. Should I think about taking part in a clinical trial?
20. Where can I learn about clinical trials for lung cancer?

Visit:

Financial questions

21. Does my insurance cover this test or treatment?
22. Where can I learn about financial assistance?

Resource questions

23. Are there local resources that help with rides to and from treatment?
24. Is there a local lung cancer support group meeting?
25. Can I get connected to others who have survived or are living with this type of cancer for support?

For questions about your lung cancer care, call your doctor at: