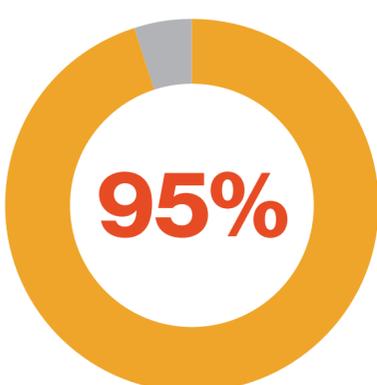


# Empowering people living with lung cancer



**A STAGGERING 95% OF PEOPLE LIVING WITH LUNG CANCER EXPERIENCE CLINICALLY MEANINGFUL LEVELS OF STRESS, ANXIETY, DEPRESSION, AND POOR QUALITY OF LIFE.<sup>1</sup>**

## Stigma is heavily felt by people living with lung cancer

**Patients experience social biases and misconceptions with a lung cancer diagnosis:**

- Shame, guilt, and/or self-blame from society<sup>1</sup>

**Which leads to...**

- Fear and uneasiness in discussing one's experience with the condition<sup>1</sup>

## Empowering people living with lung cancer raises the volume on what's truly important

**When patients find the courage to talk about what they need, new possibilities ripple through their lung cancer journeys, which can include:**

- Patient-centered care<sup>2</sup>
- Greater trust and satisfaction with the care team<sup>2</sup>
- More confidence in their abilities for self-care<sup>2</sup>
- Potentially reduced health care costs<sup>2</sup>



**Advocating for yourself can potentially have a positive impact<sup>3</sup>:**



- People diagnosed with breast or prostate cancer who received chemotherapy and reported having played a more passive role in treatment decision making had significantly greater distress and lower cancer-specific quality of life<sup>4</sup>
- Women with breast or ovarian cancer who had a higher ability to communicate with their health care providers reported less severe symptoms<sup>5</sup>

## Being attuned to what you need to face lung cancer

**Sound Up for Lung Cancer** is here to help empower people living with lung cancer to advocate for themselves in a manner that helps them get the best care possible.

Additionally, several leading organizations offer resources that can help people living with lung cancer:

- American Cancer Society (ACS)
- American Lung Association (ALA)
- Cancer.net
- Global Lung Cancer Coalition (GLCC)
- GO2 Foundation
- Lung Cancer Canada
- Lung Cancer Europe (LuCE)
- Lung Cancer Research Foundation (LCRF)
- LUNGeivity Foundation
- National Coalition for Cancer Survivorship (NCCS)
- Roy Castle Lung Cancer Foundation

**Self-advocacy can best be achieved through the themes of collect, coordinate, and champion.**



### COLLECT

Going beyond reliance on your health care team for information, patient advocacy groups recommend **collecting information and educating yourself** as thoroughly as possible about lung cancer, treatment options, and available support services.<sup>6</sup>

**A few sources include:**

- **American Cancer Society:** *Questions to Ask About Lung Cancer*
- **LuCE:** *Lung Cancer Diagnosis and Treatment Guidelines*
- **GO2 Foundation:** *Lung Cancer: No Silly Questions*



### COORDINATE

Conversations about lung cancer can be complex. Experts advise **organizing your thoughts** before having conversations with your health care team and even loved ones to **ensure the right questions are being asked** and the right information is conveyed.<sup>6</sup>

**Tools you can use to help organize your conversations include:**

- **Cancer.net:** *Mobile Discussion Guide*
- **Cancer.net:** *Talking With Family and Friends*
- **LUNGeivity Foundation:** *What to Ask Your Doctor*



### CHAMPION

Advocating for yourself can be challenging, especially in medical settings. Experts encourage you to speak up and **apply appropriate pushback** in situations that are of personal importance to you.<sup>6</sup>

**Resources to help you dial up your voice can be found here:**

- **NCCS:** *Becoming a Self-Advocate*
- **GO2 Foundation:** *Coping With Stigma*
- **Cancer.net:** *Taking Charge of Your Care*

*The organizations and websites listed above are independently operated and not managed by Novartis Pharmaceuticals Corporation. Novartis assumes no responsibility for any information they may provide.*

Learn more about **Sound Up for Lung Cancer** and how you can be the best advocate for yourself.

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