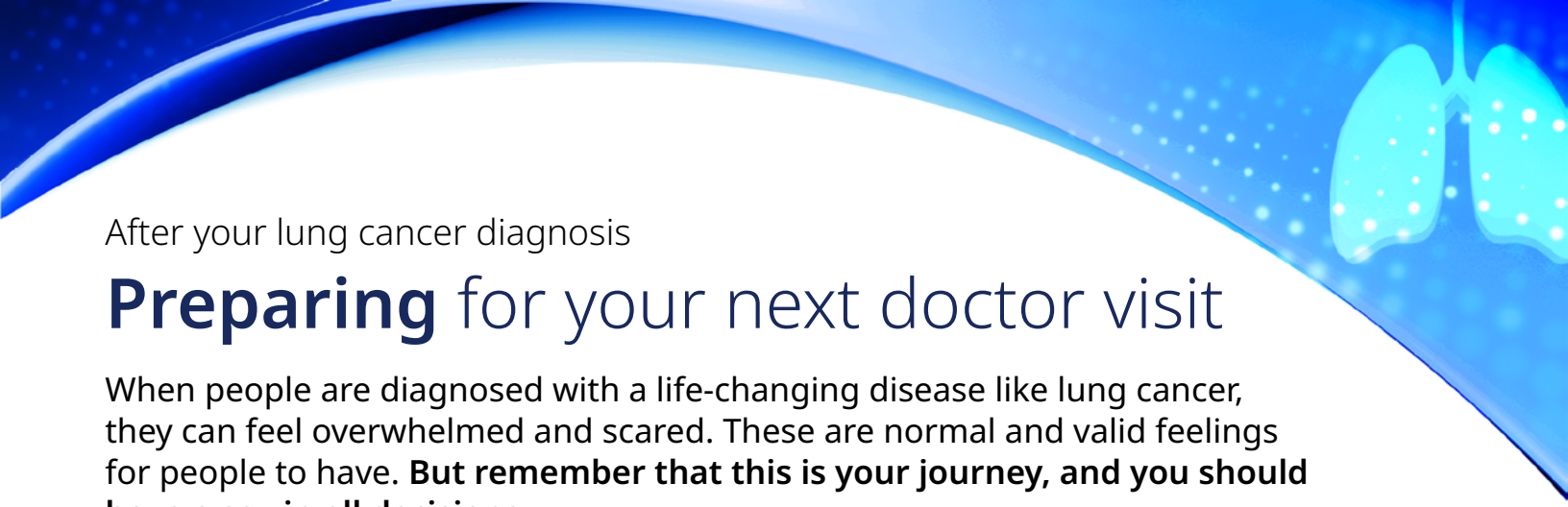




After your lung cancer diagnosis

Preparing for your next doctor visit

When people are 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. **But remember that this is your journey, and you should have a say in all decisions.**

☒ **PREPARING** for Your Doctor's Appointment

- ☐ **Who can go with you to doctor's appointments?** A loved one can support you during appointments by taking notes and asking questions.
- ☐ **Have you arranged a ride to your next appointment?**
- ☐ **Do you have your medical history paperwork ready? Do you know your family health history?**
- ☐ **Have you and your doctor discussed your goals and what's important to you for your treatment?**
 - 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.
- ☐ **Have you scheduled a visit to talk to your doctor about treatment options as soon as you receive your biomarker results?**
 - Biomarker testing analyzes your cancer cells to identify specific features, like genes or proteins, that help doctors choose an appropriate treatment plan for you.
 - Make sure that you have received or will receive biomarker testing to determine whether you may be eligible for a targeted therapy—a treatment designed to treat cancers that display specific genetic markers.
 - Use this list of questions to discuss with your doctor which treatment options are best for you: www.NSCLCBiomarkerTesting.com/discussionguide



DURING the Visit



Make your voice heard: You are your own best advocate. If something doesn't look or feel right, tell your doctor.



Record your visit: Ask your doctor if you are able to record your discussion. A voice memo app on your phone is a great way to make sure you won't have to worry about forgetting something.



Get copies of relevant documents: Ask your doctor where you can find important documents related to your care. Be sure to ask for copies of your blood tests, imaging results, and any additional reports about the specifics of your cancer.



Write down your questions: This includes anything related to your diagnosis or treatment. You can keep adding to the list as you continue on your care path.



Ask your doctor to use simple, easy-to-understand words:

You can ask your doctor to talk slowly, write down what they're saying, and even draw it out for you to better understand.



Ask your doctor about your care team and additional support that may be available:

Your provider may offer a wide range of support resources to help you stay comfortable and strong while undergoing treatment.



Ask your doctor and/or care team for take-home reading materials:

Your doctor's office may have materials you can take home to learn more about your lung cancer. Ask about websites and advocacy groups that they recommend for more support.