

Preparing for Your Doctors Visit

A Worksheet for People with Non-Small Cell Lung Cancer

Non-small cell lung cancer (NSCLC) is the most common form of lung cancer. It is called this because of the size and shape of the cancer cells. There are three main types of NSCLC: adenocarcinoma, squamous cell carcinoma, and large cell carcinoma. Through scans and biopsies, your health care team will be able to tell you the type and stage of your cancer.

If you have non-small cell lung cancer, this worksheet can help you talk with your health care team about symptoms, treatment options, side effects, and getting the emotional and practical support you need. You are not alone.

After receiving a lung cancer diagnosis, you may want to learn more. Visit www.CancerSupportCommunity.org/lung for information about lung cancer staging, treatment, and coping with changes.

TIPS FOR TAKING CONTROL

- Learn about your diagnosis. Ask your doctor about your cancer type and stage.
- Ask questions until you understand what is said. Ask for information in the language you understand best.
- Repeat back to your care team what you hear them say to make sure you are understanding correctly.
- Take someone with you to appointments for support and to help listen to the information. If someone can't be there with you, see if someone can be on the phone or if you can record the visit.
- Consider getting a second opinion. You can get a second opinion any time. Second opinions can help you learn about other treatment options, investigate clinical trials, and gain confidence that you are making the best treatment decision.
- Make a list of your questions before each appointment. Keep a record of any symptoms and side effects you have that you want to talk about with your care team.

KNOW YOUR CARE TEAM

When you go to the clinic or hospital for an appointment or have a telehealth appointment you may be meeting with lots of different people. You and your loved ones can work with this team to determine your health goals and better understand your care. Here is a list of people who may be on your care team. As you meet each person, ask about the best way to contact them.

Oncologists: These doctors have specialized training in cancer treatments and diagnosis. Types of oncologists include medical oncologists, thoracic oncologists, radiation oncologists, and surgical oncologists. Thoracic oncologists are doctors who specialize in treating lung cancer.

Name: _____ Phone Number: _____

Pulmonologist: These doctors are trained to diagnose and treat lung symptoms.

Name: _____ Phone Number: _____

Nurses and Nurse Practitioners (NP): You may talk to a nurse and nurse practitioners more than any other member of your care team. They can answer questions about your treatment, side effects, and care plan. Some have specialized training in giving chemotherapy and other drugs.

Name: _____ Phone Number: _____

Palliative Care Specialists: This team focuses on providing relief from the stresses and symptoms of a serious illness. You may work with a palliative care team to manage the symptoms of cancer and side effects of treatment. Palliative care is different from hospice or end-of-life treatment.

Name: _____ Phone Number: _____

Physician Assistants/Physician Associates (PA): These individuals are licensed to diagnose and treat certain conditions. You may meet PA's throughout your care with and without your oncologist.

Name: _____ Phone Number: _____

Social Workers: A social worker can provide support with emotional needs and help you find community resources. In some cancer centers, social workers may hold support groups or offer short-term counseling.

Name: _____ Phone Number: _____

Patient, Nurse, and Financial Navigators: Some cancer centers may have navigators to help patients and their caregivers throughout diagnosis, treatment, and survivorship. They may help with care coordination, working with insurance and finances, and other aspects of your care.

Name: _____ Phone Number: _____

Nutritionists and Registered Dieticians: A nutritionist or registered dietician can help recommend foods, meal plan, and provide nutritional counseling.

Name: _____ Phone Number: _____

Physical Therapists: Cancer and its treatment may cause weakness, pain, or discomfort. Physical therapists can help condition and restore your body with movement and exercise.

Name: _____ Phone Number: _____

CONTACTING YOUR HEALTH CARE FACILITY

Main Phone Number: _____ After Hours and Weekends: _____



How often are cancer symptoms or treatment side effects interfering with your life?	Rarely	Sometimes	All the Time
Unable to work/do daily tasks			
Unable to do activities I normally enjoy			
Confidence/self-image/intimacy			
Sleep			
Social relationships			
Eating and/or exercise			
Other:			

THINK ABOUT YOUR TREATMENT & PERSONAL GOALS

Make sure to discuss your goals with your care team so that you can make the best possible treatment decisions. Possible goals may be to live as long and as well as possible, to go to a special event or milestone, or to reduce your time in the hospital. Remember, your goals may change over time, so continue to have this conversation with your health care team.

Physical Health and Well-Being	<i>What is most important for you to be able to do?</i>
Family and Social Relationships	<i>What's going on in your life and in the lives of others that is important to you?</i>
Work	<i>Do you want or need to continue working? Can you adjust your schedule or responsibilities?</i>
Emotional and Mental Wellness	<i>How are you caring for your thoughts and feelings? How is your confidence and self-esteem?</i>
Community/ Involvement	<i>Are you getting the support you need from your community? Are you able to stay active/involved in your community?</i>
Other:	<i>What else is important to you?</i>



PREPARING FOR YOUR NEXT HEALTH CARE VISIT

Write down your questions before each doctor's visit. Bring the questions to your appointment. Below are some suggested questions and discussion points. Concentrate on the issues that are most important to you.

Can you explain my tests I had and what the results mean?

Are there any other tests that I should be having at this time?

What are the best treatment options based on my biomarker test results? Can you explain and give me advice about these options?

Is there a clinical trial that is right for me?

What is the best treatment to help me reach my goals?

**I am feeling _____ about the cost of treatment.
What are the options to help me pay for my treatment?**

What side effects can I expect to have with treatment? How can I prepare for them?

What side effects are important for me to let you know about immediately?

How can we manage my symptoms and/or side effects?

Would genetic counseling and testing be helpful for me and my family?



BIOMARKER TESTING

It is important talk to your care team about biomarker testing. A biomarker is a feature of your disease or abnormal function that can be measured in blood, tissue, or other bodily fluid. Biomarker testing helps your doctor match the right drugs to the specific subtype of cancer you have. The test results can be used to help guide your treatment options. Use CSC's Biomarker Testing Tool to learn about what biomarkers matter for you and why www.CancerSupportCommunity.org/biomarker-testing-tool.

GETTING SUPPORT

People diagnosed with lung cancer are at a higher risk of experiencing poor physical and mental health. Finding ways to ask for help and get support can be helpful.

- With your caregiver and loved ones, make a list of things you need (childcare, meal prep, laundry, etc.) and who can help with each task. Use MyLifeLine.org to help you stay organized and let friends know what you need.
- Ask your health care team about resources available to you and your family for social, emotional, and practical support. Talk to a social worker

and see if you can join a virtual or in person support group.

- If you search for information online, make sure that you use trusted websites, like the ones on the last page. You can talk about trusted resources with your care team.

Complete the chart below with people, activities, places, and resources that can support you with different parts of your care. For example, for emotional support, you may list your support as talking to a friend, watching your favorite movie, or attending a support group.

Area of Need	Support #1	Support #2	Support #3
Emotional Care			
Physical Care			
Financial Care			
Spiritual Care			
Other			



NON-SMALL CELL LUNG CANCER INFORMATION & SUPPORT

American Lung Association • 800-586-4872 • www.lung.org

GO₂ Foundation For Lung Cancer • 800-298-2436 • www.go2foundation.org

Lung Cancer Research Foundation • 844-835-4325 • www.LCRF.org

LUNgevity Foundation • 88-360-5864 • www.lungevity.org

CANCER SUPPORT COMMUNITY RESOURCES

Cancer Support Helpline® — Have questions, concerns or looking for resources? Call CSC's toll-free Cancer Support Helpline (888-793-9355), available in 200 languages Mon-Fri 9am-9pm ET and Sat-Sun 9am-5pm ET.

Open to Options® — Preparing for your next appointment? Our trained specialists can help you create a list of questions to share with your doctor. Make an appointment by calling 888-793-9355 or by contacting your local CSC or Gilda's Club.

Frankly Speaking About Cancer® — Trusted information for cancer patients and their loved ones is available through publications, online, and in-person programs.

Services at Local CSCs and Gilda's Clubs — With the help of 170 locations, CSC and Gilda's Club network partners provide services free of charge to people touched by cancer. Attend support groups, educational sessions, wellness programs, and more at a location near you.

www.CancerSupportCommunity.org/find-location-near-you.

Cancer Experience Registry® — Help others by sharing your cancer patient or cancer caregiver experience via survey at www.CancerSupportCommunity.org/registry.

MyLifeLine — CSC's private, online community allows patients and caregivers to easily connect with friends and family to receive social, emotional, and practical support throughout the cancer journey and beyond. Sign up at www.MyLifeLine.org.

Grassroots Network — Make sure your voice is heard by federal and state policy makers on issues affecting cancer patients and survivors by joining our Network at www.CancerSupportCommunity.org/become-advocate.

The Cancer Support Community and its partners provide this information as a service. This publication is not intended to take the place of medical care or the advice of your doctor. We strongly suggest consulting your doctor or other health care professionals to answer questions and learn more.

This publication is available to download and print yourself at www.CancerSupportCommunity.org/lung-cancer.

For print copies of this publication or other information about coping with cancer, visit Orders.CancerSupportCommunity.org

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Cancer: LUNG CANCER
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