

Answering your questions about Lung Cancer...

If you would like to be contacted to receive more information or to hear about options for Patient Support, please fill in below and mail to your local office of Cancer Council or the The Australian Lung Foundation (see overleaf).

- Please call me to discuss patient support options in my area.
- Please mail me information on patient support in my area.

Dr/Mr/Mrs/Miss/Ms _____

Surname _____

First Name _____

Postal Address _____

Suburb _____

State _____ P/Code _____

Phone _____

Mobile _____

Email _____

Important Contact Details

Cancer Council Helpline 13 11 20

The Australian Lung Foundation
44 Brookes St
Bowen Hills Qld 4006
www.lungfoundation.com.au

Cancer Council SA
202 Greenhill Road
Eastwood SA 5063
www.cancersa.org.au

Cancer Council Queensland
553 Gregory Terrace
Fortitude Valley Qld 4006
www.cancerqld.org.au

Cancer Council TAS
180 - 184 Collins Street
Hobart TAS 7000
www.cancertas.org.au

Cancer Council ACT
5 Richmond Avenue
Fairbairn ACT 2609
www.actcancer.org

Cancer Council VIC
1 Rathdowne Street
Carlton VIC 3053
www.cancervic.org.au

Cancer Council NSW
153 Dowling Street
Woolloomooloo NSW 2011
www.cancercouncil.com.au

Cancer Council WA
46 Ventnor Avenue
West Perth WA
www.cancerwa.asn.au

Cancer Council NT
Unit 1-3 Casi House
Vanderlin Dr
Casuarina NT 0810
www.cancercouncilnt.com.au

The Asbestos Diseases
Society of Victoria
www.adsvic.org.au



*"When you can't breathe...
nothing else matters"™*



Australian Government
Cancer Australia

Answering your questions about Lung Cancer

No one deserves Lung Cancer



*"When you can't breathe...
nothing else matters"™*

The diagnosis of lung cancer brings many challenges, including physical and emotional stresses. This diagnosis often carries concerns and worries for patients and carers. This leaflet has been produced by The Australian Lung Foundation, Cancer Council and The Asbestos Diseases Society. We hope it will help answer some questions that you may have, and direct you to other services which may help. It also provides a guide to questions to ask your doctor. Having this information may make it easier to face some of the challenges of lung cancer.

Answering your questions about Lung Cancer...

What is Lung Cancer?

Lung cancer is made up of two main types, non-small cell lung cancer (NSCLC) and small cell lung cancer (SCLC), depending on how the cells appear under a microscope. Each type behaves differently and is treated differently.

What stage is the cancer?

The doctor will want to know how far the disease has spread (stage of the cancer) to help plan the best treatment. Tests are done to find out if the cancer has spread and, if so, to which parts of the body such as lymph glands, brain or bones. Tests may include: CT scans, bone scans, brain scans, and PET scans.

What treatments are used?

Treatment depends on many things, including the type of lung cancer, where it is, how big it is, whether it has spread, and the general health of the patient. Different types of treatments or combinations may be used to control lung cancer and/or to improve quality of life by reducing symptoms.

Surgery may be used to remove the cancer.

The type of surgery depends on where the cancer is in the lung. Some cancers cannot be removed by surgery because of the size or location, and some patients cannot have surgery for other medical reasons.

Radiotherapy

Radiotherapy uses high-energy X-rays to kill cancer cells and is usually aimed at a limited area. It can be used on its own or with surgery or chemotherapy. It can help relieve symptoms such as shortness of breath, coughing of blood, and most often comes from a special machine (external beam).

Chemotherapy

Chemotherapy uses anticancer drugs to kill cancer cells throughout the whole body. It may be used to control cancer growth or to relieve symptoms. Most often, drugs are given by injection into veins.

Emotional Support

Coping and living with lung cancer can be a challenge. In addition to the medical issues, people with lung cancer may have to deal with uncertainty, worries, feelings and concerns. The emotional and psychological burden of lung cancer will be considered by your medical team. In addition to their medical teams and families, some people with lung cancer and their carers sometimes need help coping with the emotional aspects of their disease. Support groups and patient networks can be a help for people when they feel alone or upset. Cancer support groups can help lung cancer patients talk about living with cancer with others who may be having similar experiences. Call the relevant contact number listed on this leaflet to find out about support in your area. Or fill in the detachable form and send to your nearest Cancer Council.

Questions for Your Doctor

It may be helpful to ask your doctor about your lung cancer, so that you can share in making decisions about your health.

- Asking your doctor questions can help you understand your condition.
- Letting your doctor know your point of view will help them understand your feelings.
- Having someone else with you and taking notes may help you remember the information.
- Your family or friends can also help with the discussion and provide you with support.

Diagnosis

- What type of lung cancer do I have?
- What stage is the cancer at?
- Do I need more tests? Do the tests have side effects?
- How soon after the tests will I learn the results?

Treatment

- What is the best treatment for me?
- Where will I go for my treatment?

- What does this treatment involve?
- Will I be in hospital? For how long?
- Will I need to travel? Who can help with this?
- How will treatment affect my usual activities?
- Are there clinical trials appropriate for my type of cancer?

Side Effects

- Should I expect any side effects?
- How long will they last?
- What side effects should I report?
- Who should I call?

Follow-up

- Who will check me after treatment?
- How often should I get checked?
- Will I see my local doctor regularly?
- Who else can help me in the community?
- Will I eventually be able to resume my normal life after treatment?

My Team

- Who will care for me? What do they do?
- Who will I call if I need help?

Name _____

Tel no _____

Support

- What kind of support is available to me? Group support? One-on-one support?
- Is there a support group in my area?
- Where can I get more information about lung cancer?