



MOVING FORWARD

AFTER A LUNG CANCER DIAGNOSIS

Questions to ask yourself and your doctor

When someone is diagnosed with a life-changing disease like lung cancer, they can feel overwhelmed and scared. These are normal and valid feelings for people to have, and you're not alone in feeling this way.

This guide can help support you in taking an active role in treatment decisions. **This is your journey and you should have a say** in all decisions made.

!! WHAT IS **MOST** IMPORTANT TO YOU?

Before your next appointment, do some self-reflection and talk with your loved ones to decide what's most important to all of you. Write down below any hobbies or physical/work activities that are important to you and that you would like your doctor to know about.

List hobbies, physical activities, and work needs here:

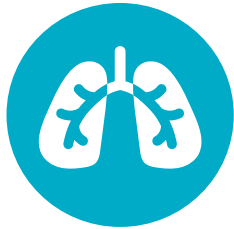
Sharing your goals with your provider – such as maintaining your well-being, controlling the cancer as long as possible, or minimizing certain types of side effects – is an important part of your care.

Finding a balance between effectiveness and side effects is an important part of your discussion with your doctor.



UNDERSTANDING YOUR LUNG CANCER

Before discussing treatment options with your doctor, it's important to understand your specific type of lung cancer. See below for questions that can get the conversation started.



What type of lung cancer do I have? The two main types of lung cancer are small cell lung cancer (SCLC) and non-small cell lung cancer (NSCLC).



What stage is my lung cancer? Lung cancer staging refers to knowing where the lung cancer cells are, their size, and if and where they have spread. The table below offers more details.

- **Stage 1:** A small, invasive mass or tumor with no spread
- **Stage 2:** Cancer has spread to nearby tissues, including **lymph nodes** near the mass
- **Stage 3:** Cancer affects more surrounding tissue, including distant **lymph nodes**
- **Stage 4:** Cancer has spread to other tissues or organs beyond the region where it originated

► Some stage 4 lung cancers can spread to the brain. It's important to know whether this is the case for your cancer, and discuss the impact with your doctor.



Does my cancer have a biomarker that could help direct treatment? Your doctor can order a **biomarker test** to help choose the appropriate treatment for your type of lung cancer.



There is a useful glossary with definitions of **red terms to know** on page 4.

MY LUNG CANCER

Type:

Biomarker:

Stage:

Other notes:

Tumor: When normal cells change and grow uncontrollably, they form a mass/nodule called a tumor. Tumors can be either noncancerous (benign) or cancerous (malignant).

Lymph nodes (or lymph glands): A part of the body's immune system. They are small lumps of tissue that work as filters for foreign substances, such as cancer cells and infections.

Biomarker testing: A test that helps your doctor get more information about your type of lung cancer. Biomarker testing analyzes your cancer cells to identify specific features, like genes or proteins, that help doctors choose the appropriate treatment plan for you.

- If a doctor knows that a biomarker (such as EGFR, KRAS, ALK, ROS1, BRAF, NTRK, MET, or RET) is causing a tumor to grow, then they may prescribe a specific therapy for these abnormalities called a **targeted therapy**.

Targeted therapy: Targeted therapy is a precise type of cancer treatment that identifies and attacks specific parts of cancer cells. It's important to know that some of these targeted therapies may also affect healthy cells.

If you do not test positive for a biomarker with an approved targeted therapy, **immunotherapy** with or without **chemotherapy** may be offered. Surgery or radiation may also be recommended. A clinical trial looking at treatments for other biomarkers may also be suitable.

Immunotherapy: Refers to a kind of cancer treatment that activates your body's immune system to recognize and kill tumor cells.

Chemotherapy: Refers to a treatment that attacks cells that are growing and multiplying. Because chemotherapy fights all cells, they can sometimes kill healthy cells along with the tumor cells.



UNDERSTANDING YOUR TREATMENT OPTIONS

All treatments come with their own benefits and risks—your doctor can help you understand them. Use the worksheet on the next page to discuss with your doctor and take notes. Ask your doctor to list ALL treatment options that you might be eligible for. Write them in column 1 on page 7. For each treatment option, you may wish to ask questions, and you can find example questions on page 6.



Refer to the treatment goals you outlined on page 1. Be sure to share these goals with your doctor.

Note: If you're waiting for the results of a **biomarker test**, then it might be too early to talk with your doctor about specific treatment options. While waiting can be difficult, it's critical that you and your doctor have all the necessary information before deciding on a treatment plan.



TREATMENT Options

- ☐ How are these treatment options administered and how often?
- ☐ Which treatments do you recommend for me? Why?
- ☐ When evaluating multiple treatment options, what differences should I consider?
- ☐ Does your office have any helpful pamphlets or brochures to learn more about my treatment options? Are there any trusted websites where I can learn more?



POTENTIAL TREATMENT Benefits

- ☐ How effective is this treatment for my type of lung cancer?
- ☐ Will this treatment help if my cancer has spread or may spread to the brain?
- ☐ How long should I expect to be on this treatment?
- ☐ What are the next steps if this treatment does not work or stops working?



POSSIBLE Side Effects

- ☐ What are the most common side effects with this treatment?
- ☐ Are there potential severe side effects? What are they? How common are they?
- ☐ If I experience any of these side effects, how would we manage them?
- ☐ Who do I contact if I'm experiencing side effects?



SUPPORT SERVICES

- ☐ Can your office provide or refer me to sources of support? (e.g. family counseling, nurse navigators, advocacy groups)



MOVING FORWARD WORKSHEET

Use this worksheet to record important information about the treatments you've discussed with your doctor.

Treatment (circle doctor's recommendation)	Potential Treatment Benefits	Possible Side Effects	Notes

- Remember to confirm next steps with your doctor prior to leaving their office.