

A PATIENT'S GUIDE THROUGH THE LUNG CANCER ROADMAP

The journey through a lung cancer diagnosis can be complex, and it is important to understand the disease and what to expect during treatment along the care continuum. This patient journey guide is an informational tool that outlines the common milestones and treatment expectations associated with a lung cancer diagnosis. This guide is not a substitute for medical advice provided by your health care provider. Please direct all questions to your health care team.

BEGIN



Diagnosis^{2,3}

Diagnosis of lung cancer can include:

- Medical history and physical examination
- Imaging (CT, PET scan, MRI, chest x-ray)
- Pulmonary function test
- Biopsy
- Biomarker testing

Considerations for patient's health care team

- Ask your healthcare team about potential imaging tests and appointment scheduling
- Discuss with your healthcare team why a biopsy is needed and how it will be performed
- Understand the importance of biomarker testing at diagnosis
- Have discussions about how a lung cancer diagnosis may impact your quality of life

CT, computed tomography; MRI, magnetic resonance imaging; PET, positron emission tomography

Screening for lung cancer¹

- Adults aged ≥50 years with an established ≥20 pack-per-year history of smoking cigarettes
- A 20-pack-per-year history equates to smoking 20 cigarettes daily for 1 year

Considerations for patient's health care team

- Discuss with your healthcare team if lung cancer screening is recommended



Understanding my lung cancer diagnosis²

The stage of your lung cancer is determined by:

- The size of the primary tumor (T)
- The number of lymph nodes (N) that contain cancer cells
- If the cancer has spread to other organs or metastasized (M)
- Staging classification indicates the extent of cancer (I, II, III, IV)

My disease stage: _____

Considerations for patient's health care team

- Discuss with your healthcare team about how your stage of lung cancer will determine next-step treatment options
- Discuss your long-term goals with your healthcare team
- Speak with your healthcare team about smoking cessation (if applicable)

Multidisciplinary team involvement³

- A multidisciplinary approach to lung cancer management involves a wide variety of disciplines with specialized skills in certain areas
- My healthcare team contact information:

Considerations for patient's health care team

- Understand who will be involved in your treatment and supportive care
- Request need-to-know contact information from your healthcare team



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Medical treatment options²

Treatment depends on the type and stage of lung cancer, biomarker status, overall health, and patient preferences.

Treatment can include:

- Surgery
- Radiation
- Chemotherapy
- Immunotherapy
- Targeted therapy
- Clinical trials

My treatment is: _____



Follow-up tests⁴

- CT scan to assess:
 - Treatment responsiveness
 - Potential return of cancer
- MRI
- Laboratory tests



Considerations for patient's health care team

- Learn about your appropriate treatment options and ask questions of your healthcare team
- Discuss treatment goals with your healthcare team
- Understand how to identify, report, and manage adverse events that arise at home
- Know who to call if you have questions or concerns regarding your treatment
- Inquire about relevant clinical trials



Considerations for patient's health care team

- Understand the frequency of follow-up testing and who will coordinate appointments
- Ask how your treatment may change depending on results of follow-up tests

Supportive care

The healthcare team can provide additional supportive/palliative care, including:

- Financial support, returning to work⁵
- Psychological support⁵
- Advocacy groups⁵
- Caregiver and family support⁵
- Smoking cessation⁶
- Physical activity⁶
- Nutritional support⁶
- Genetic counseling⁶



Hospice/end-of-life care

- Applies when life expectancy is <6 months⁷

Considerations for patient's health care team

- Review survivorship care plan and discuss your goals of care with your team
- Understand how your treatment may change
- Speak openly with your healthcare team about your physical, mental, and emotional well-being
- Ask your healthcare team for resources for yourself and/or caregiver/family

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Considerations for patient's health care team

- Understand who on your healthcare team can help with insurance and/or financial needs
- Ask your healthcare team about social support for yourself and/or your caregiver/family
- Inquire about appointment-related transportation assistance

References

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