



## DOCTOR DISCUSSION GUIDE

# Managing Lung Cancer

Lung cancer is among the leading causes of cancer in the US and worldwide. It may not cause symptoms in the early stages, but lung cancer at any stage requires medical treatment. Treatments for lung cancer are improving, and you can have a healthy recovery after your illness is treated. Asking the right questions during a conversation with your doctor will help you know what to expect and how to better navigate lung cancer. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

## Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

<b>Bronchi</b>	The airways that lead down into the lungs are muscular structures that branch into smaller and smaller tubes as they extend deeper into the lungs. The bronchi can become inflamed, congested, or obstructed by lung cancer growth.
<b>Biopsy</b>	A sample of lung tissue can be taken with a surgical procedure or bronchoscopy. The sample, a biopsy, can be evaluated under a microscope to see whether it is cancerous and to determine the type, stage, and grade of the cancer.
<b>Bronchoscopy</b>	A bronchoscopy is a test in which a camera is placed into the bronchi using a flexible device that is inserted into the nose or mouth and down the throat. This test is done under anesthesia. The camera can be used to observe the appearance of the lungs, and sometimes a biopsy is obtained using a bronchoscopy.
<b>Cancer type</b>	There are several types of lung cancer, and they differ based on their cell type. Each type of lung cancer has a characteristic appearance under a microscope.
<b>Small cell lung cancer</b>	The least common type of lung cancer, with cells that are described as small cells.
<b>Non-small cell lung cancer</b>	Most lung cancers are categorized as non-small cell.
<b>Adenocarcinoma</b>	The most common type of non-small cell lung cancer. This type of lung cancer often begins at the periphery of the lungs and is identified by its microscopic appearance.
<b>Squamous cell carcinoma</b>	This is a type of non-small cell lung cancer that begins in the bronchi of the lungs. The cells seen on a biopsy are described as squamous cells.
<b>Lung cancer stage</b>	Lung cancer is classified by stage, as well as type and grade. Staging of lung cancer is based on the size and invasiveness of cancer, as well as the extent of metastasis. A lower stage corresponds to less advanced cancer and a good prognosis. Staging may involve imaging tests, biopsy evaluation, or a combination.
<b>Lung cancer grade</b>	Grading of lung cancer is based on its appearance under a microscope. Lower grade lung cancer generally corresponds to cells that appear almost like normal lung cells. Very abnormal appearing cells are given a higher grade, which corresponds to a higher potential of cancer aggressiveness.



## Questions to Ask

These questions can help guide you as you discuss your concerns with your medical team.

### About Symptoms

- Should I call the doctor if I cough up blood?
- Should I get medical attention if I'm short of breath?
- Do I need to do anything to prevent breathing problems during sleep?

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### About Causes & Risk Factors

- Is there any harm in smoking now that I already have lung cancer?
- Is my family at risk of getting lung cancer because we had similar smoke exposure?
- Is it possible for me to be cured or go into remission?
- What is the difference between cancer being cured and remission?

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### About Diagnosis

- Can my cancer grade or stage improve or worsen?
- How will I know if my cancer spreads?

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### About Treatment

- Will I need radiation or chemotherapy?
- Is experimental treatment an option for me?
- Is a lung transplant an option for me?

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### About Living With Lung Cancer

- Would I benefit from supplemental oxygen at home?
- Is there anything I can do to prevent weight loss and malnutrition?
- Should I measure my oxygen level with a pulse oximeter at home?
- Does my lung cancer increase my risk of catching a lung infection like bronchitis or pneumonia?
- Could my cancer recur or worsen if I become exposed to inhaled pollution?

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