Empowering people living with lung cancer

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
• Fear and uneasiness in discussing one’s experience with the condition

Which leads to…

Advocating for yourself can potentially have a positive impact:

• People diagnosed with breast or prostate cancer who received chemotherapy and reported lower levels of a more positive patient treatment decision making had significantly greater distress and lower cancer-specific quality of life6
• Women with breast or ovarian cancer who had a higher ability to communicate with their health care providers reported less stress, anxiety, and depression symptoms3

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)
• Lung Association (ALA)
• Global Lung Cancer Coalition (GLCC)
• Lung Cancer Canada
• Lung Cancer Europe (LuCE)
• GO2 Foundation
• Lung Cancer Research Foundation (LCRF)
• LUNGevity 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 your treatment options, and available support services.6

A few sources include:

• American Cancer Society: Questions to Ask Your Health Care Team
• 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 written to answer the right questions are being asked and the information is conveyed.6

Tools you can use to help organize your conversations include:

• Cancer.net: Medical Decision Guide
• Cancer.net: Taking With Family and Friends
• LUNGevity 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.3

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

• NCCS: Becoming a Survivor
• GO2 Foundation: Coping With Stigma
• Cancer.net: Taking Charge of Your Care

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