

LVNG | WITH LUNG CANCER

WAYS TO EMPOWER LIVING WITH
STAGE 3 LUNG CANCER

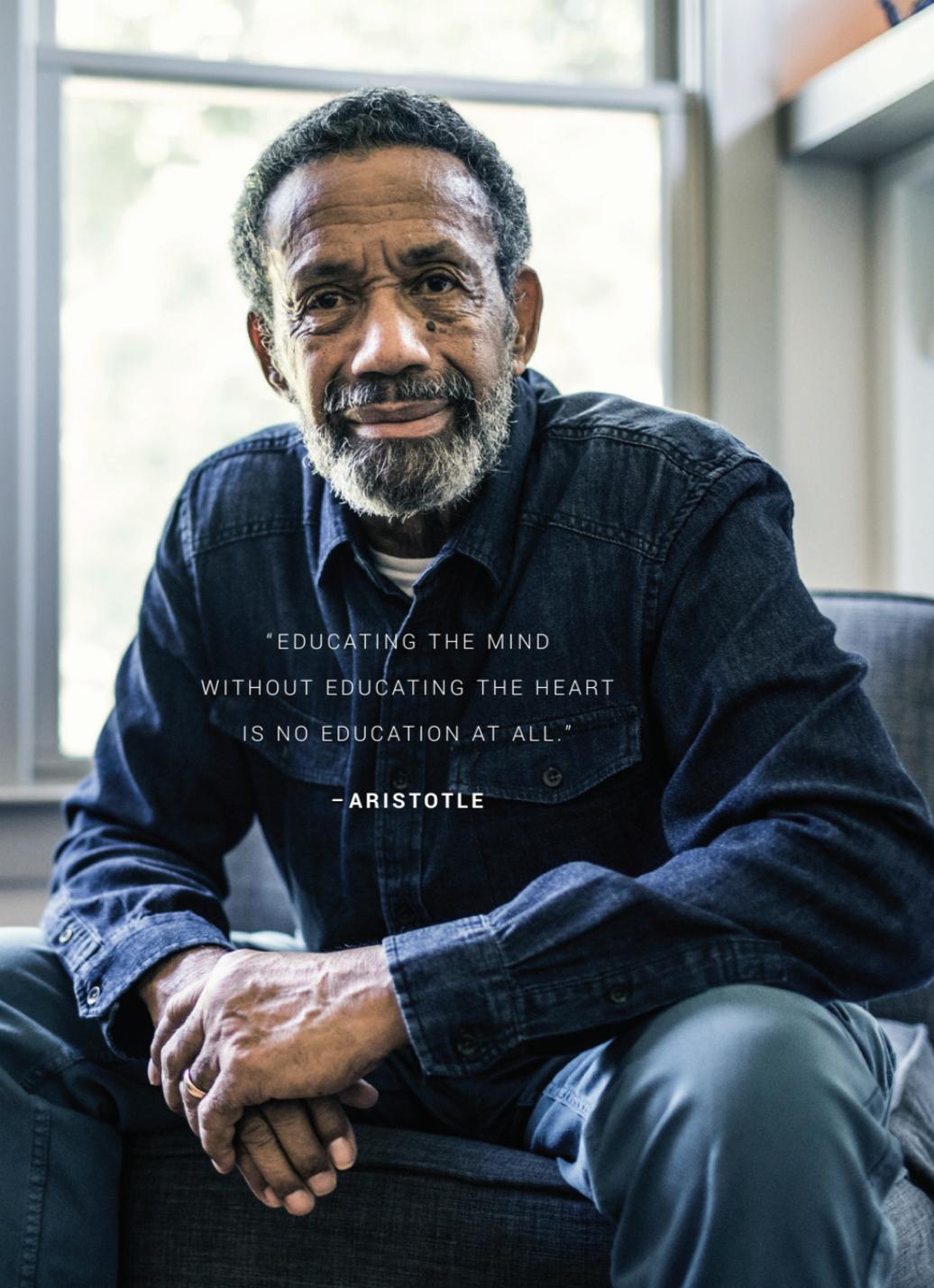
INFORMATION AND
INSPIRATION INSIDE





INSIDE, LEARN ABOUT:

- **STAGE 3 LUNG CANCER**
- **TYPES OF STAGE 3 LUNG CANCER**
- **TREATMENT OPTIONS**
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"EDUCATING THE MIND
WITHOUT EDUCATING THE HEART
IS NO EDUCATION AT ALL."

- ARISTOTLE



STAGE 3 LUNG CANCER

WHAT IS STAGE 3 LUNG CANCER?

As you may know, there are 2 forms of lung cancer: **non-small cell lung cancer (NSCLC)** and **small cell lung cancer (SCLC)**. Most people living with lung cancer (about 80%-85%) are diagnosed with NSCLC.

When lung cancer is “stage 3,” that means cancer has been found in the lungs and lymph nodes in the middle of the chest.



You may hear your treatment team call your cancer “locally advanced NSCLC.” That means the cancer has spread only within the lungs and nearby lymph nodes in the middle of the chest.



If you’re researching and reading about it online, you may see it spelled out as “Stage III.”



Your treatment team will determine if your stage 3 lung cancer is “resectable,” which means it can be removed by surgery. If it cannot be removed by surgery, doctors call it “unresectable.”

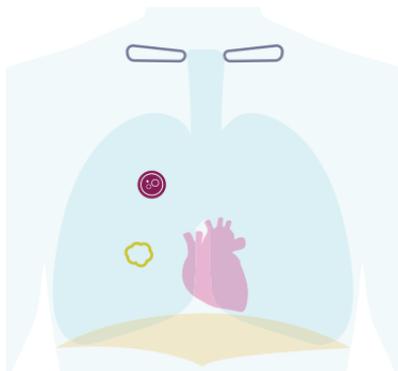


TYPES OF STAGE 3 LUNG CANCER

key: primary tumor  cancerous lymph nodes 
collarbone  heart  diaphragm 

STAGE 3 LUNG CANCER

Stage 3 lung cancer is divided into 3 substages: **3A**, **3B**, and **3C**. The substage is based on how big the cancer is, if it has spread to other parts of the body, and where it has spread.



STAGE 3A

This graphic is simplified to help you better understand the stage of your lung cancer and should not take the place of talking with your treatment team.

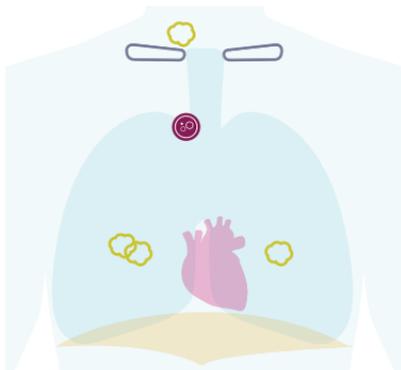
The primary tumor, also known as the original tumor, may have spread to lymph nodes on the **same side** of the chest as where it started. There may be multiple tumors of various sizes.

The cancer may also grow or spread into one or more of the following areas:

- Chest wall
- Nerves
- Blood vessels
- Other organs located in the chest



TYPES OF STAGE 3 LUNG CANCER

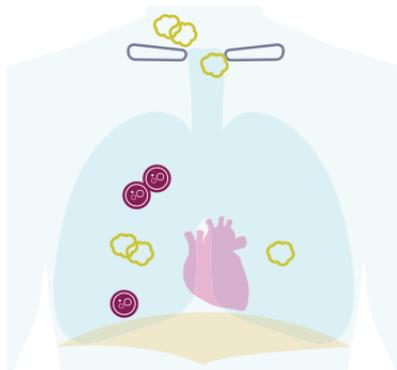


STAGE 3B

The primary tumor may have spread to lymph nodes on the **same side or opposite side** of the chest from where it started, above the collarbone, or in the space between the lungs. There may be many tumors of various sizes.

The cancer may also grow or spread into one or more of the following areas:

- Chest wall
- Nerves
- Blood vessels
- Other organs located in the chest



STAGE 3C

The large primary tumor may have grown and spread to lymph nodes on the **opposite side** of the chest from where it started, above the collarbone, or in the space between the lungs. There may be multiple tumors of various sizes.

The cancer may also grow or spread into one or more of the following areas:

- Chest wall
- Nerves
- Blood vessels
- Other organs located in the chest



TREATMENT OPTIONS

TREATMENT FOR STAGE 3 LUNG CANCER

Depending on the stage of your cancer, there are different treatment options available. Your treatment team will work with you to find the treatment that is right for you. A type of doctor that may be on your treatment team is a medical oncologist, who specializes in treating cancer. If a medical oncologist is not already on your treatment team, talk to your doctor about if you should see one.

SURGERY



The goal of surgery is to remove the tumor from the body. It works best for solid tumors that are contained in one area. Surgery to remove some of the tumor can also be used to help other treatments work better or to help relieve symptoms, like pain or pressure.

CHEMOTHERAPY



How it's given: Chemotherapy is given as an infusion into the bloodstream. Because blood travels throughout the body, it allows the treatment to travel anywhere in the body that the cancer has spread.

Typically, chemotherapy is given in cycles, with 1 to 3 days of treatment, followed by a rest period to help the body recover. Chemotherapy cycles may happen for 3 to 4 weeks.



TREATMENT OPTIONS



How it works: Chemotherapy attacks all fast-growing cells to get at cancer cells. But that can cause certain side effects. These include:

- Hair loss
- Mouth sores
- Loss of appetite
- Nausea and vomiting
- Tiredness
- Diarrhea

RADIATION THERAPY



How it's given: Radiation therapy uses a machine that aims radiation at cancer from outside the body. It can feel similar to getting an X-ray—it is painless and lasts only a few minutes. Radiation is usually given 5 days a week, for up to 5 to 7 weeks.



How it works: Radiation therapy targets DNA in cancer cells to keep them from growing. Radiation can cause side effects that are similar to those of chemotherapy. But for lung cancer, radiation to the chest can cause additional side effects. These include:

- Skin changes to the area being treated, like redness and peeling
- Cough
- Problems breathing
- Shortness of breath



TREATMENT OPTIONS

WHAT IS CHEMORADIATION?

If surgery is not an option, chemotherapy in combination with radiation can be your first step in treatment. This is known as “chemoradiation therapy” or CRT.

HOW LONG WILL I STAY ON CRT?

Typically, CRT is given for 6 to 7 weeks, but depending on how you receive it, it could be longer or shorter. You can receive CRT either “sequentially” or “concurrently.” Your doctor will determine the best approach to CRT for you and how long you will receive it.

“Sequentially”

means you will complete chemotherapy before starting radiation.



“Concurrently”

means you will receive chemotherapy and radiation during the same time period.





TREATMENT OPTIONS

WHAT HAPPENS AFTER TREATMENT?

If surgery is your first treatment, it may be the only treatment you need. But it is also very common to also have other treatments, such as chemotherapy or radiation. Your treatment team will decide what is right for you.

After chemotherapy, radiation, or CRT, your doctor may prescribe additional treatment and will monitor you every 3 to 6 months. During this time, he or she will start running periodic scans and tests.

- There is a chance that you might experience side effects even after treatment. Talking to your treatment team is the best way to find out how to manage them.
- Be sure to talk to your doctor about what treatment options are available and how to better manage your health. You may want to take steps to get back to doing some of your favorite activities.





TALKING TO YOUR TREATMENT TEAM

HAVE QUESTIONS FOR YOUR DOCTOR?

These questions can help you start a discussion with your treatment team and help you manage your stage 3 lung cancer.

SURGERY

If I am able to have surgery, what are my next steps?

What if my cancer cannot be removed by surgery?

CHEMOTHERAPY, RADIATION THERAPY, OR CRT

What will happen after I receive chemotherapy or radiation therapy alone?

How will my body react to treatment? Are there any side effects?



TALKING TO YOUR TREATMENT TEAM

What should I do if I'm experiencing side effects?

What happens after CRT?

If treatment works for me, is there a way to help prevent my lung cancer from spreading or becoming metastatic?

OTHER QUESTIONS TO ASK

Are there any other healthcare professionals or specialists I should add to my treatment team?

In addition to medication, what can I do to help keep my lungs as healthy as possible?



SELF-CARE TIPS

TAKING CARE OF YOUR HEALTH

Whether you're still going through treatment or have recently finished, self-care is important. There are a number of ways you can take care of your body and mind. Research has shown that doing exercise during cancer treatment can reduce symptoms, relieve anxiety, boost self-esteem, and improve quality of life. So ask your treatment team about how to get started, and discuss potential treatment options with your doctor.

Remember to always talk to your treatment team before making any changes to your exercise or diet plan.

FITTING IN SOME LOW-IMPACT EXERCISE

Even if you feel tired, low-impact exercise may help you feel a little better. To start:



Try going for a 10-minute walk in your neighborhood.



Consider having someone walk with you when you're starting out, as you may get tired.



Try lifting light weights. You can use a can of soup or a hardcover book. Or if you have light dumbbells (2 or 3 pounds), consider using them.



SELF-CARE TIPS

SELF-CARE THROUGH NUTRITION

A smoothie can provide nutrition when you may be having a hard time swallowing. It can be helpful to work with a nutritionist before making any changes to your diet, and keep in mind any food allergies you may have. Try using the recipe below.

Savory Smoothie



- 3 kale leaves with stems removed
- 2 tsp of freshly grated ginger
- 1 pear
- A handful of berries
- 4 oz of unsweetened Greek yogurt
- 1/2 tsp of lemon zest
- 2 cups of water

Combine all ingredients in a blender and enjoy!

TAKING TIME TO RELAX



Treatment may take a lot out of you. Some days you may not have a lot of energy. Take some time to relax by putting on a movie or your favorite TV show, or try reading a book or magazine.



Remember, your friends and family are here for you, and it's okay to ask for help. That could mean cooking you a meal or even just spending time with you.



HELPFUL ORGANIZATIONS

To get more information about lung cancer or to get involved with local support groups, there are a lot of options. Here are just a few:

American Lung Association

A leading organization whose goal is to improve health and prevent lung disease through research, education, and advocacy.

www.lung.org

GO₂ Foundation for Lung Cancer

A nonprofit organization that offers information, navigation and support services to people at risk and living with lung cancer.

www.go2foundation.org

Inspire

A secure online community where patients and caregivers can connect with others and find support.

www.inspire.com

Lung Cancer Research Foundation

A nonprofit organization that hosts events, funds research and provides information and services for people living with lung cancer.

www.lungcancerresearchfoundation.org

LUNgevity Foundation

An organization that is dedicated to funding scientific research and increasing quality of life and survivorship for people living with lung cancer.

www.lungevity.org

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LOOKING FOR MORE INFORMATION
ABOUT STAGE 3 LUNG CANCER?

VISIT: [LVNG.COM](https://lvng.com)

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