

Understanding Treatment Options in Lung Cancer

A Booklet for Patients and Carers



This booklet is for people with lung cancer and those supporting them through their treatment options.

It is a general guide containing tick boxes and questions that may help you. Information can be found from other sources, including your medical team.

This booklet has been fully funded and developed by MSD, with input from Roy Castle Lung Cancer Foundation

This booklet will help guide you through your lung cancer treatment, from initial diagnosis.

In this booklet, “**you**” may refer to the person with lung cancer or someone supporting them, like a partner, friend, or family member.

The speech bubbles contain questions you may want to ask your doctor or nurse at each stage of your treatment.

- ☐ On each page there are **tick boxes** to help you remember the information given to you by your doctor or nurse.



There are pages at the back if you would like to make notes.

It is important to ask questions and discuss your treatment, so that your doctor and care team can give you the support and information you need.

All information about **Non-Small Cell Lung Cancer** is highlighted in **green** and marked with a **circle**.



All information about **Small Cell Lung Cancer** is highlighted in **blue** and marked with a **square**.





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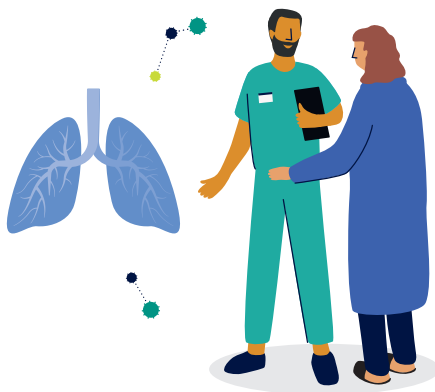
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About Lung Cancer

You or somebody you know has been diagnosed with lung cancer.

Your doctor or nurse may have mentioned one of the following lung cancers:



Non-Small Cell Lung Cancer or NSCLC is a type of cancer found in the lung. It is more common than Small Cell Lung Cancer.

The **three main types** of Non-Small Cell Lung Cancer. These are Adenocarcinoma, Squamous cell carcinoma, and Large cell lung cancer.¹

Gene mutations may be found in some Non-Small Cell Lung Cancer patients. These are changes in the genes of cancer cells.⁴

Small Cell Lung Cancer or SCLC is a type of cancer found in the lung.

It is less common than Non-Small Cell Lung Cancer, however it tends to grow more quickly and spread to other parts of the body.²

Prehabilitation

Your doctor or nurse can help you to understand how you can prepare for starting cancer treatment and improve your current health.

Prehabilitation or prehab

This includes support with your diet, exercise and mental wellbeing. Improving your health before starting treatment may help you to cope better with the cancer, symptoms or treatment.³

- *What are some ways I could improve my lifestyle and health before starting treatment?*
- *Where could I find information or support to help with my condition?*

Non-Small Cell Lung Cancer or NSCLC

There are **three main types** of Non-Small Cell Lung Cancer.

☐ Adenocarcinoma ☐ Squamous cell carcinoma ☐ Large cell lung cancer

Some of the cancers may also have gene mutations.⁴

Your doctor will talk to you about your type of Non-Small Cell Lung Cancer.

There are different **stages** of Non-Small Cell Lung Cancer.
Your doctor or nurse can explain the stage of your lung cancer.

☐ Early-Stage

The cancer is early in its growth and has not spread beyond the lung.⁵

☐ Locally Advanced

The cancer has spread to other parts of the lung and surrounding areas.⁶

☐ Metastatic or Advanced

The cancer has spread beyond the lung and may have spread to other parts of the body.⁶

My doctor or nurse has told me the goal of my treatment is...

☐ Curative

You may be offered treatment options to reduce and remove the cancer.⁴

☐ Non-Curative

You may be offered treatment and care to help control the cancer and manage your symptoms.⁴

- What lung cancer do I have?
- What stage is my lung cancer?

- What is the goal of my treatment?
- Do I have a gene mutation?

Treatment

There are several options for treating Non-Small Cell Lung Cancer.⁴

- *What treatment am I going to have?*
- *How many times do I need to come into hospital for my treatment?*
- *What side effects might there be and how can these be managed?*



Chemotherapy

Chemotherapy is a name given to drugs used to remove, shrink or manage the cancer. Some people may **only** need chemotherapy.

Some people may need **other treatments** before, at the same time, and/or after chemotherapy.⁷

Immunotherapy

Immunotherapy drugs use the body's immune system to remove cancer cells. Some people may **only** need immunotherapy drugs.

Some people may need **other treatments** before and/or after immunotherapy drugs.⁸

Targeted Therapy

Targeted therapy is the name given to drugs that target something in or around the cancer cell that supports its growth due to genetic changes within the cancer cell. These changes are called gene mutations.⁴

These gene mutations will help your doctor identify treatment options that may be best for you. Some people may **only** need targeted therapy.

Some people may need **other treatments** before, at the same time, and/or after targeted therapy.⁹

Radiotherapy

A radiotherapy machine uses high-energy radiation to remove, shrink or manage the cancer. Some people may **only** need radiotherapy.

Chemotherapy may be offered before, at the same time, or after radiotherapy, depending on the stage of your cancer.¹⁰

Radiotherapy may be given after surgery to reduce the risk of the cancer coming back.¹⁰

Surgery & Treatment

Some people may not need surgery. Some people may need surgery **only**. Other people may need surgery **and** treatment.¹²

Surgery

Some people may have an operation to remove the lung cancer and surrounding lymph nodes from the chest.⁴ Lymph nodes are small structures which are an important part of the immune system. The immune system helps to protect the body by finding and removing foreign, damaged or cancer cells.¹³

There are different types of surgery. Your surgeon will discuss the best option for you.

If you have been offered surgery **and** treatment, there are different options for when treatment may be given.

Treatment before surgery: neoadjuvant therapy

Some people may have treatment **before** surgery to help shrink the cancer.¹¹

This is called **neoadjuvant therapy**.

Treatment after surgery: adjuvant therapy

Some people may have treatment **after** surgery to help remove any remaining cancer cells or lower the risk of the cancer coming back.¹¹

This is called **adjuvant therapy**.

Treatment before and after surgery: peri-operative therapy

Some people may have treatment **before** surgery to help shrink the cancer¹¹ **AND** They will have treatment **after** surgery to help remove any remaining cancer cells or lower the chance of the cancer coming back.¹¹

This is called **peri-operative therapy**.¹⁴

- What type of surgery am I having?
- What should I expect before, during and after my surgery?
- How can I prepare for my surgery and how can others support my recovery?

Other Treatment Options: Clinical Trials, Rehabilitation & Symptom Management

Your doctor may talk to you about joining a **clinical trial**.

Clinical trial

Clinical trials help to understand how new medicines and treatments work in different people. It aims to see if the new treatment is safe and better than existing treatments. It can also help the medical team to learn more about lung cancer and improve future treatments.¹⁶

You will get support from the clinical trial team, as well as from your medical team.

- *Can I join a clinical trial for my lung cancer?*
- *What are things to think about?*

You will have follow-up appointments to discuss how you are feeling, how well the treatment is going, and the risk of your cancer coming back.⁴

Rehabilitation or rehab

Rehabilitation aims to help you improve your physical and mental wellbeing and support your symptoms throughout the cancer treatment. This could include support with your diet, exercise and mental wellbeing.¹⁵

Talk to your doctor or nurse about what rehabilitation you can access through your care team, local services or online.

- *How can staying active help improve my recovery and ongoing wellbeing?*

Symptom management, supportive or palliative care

If your lung cancer cannot be cured, you may be offered treatment and care options to control the cancer or manage your symptoms.¹⁷

- *What symptom management options may help with my lung cancer?*
- *What information or support options are there for me or those around me?*

Small Cell Lung Cancer or SCLC

Small Cell Lung Cancer is less common than Non-Small Cell Lung Cancer, however it tends to grow more quickly and spread to other parts of the body.²

There are two **stages** of Small Cell Lung Cancer.
Your doctor or nurse can explain the stage of your lung cancer.

☐ Limited Stage

The cancer can be found in one area of a lung and may be in the nearby lymph nodes.⁶

Lymph nodes are small structures which are an important part of the immune system.

The immune system helps to protect the body by finding and removing foreign, damaged and cancer cells.¹³

☐ Extensive Stage

The cancer can be found beyond one area of a lung. It may also be found in other parts of the body.⁶

My doctor or nurse has told me the goal of my treatment is...

☐ Curative

You may be offered treatment options to reduce and remove the cancer.⁴

☐ Non-Curative

You may be offered treatment and care to help control the cancer and manage your symptoms.⁴

- *What lung cancer do I have?*
- *What stage is my lung cancer?*
- *What is the goal of my treatment?*



Treatment

There are several options for treating Small Cell Lung Cancer.⁴

- *What treatment am I going to have?*
- *How many times do I need to come into hospital for my treatment?*
- *What side effects might there be and how can these be managed?*



☐ Chemotherapy

Chemotherapy is a name given to drugs used to remove, shrink or manage the cancer. Some people may **only** need chemotherapy.

Some people may need **other treatments** before, at the same time, and/or after chemotherapy.⁷

☐ Immunotherapy

Immunotherapy drugs use the body's immune system to remove cancer cells. Some people may **only** need immunotherapy drugs.

Some people may need **other treatments** before and/or after immunotherapy drugs.⁸

☐ Radiotherapy

A radiotherapy machine uses high-energy radiation to remove, shrink or manage the cancer. Some people may **only** need radiotherapy.

Chemotherapy may be offered before, at the same time, or after radiotherapy depending on the stage of your cancer.¹⁰

☐ Surgery

If your Small Cell Lung Cancer is at an early stage, you may be offered surgery to remove the lung cancer and surrounding lymph nodes from the chest.⁴ Lymph nodes are small structures which are an important part of the immune system. The immune system helps to protect the body by finding and removing foreign, damaged or cancer cells.¹³

Some people who have surgery may need **other treatments** afterwards. This is called **adjuvant therapy**.¹⁸

- *What type of surgery am I having?*
- *What should I expect before, during and after my surgery?*
- *How can I prepare for my surgery and how can others support my recovery?*

Other Treatment Options: Clinical Trials, Rehabilitation & Symptom Management

Your doctor may talk to you about joining a **clinical trial**.

Clinical trial

Clinical trials help to understand how new medicines and treatments work in different people. It aims to see if the new treatment is safe and better than existing treatments. It can also help the medical team to learn more about lung cancer and improve future treatments.¹⁶

You will get support from the clinical trial team as well as from your medical team.

- *Can I join a clinical trial for my lung cancer?*
- *What are things to think about?*

You will have follow-up appointments to discuss how you are feeling, how well the treatment is going, and the risk of your cancer coming back.⁴

Rehabilitation or rehab

Rehabilitation aims to help you improve your physical and mental wellbeing and support your symptoms throughout the cancer treatment. This could include support with your diet, exercise and mental wellbeing.¹⁵

Talk to your doctor or nurse about what rehabilitation you can access through your care team, local services or online.

- *How can staying active help improve my recovery and ongoing wellbeing?*

Symptom management, supportive or palliative care

If your lung cancer cannot be cured, you may be offered treatment and care options to control the cancer or manage your symptoms.¹⁷

- *What symptom management options may help with my lung cancer?*
- *What information or support options are there for me or those around me?*

Notes

You might want to ask or write down:

- Your questions.
- The name, phone number and email address for the lung cancer team.
- Details about future appointments – who it’s with, what time and where?
- Anything you want to talk about at the next appointment.
- Any changes in your eating habits, mental wellbeing or energy levels.⁴
- Your side effects.⁴

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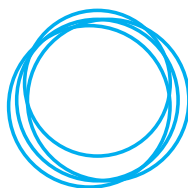
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ROY CASTLE
LUNG CANCER
FOUNDATION

Information on Roy Castle Lung Cancer Foundation

Roy Castle Lung Cancer Foundation is the charity that gives help and hope to people affected by lung cancer.

‘We offer lung cancer help and support to anyone who has been affected by the disease. From the latest lung cancer information to a dedicated forum and free Ask the Nurse helpline, we’re here to help.’

If you have a question, need emotional support or just want to chat about lung cancer, call free on 0800 358 7200, or email lungcancerhelp@roycastle.org.

For more information, call our Lung Cancer Information and Support Services:
0333 323 7200 (option 2)
or visit our website: www.roycastle.org



Information and Support Services
524-528, Baltic Chambers, 50 Wellington St, Glasgow G2 6HJ
Email: info@roycastle.org

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A company limited by guarantee. Registered in England & Wales 03059425. Registered Office: Roy Castle Lung Cancer Foundation, Cotton Exchange Building, Old Hall Street, Liverpool, L3 9LQ

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