

# THRIVING WITH LUNG CANCER: WHAT YOU SHOULD KNOW ABOUT CARE AND TREATMENT

Program Resource Guide

## Types of Lung Cancer

**Small Cell Lung Cancer:** Small, oval-shaped, fast-growing cancer cells that form in lung tissue and can spread to other parts of the body. About 15% of lung cancer diagnoses are small cell lung cancer.

**Non-Small Cell Lung Cancer (NSCLC):** This is the most common type of lung cancer and is typically slow-growing. The three main subtypes include **adenocarcinoma**, **squamous cell carcinoma**, and **large cell carcinoma**.

## Stages of Lung Cancer

- **Stage I:** The lung cancer is located only in the lungs. It has not spread to lymph nodes.
- **Stage II:** The lung cancer may or may not have spread into the nearest lymph nodes.
- **Stage III:** The cancer is in the lungs and in the lymph nodes located in the middle of the chest.
- **Stage IV:** The lung cancer has spread beyond the lungs to other areas of the body.

### Lung Cancer Treatment Approaches

- Surgery
- Radiation Therapy
- Systemic Therapy
  - Chemotherapy
  - Targeted Therapy
  - Immunotherapy

### Types of Radiation Therapy

- Photon Therapy
- Proton Therapy
- Stereotactic Body Radiation Therapy (SBRT)

## Shared Decision-Making

**Shared Decision-Making (SDM):** Process of communication by which patients and clinicians collaborate to make healthcare decisions. The process encourages patients to take a more active role in their care and treatment.

## Thank You to Our Partners

CancerGRACE | [cancergrace.org](http://cancergrace.org)

Cancer Support Community (CSC) | [cancersupportcommunity.org](http://cancersupportcommunity.org)

EGFR Resisters | [egfrcancer.org](http://egfrcancer.org)

Lung Cancer Research Foundation | [lcrf.org](http://lcrf.org)

MyHealthTeam | [myhealthteam.com](http://myhealthteam.com)

### MORE TOOLS FOR EMPOWERMENT

- Digitally Empowered™
- PEN-Powered Activity Guide
- Empowered Blog
- Empowered! Podcast



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## Glossary Terms

**Biomarker Testing (molecular testing):** Laboratory testing that identifies certain genes, proteins, or other molecules in a sample of tissue, blood, or other body fluid. In cancer, it may also be used to evaluate treatment or to make a prognosis.

**Biopsy:** Removal of tissue from a specific area of the body for further examination.

**CT (Computerized Tomography) Scan:** Provides detailed images of the body (including bones, blood vessels, and soft tissue) from a series of X-ray images from different angles around the body and uses computer processing to create cross-sectional images.

**Immunotherapy:** Type of therapy that harnesses one's own immune system to help the body fight cancer, infection, and other diseases.

**Palliative Care:** Specialized medical care focused on relieving pain and symptoms of patients living with a serious illness. Palliative care aims to improve the quality of life for both the patient and the family.

**Peripheral Neuropathy:** A condition that can affect many different types of nerves and is usually a gradual onset of numbness, pain, burning, or tingling in the feet or hands, but can spread upward to the arms and legs.

**PD-L1 Expression:** PD-L1 is a receptor expressed on the surface of T cells. The presence of PD-L1 indicates that a lung cancer patient may respond to immunotherapy.

**PET (Positron Emission Tomography) Scan:** Imaging test that uses a special dye with radioactive tracers to allow your doctor to check for diseases in your body.

**Photon Therapy:** Uses high-energy X-rays to damage the DNA inside cancer cells. Photon therapy is the most common type of radiation therapy.

**Proton Therapy:** Uses a beam of protons deliver the maximum amount of energy to the tumor.

**Relapse** is the return of a disease or the signs and symptoms of a disease after a period of improvement.

**Stereotactic Body Radiation Therapy (SBRT):** Also known as stereotactic ablative radiotherapy (SABR), precisely targets tumors with very high doses of radiation.

**Targeted Therapy:** A type of personalized medicine that works by blocking specific mutations and by preventing cancer cells from growing and dividing, without affecting normal cells.



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