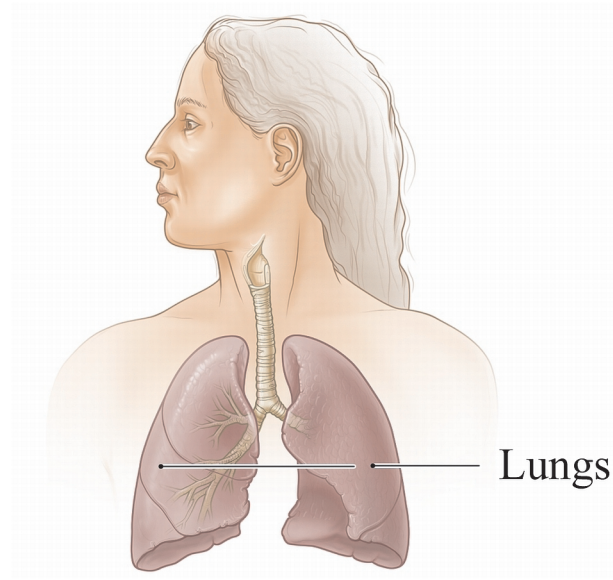




Lung Cancer



What is lung cancer?

Lung cancer starts when abnormal cells grow out of control in the lung. They can invade nearby tissues and form tumors. Lung cancer can start anywhere in the lungs and spread to other parts of the body.

What are the symptoms of lung cancer?

Early lung cancer does not usually cause any symptoms. This is why it is not often found early.

In its advanced stage, cancer may affect how your lungs work. The first signs of lung cancer may include:

- Coughing.
- Wheezing.
- Feeling short of breath.
- Having blood in any mucus that you cough up.

Lung cancer may spread to the chest and then to other parts of the body. If it spreads to the spine or bones, it may cause pain in the back or

other bones or weakness in the arms or legs. If it spreads to the brain, it may cause seizures, headaches, or vision changes.

How is lung cancer treated?

Treatment for lung cancer can include surgery, radiation, and anti-cancer medicines (chemotherapy, immunotherapy). It depends on what type of cancer you have and how much it has spread.

Both the cancer itself and the treatment for cancer can weaken your body, and you may feel very tired. Home treatment and certain medicines can help you feel better.

How can you care for yourself at home?

You can take steps to help yourself feel better during treatment:

- Call your doctor if you are having a problem with your medicine.
- If you have pain, talk with your doctor about making a pain control plan.
- If you are vomiting or have diarrhea, drink plenty of fluids to prevent dehydration.
 - Choose water and other caffeine-free clear liquids. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.
 - When you are able to eat, try clear soups, mild foods, and liquids until all symptoms are gone for 12 to 48 hours.

Keep your strength up

Fatigue is common with cancer treatment. But staying active and eating well before, during, and after your treatment may help you have more energy.

- Get some physical activity every day. Ask a friend to take a walk with you.
- Eat healthy foods. Foods with protein and extra calories can help you stay strong and prevent weight loss. Try liquid meal replacements.
- Eat smaller meals more often, or eat your main meal early.
- Drink plenty of fluids to keep yourself hydrated.

Deal with your emotions

Feeling anxious is a normal reaction to cancer. Do things to help reduce your stress.

- Get enough sleep, and eat a healthy diet.
- Share your feelings with a friend, or join a support group.
- Take time to do activities and hobbies you enjoy as your energy allows. Or try something new, like painting or listening to music.
- Let your doctor know if you feel discouraged or down. If you are depressed, your doctor can help with treatment.
- Learn all you can about lung cancer. Try the **American Cancer Society** (1-800-227-2345 or www.cancer.org) or the **National Cancer Institute** (1-800-422-6237 or www.cancer.gov).

Prepare an advance directive

Talk to your doctor about an advance directive, which includes a living will and a medical power of attorney. In a living will, you describe the kind of care you want if something happens to you and you cannot speak for yourself. In a medical power of attorney, you choose a person to make medical decisions for you if you cannot speak for yourself. Be sure to share your wishes with your family or close friends.

You can get forms from **Caring Connections** (www.caringinfo.org or 1-800-658-8898) or **Aging With Dignity** (www.agingwithdignity.org or 1-888-594-7437).

