

# OUR VISION

A world where no one dies of lung cancer

# OUR MISSION

LUNgevity Foundation is firmly committed to having an immediate impact on improving quality of life and survivorship of people with lung cancer by accelerating research into early detection and more effective treatments, as well as by providing community, support, and education for all those affected by the disease.

We bring together world-class scientific minds, passionate advocates, and an efficient and effective organization.



Your first-class stamp allows us to put more funds toward research.

### THINGS YOU SHOULD KNOW...

- It is ok to ask for a second opinion
- Be sure to get your tumor tested for known biomarkers
- There may be a clinical trial available for you
- Ask about palliative care and pulmonary rehabilitation



### What you need to know about...

# chemotherapy

Did you know LUNgevity has an array of resources for you or your caregiver to help you navigate your lung cancer journey?

Visit [www.LUNgevity.org](http://www.LUNgevity.org) to learn more.



Find it. Treat it. Live.

#### CHICAGO OFFICE

228 S. WABASH AVENUE, SUITE 700, CHICAGO, IL 60604  
PH: 312.407.6100 F: 312.464.0737

#### BETHESDA OFFICE

6917 ARLINGTON ROAD, SUITE 352, BETHESDA, MD 20814  
PH: 240.454.3100 F: 240.497.0034

EMAIL: [INFO@LUNGEVITY.ORG](mailto:INFO@LUNGEVITY.ORG)

Lung Cancer HELPLine: 844-360-LUNG

[www.LUNgevity.org](http://www.LUNgevity.org)



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 **LUNGEVITY**  
228 S. Wabash Avenue, Suite 700  
Chicago, IL 60604

Chemotherapy is a type of treatment that uses drugs to attack cancer cells, including lung cancer cells. These drugs work by preventing the growth and division of the cancer cells. Chemotherapy has been used as a treatment for lung cancer for many years, and it remains an important treatment option despite the addition in recent years of new types of treatment.

Chemotherapy drugs may be used alone or in combination with other chemotherapy drugs or other types of lung cancer treatments, such as targeted therapy, immunotherapy, surgery, and radiation therapy, to help make them more effective. Chemotherapy may be used at all stages of both non-small cell lung cancer and small cell lung cancer. Your healthcare team will help select the best treatment plan for you, based on your medical history, your overall health and any other medical problems, the stage of your lung cancer, and your preferences.

While each patient responds differently to chemotherapy drugs, chemotherapy treatment can shrink lung cancer tumors, alleviate lung cancer symptoms, and extend life.

### HOW DOES CHEMOTHERAPY WORK?

Our bodies are composed of trillions of individual cells. Healthy, normal cells in the body grow and divide in an orderly manner, per the instructions encoded in the DNA of the genes within the nucleus of a cell. When there is an accumulation of mutations, or changes, in the DNA of the genes over time, the mutations can cause the cells

to lose this capacity. Out-of-control growth may occur instead, which can lead to the formation of a tumor.

Chemotherapy drugs work by damaging the DNA inside the nucleus of rapidly growing cells or by keeping the cells from dividing and growing.

Chemotherapy drugs are most often used systemically; that is, they travel throughout the whole body via the bloodstream to reach and attack cancer cells wherever they may be. Chemotherapy is most often administered intravenously, through a needle or tube inserted into a vein. It is usually administered in cycles. The number of treatments within a cycle, the length of a cycle, and the number of cycles to be given may vary based on the type and stage of lung cancer and the drug(s) being given. A typical cycle may last 3-4 weeks and continue over a period of months.

### MANAGING SIDE EFFECTS FROM LUNG CANCER CHEMOTHERAPY

Chemotherapy cannot tell the difference between rapidly growing cancer cells and healthy, normal cells that also divide rapidly. These include hair cells, blood cells, and the cells lining the mouth and intestines. When chemotherapy attacks these healthy, normal cells, it can cause side effects. However, normal cells can repair the damage or be replaced by other healthy cells, which is why side effects are usually temporary.

Each chemotherapy drug has a different set of most common side effects. Likewise, each person differs in their response to chemotherapy. Just because a side effect is possible does not mean that you will experience it.

Your healthcare team can often prescribe drugs or make recommendations about other ways to help prevent and/or relieve any side effects. Be sure to communicate with your healthcare team if and when new side effects begin, as treating them early on is often more effective than trying to treat them once they become severe.

### CLINICAL TRIALS

There are new lung cancer treatments to consider that are available now only through clinical trials. If you are considering participating in a clinical trial, start by asking your healthcare team whether there is one that might be a good match for you in your geographic area.

To learn more about:

- how chemotherapy works,
- what chemotherapy treatment options are available,
- how chemotherapy side effects can be managed, and
- whether chemotherapy might be a good treatment option for you,

visit <https://LUNGeivity.org/for-patients-caregivers/lung-cancer-101/treatment-options/chemotherapy> to download a copy of the LUNGeivity chemotherapy booklet.

*"This is a phenomenally useful resource. The information is straightforward and balanced, and I believe will help guide patients as they participate in the process of finding the right treatments at the right time."*

**PAUL PAIK, MD**  
Memorial Sloan Kettering  
Cancer Center



I am interested in information about:

- Biomarkers
- Chemotherapy
- Clinical trials
- Immunotherapy
- Lung adenocarcinoma
- Squamous cell lung cancer
- Stage I non-small cell lung cancer
- Stage II non-small cell lung cancer
- Stage III non-small cell lung cancer
- Stage IV non-small cell lung cancer
- Targeted therapy

I am a (choose one):

- |  |  |
|--|--|
| <input type="checkbox"/> Patient/Survivor        | <input type="checkbox"/> Healthcare provider |
| <input type="checkbox"/> Caregiver               | <input type="checkbox"/> Organization        |
| <input type="checkbox"/> Friend or family member | <input type="checkbox"/> Industry partner    |
|  | <input type="checkbox"/> Other               |

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Visit us on the web at:  
[www.LUNGeivity.org](http://www.LUNGeivity.org)

or contact us directly at:  
[info@LUNGeivity.org](mailto:info@LUNGeivity.org)  
312.407.6100

### HOW CHEMOTHERAPY WORKS

