

CANCER WELLNESS PROGRAM FACT SHEET

# LUNG CANCER

What you need to know.



## What

Lung cancer is the 2nd **most common cancer** in the US.

## Why

It is estimated that over **80 percent** of lung cancers could be cured if detected at an early stage.

## How

Many **new treatments** for lung cancer have been discovered in the past few years.

## When

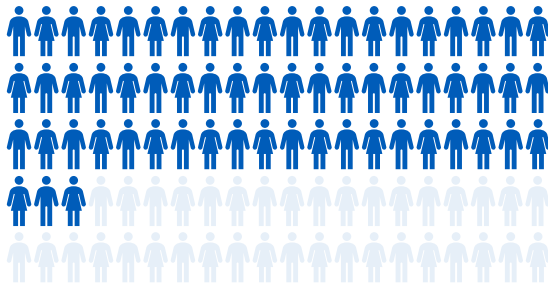
Lung cancer screening starts **as early as 50 yrs old** depending on smoking history.

Source: Cedars Sinai, American Cancer Society, and National Cancer Institute

### Lung Cancer Early vs Late Diagnosis

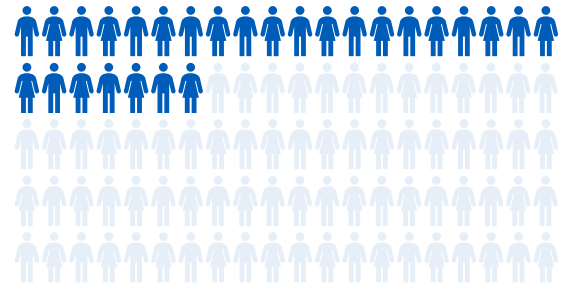
27% to 63%

of people diagnosed with lung cancer in **early stages** survive.



7% to 27%

of people diagnosed with lung cancer in **late stages** survive.



Source: American Society of Clinical Oncologists

### Signs and Symptoms of Lung Cancer

- Cough that won't go away or produces mucus or blood.
- Shortness of breath.
- Chest pain.
- Weakness.
- Loss of appetite/weight loss.
- Being tired all the time.
- Abdominal/Back/Bone pain.

**Note:** When these symptoms last a while, like a few weeks, or become worse, see your doctor.

Source: American Society of Clinical Oncologists and American Cancer Society

### Genetics in Lung Cancer

- All cancer is genetic, it is always caused by changes to DNA.
- The DNA changes in the cancer itself can help guide treatment decisions.
- If someone is diagnosed with lung cancer, it is important that all DNA changes are tested to avoid harmful treatments.
- Though rare, lung cancer may run in the family meaning DNA changes are passed through families.
- Ask about your family history and talk to your doctor about ways to lower risk of lung cancer.

Source: American Society of Clinical Oncologists and American Cancer Society

**CANCER WELLNESS PROGRAM FACT SHEET**

# LUNG CANCER

**What can you do?**

**Be Proactive**

Pay attention and be proactive about your health.


**Screen**

If you are of age, get all the screening your doctor recommends.


**Test**

If you have cancer diagnosed, ask if all genomic biomarkers have been tested.

**SUGGESTED DOCTOR VISIT CHECKLIST FOR CANCER SCREENING OR DIAGNOSIS**

- Know your insurance carrier and what plan you have
- Bring a list of current medications
- Identify any symptoms you want to discuss
- Make a list of things you want to discuss and questions you have
- Prepare your family history of cancer: who is affected, what cancer was it, when did they get cancer
- Communicate symptoms and family history clearly
- Explore screening options
- Take notes of the plan and recommendations
- If any testing is recommended, ask about options and completeness
- Before testing is done, verify if insurance will cover it and under what circumstances
- Confirm and clarify the plan at the end of the visit
- Confirm when the next visit should happen
- Confirm what number to call to check test results and when they are expected
- Identify support resources for you and your family

**Questions to consider asking your doctor**

- What can I do to lower my risk of cancer?
- Should I see a genetic counselor?
- So, you have done a biopsy. Is this sample going to be tested for genetic changes?
- Am I a candidate for liquid biopsy?
- Before we start treatment, have all the genetic markers been tested?
- What are the side effects of this treatment?
- Are there any reasons I shouldn't receive this particular treatment?
- What can I do now to put a plan in place if I am diagnosed with cancer?

## Have questions?

Contact us at [cancer@guardanthealth.com](mailto:cancer@guardanthealth.com)

## For more information visit:

American Cancer Society at [Cancer.org](http://Cancer.org)  
 American Society of Clinical Oncologists at [Cancer.net](http://Cancer.net)