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# Living With A Diagnosis Of Lung Cancer



## Synopsis

"Living With a Diagnosis of Lung Cancer" is an easy-to-understand booklet written to help lung cancer patients understand their diagnosis and their options as they face the disease. Lung cancer claims more lives than breast, prostate, and colon cancers combined. In fact, over 288,000 people are diagnosed each year in the U.S. People with lung cancer often are told, "Get your affairs in order." But, there is hope for those diagnosed with lung cancer. Thanks to research advances, there are options available to patients diagnosed regardless of the stage of the disease. Much progress is being made with new treatments being developed and tested each day. This valued resource will help you know what questions to ask of your medical team and can help you understand your treatment options in your journey as a patient or caregiver. If you or someone you love is facing a lung cancer diagnosis, "Living with a Diagnosis of Lung Cancer" will help you understand important topics such as:

- What is Lung Cancer?** Understand the basics about how lung cancer forms and spreads, so you can make informed decisions about your treatment and care.
- Types of Lung Cancer** Determining whether you were diagnosed with small-cell lung cancer (SCLC) or non-small cell lung cancer (NSCLC) will influence your treatment options.
- Staging** After your lung cancer is diagnosed, your doctors will determine the stage of the disease to understand the location and size of tumors, helping them decide what treatments can be offered.
- Dealing with a Diagnosis** There isn't one best or easiest way to live with a diagnosis of lung cancer. Here are some suggestions for ways you can live well and take positive steps to deal with your diagnosis and treatment.
- Treatment Options** There are more lung cancer treatments today than ever before, including surgery, radiation therapy, chemotherapy "targeted therapies," and new drugs being tested in clinical trials are also available to many patients.
- Your Cancer Care Team** It's important that you feel comfortable talking to the doctors, nurses and specialists who make up your care team. Remember, you have the right to ask questions, discuss treatment options, and openly express your concerns, emotions and wishes.
- Clinical Trials** Clinical trials are medical research studies that offer many patients the most cutting-edge treatment and care available. When you are diagnosed with lung cancer, or if your lung cancer recurs or progresses, you and your doctor should discuss whether a clinical trial is a good treatment option for you.
- Molecular Tumor Testing** Some lung cancer treatments are called "targeted therapies" because they are designed to target specific tumor characteristics. Molecular tumor testing can let you and your doctor know if you have a tumor with one of these characteristics so you can make well-informed decisions about your treatment.
- Managing Symptoms & Side Effects** Your treatment team is expert at helping you manage the symptoms of your cancer and side effects of your treatments. Understanding some common

symptoms will prepare you for dealing with them if they occur. Financial Assistance Find the help you need to pay for treatment, co-pays, costs of living and legal expenses associated with a lung cancer diagnosis. Patient Support Get in touch with communities of support that can help you navigate your journey with lung cancer. Other Cancer Organizations Our partners can provide help to patients and families seeking further support and information. Free to Breathe is a partnership of lung cancer survivors, advocates, researchers, healthcare professionals and industry leaders united in the belief that every person with lung cancer deserves a cure. This information, and other resources, are available on our website: [www.FreetoBreathe.org](http://www.FreetoBreathe.org)

## **Book Information**

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## **Customer Reviews**

As a former lung cancer patient and now lung cancer survivor, I know all too well how it feels to hear those words, "you have lung cancer" feels. You have a myriad of questions, but you are not quite sure you are ready to hear the answers. It is a confusing time and the decisions you make are the most important decisions you will ever make. The information contained in this booklet explains the different types of lung cancer and the most up to date treatment options available. It provides the patient and their family with the information needed to navigate the road from lung cancer patient to lung cancer survivor. I cannot think of a better resource for a newly diagnosed lung cancer patient,

This book is a fantastic resource for all who have been diagnosed with lung cancer. It's a must read for caregivers / family members as well! I make sure all of my lung cancer patients receive one.

This book is a great resource for lung cancer patients and their family members.

This little book is full of information on small cell lung cancer. This aggressive disease needs all the info it can gather to help those of us inflicted.

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