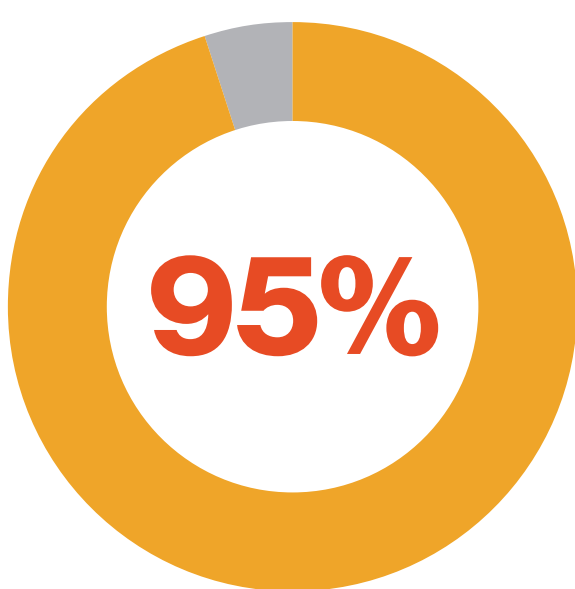


Empowering people living with lung cancer



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

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 society¹

Which leads to...

- Fear and uneasiness in discussing one's experience with the condition¹

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 care²
- Greater trust and satisfaction with the care team²
- More confidence in their abilities for self-care²
- Potentially reduced health care costs²



Advocating for yourself can potentially have a positive impact³:



- 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 life⁴
- Women with breast or ovarian cancer who had a higher ability to communicate with their health care providers reported less severe symptoms⁵

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.⁶

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.⁶

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.⁶

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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