



**END
LUNG
CANCER
NOW**

PREVENTION | SCREENING | RESEARCH

A PERSONALIZED GUIDE FOR YOUR

LUNG CANCER JOURNEY



INDIANA UNIVERSITY

**MELVIN AND BREN SIMON
COMPREHENSIVE CANCER CENTER**

endlungcancernow.iu.edu



No matter where you are in your lung cancer journey, we are dedicated to caring for you and supporting you at all times.

IU Health is home to the Indiana University Melvin and Bren Simon Comprehensive Cancer Center, Indiana's only National Cancer Institute-designated comprehensive cancer center. **We are known for leadership in leading-edge diagnostic technologies and treatment** that is personalized for each patient. Your care team will include world-renowned lung cancer experts that will be available to answer any question, alleviate any concern, and explain any aspect of this journey.

We know that a diagnosis of lung cancer can be overwhelming and cause uncertainty and fear. Our hope is that this guide will answer some of your questions and help you and your family feel prepared to engage as a vital part of your care team throughout this journey.

We are **committed** to being your partner in fighting lung cancer.

To access a digital copy of this guide and other helpful resources, please visit **endlungcancernow.iu.edu** or scan here.



Table of Contents

Understanding Lung Cancer **2**

Lung Cancer Stages **3**

Treatment Options **4**

Comprehensive Care for Lung Cancer **4**

Thoracic Tumor Boards **5**

Throughout Your Journey **6**

Clinical Trials and Research **8**

Benefits of Participating in Clinical Trials **9**

We Advocate for You **10**

Supportive Services Available to You **11**

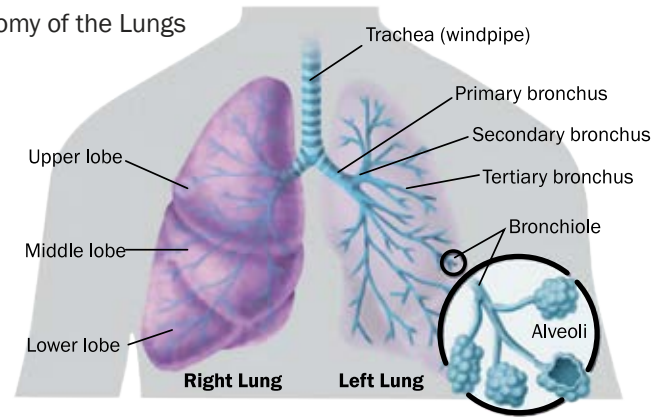


Understanding Lung Cancer

If you are diagnosed with lung cancer, know that **you are not alone**. Lung cancer is the second most common cancer in the United States, after breast cancer in women and prostate cancer in men.

Cancer develops when cells in the body grow too fast. Too many cells can build up to form a mass or tumor and the body's immune system cannot keep up. When this happens in the lungs, it is called lung cancer.

Anatomy of the Lungs



© LUNgevity Foundation

Lung Cancer Types

- **Non-small cell lung cancer (NSCLC)** is the most common type of lung cancer, making up about 80% to 85% of cases. There are different subtypes that are based on where the cancer begins.

Adenocarcinoma – This is the most common subtype of NSCLC. It starts in the glands on the outside part of the lungs and frequently secretes mucus.

Squamous cell carcinoma – This is the second most common subtype of NSCLC. It starts in the cells that line the lung's major airways.

Large cell carcinoma – This is a less common subtype of NSCLC. It frequently starts in the outer regions of the lung's tissue.

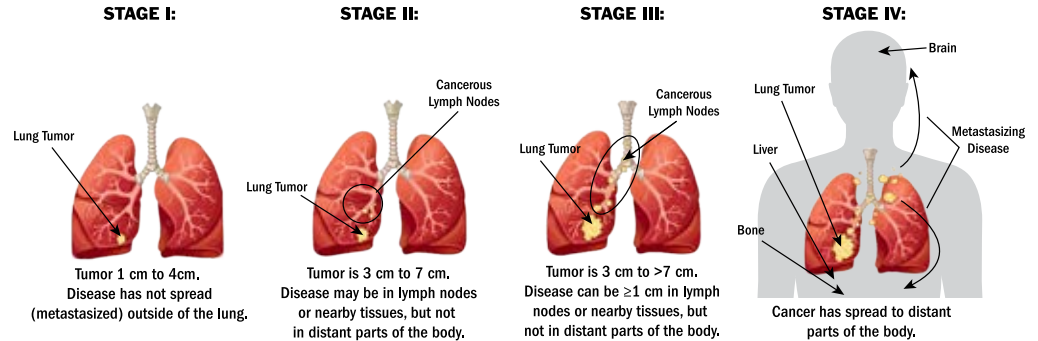
- **Small cell lung cancer (SCLC)** accounts for about 10% to 15% of all lung cancer cases. It starts in the cells that are located under the main cells that line the lung's airways.

Lung Cancer Stages

There are four stages of lung cancer that are determined by the following factors:

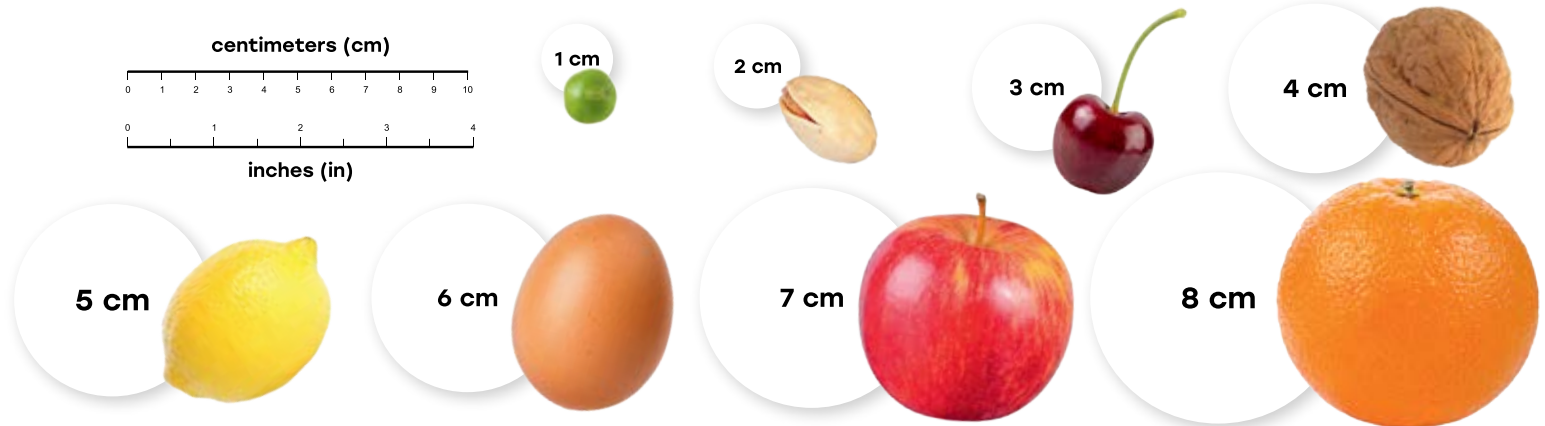
- The size of your tumor
- If the cancer has spread to your lymph nodes
- And/or if the cancer has spread to other parts of your body

Simplified Examples of Lung Cancer Staging: The images below depict tumors at various stages, but these are only examples; actual tumor locations and size may vary.



Source: LUNGevity. Lung cancer staging. <https://lungevity.org/for-patients-caregivers/lung-cancer-101/lung-cancer-staging>.

Tumor Sizes



Treatment Options:

You'll have access to state-of-the-art treatment at the IU Simon Comprehensive Cancer Center. This includes the most recent and advanced FDA-approved treatment options. Some of these include:

- Minimally invasive, image-guided procedures to help diagnose and treat your cancer
- Video-assisted thoracic surgery (VATS) and robotic resection of cancer
- Targeted therapy for gene mutations
- Immunotherapy with immune check point inhibitors and cancer vaccines
- Image guided radiotherapy and respiratory gated, breath hold treatments
- Thermal and Non-thermal Ablation of primary cancers, as well as painful bone metastasis
- Robotic-assisted and therapeutic bronchoscopies

Comprehensive Care for Lung Cancer

As a patient at the IU Simon Comprehensive Cancer Center, **you will receive the very best care** from a team of specialized experts in the treatment of patients diagnosed with lung cancer.

Lung cancer is a complex disease and requires a team approach. All patients with lung cancer, no matter the stage, should be seen by a medical oncologist. Some patients may also need to be treated by a radiation oncologist and/or a thoracic surgeon. Your specific treatment plan will be personalized based on your type and stage of lung cancer as well as biomarker and genetic testing results.

This journey is personal, and our goal is to treat your cancer successfully while maximizing your quality and quantity of life. You and your healthcare team will work together to decide what treatment plan is best for you.



Thoracic Tumor Boards

Tumor boards bring together experts from multiple specialties to strategize about the best possible cancer treatment for the most complex cases. At the IU Simon Comprehensive Cancer, the thoracic oncology team

hosts weekly tumor board meetings to ensure fresh perspectives are considered while developing a care plan for individual patients. The medical

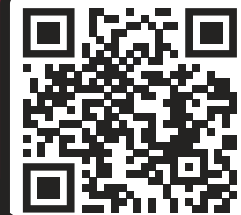


oncologists, surgeons, radiation oncologists, pulmonologists, radiologists, nurses, and research teams all work together to develop that plan thoughtfully and efficiently during these meetings.



To learn more about the expert team at the IU Simon Comprehensive Cancer Center, visit **endlungcancernow.iu.edu**

and click on the "For patients and families" button or scan below.



SCAN ME

THROUGHOUT YOUR JOURNEY

If you've been diagnosed with lung cancer, you and your loved ones won't be going through this alone.

Our team of highly skilled lung cancer experts is here to guide you throughout your lung cancer journey. You may meet with any of the following specialists who are dedicated to being available and answering any questions you have along the way. Your nurse navigator will help manage the process for you by communicating, organizing, and providing information at each step so that you can focus on what's most important - *healing*.

1

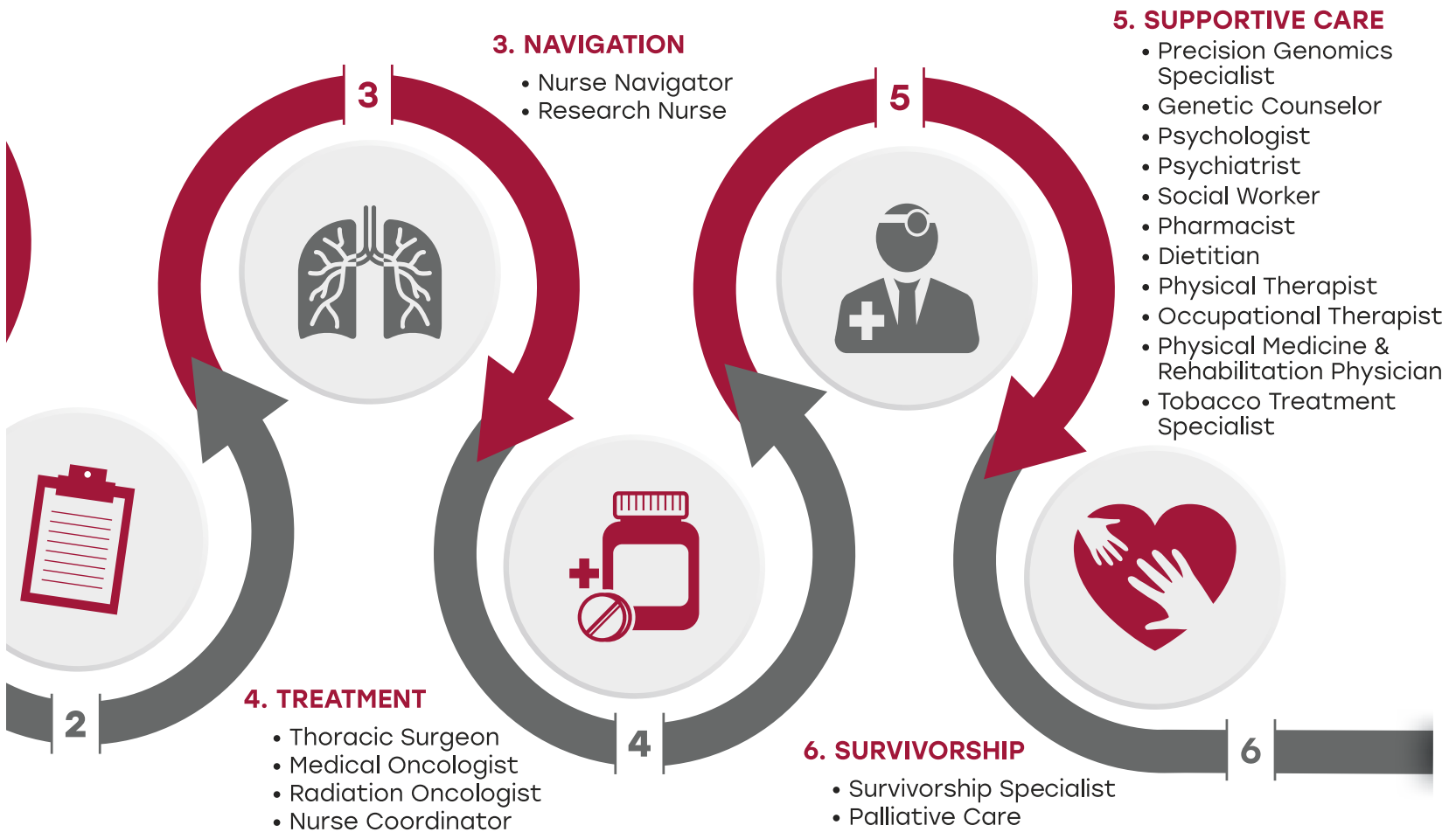


SCREENING & BIOPSY

- Radiologist
- Pathologist
- Technologist

2. DIAGNOSIS

- Pulmonologist
- Radiologist
- Pathologist



Research Cures Cancer

The unique partnership between IU Health and the IU School of Medicine provides our patients access to a broad range of **groundbreaking clinical trials** at the IU Simon Comprehensive Cancer Center. These trials are led by some of the foremost lung cancer experts in the world and have led to significant advancements in diagnosing, treating, and preventing lung cancer not only for our own patients, but patients worldwide.

We currently offer clinical trials to:

- Prevent lung cancer
- Increase early detection
- Improve outcomes across all stages of lung cancer
 - adjuvant therapies
 - novel therapies to overcome immunotherapy resistance or resistance to targeted therapies
 - new approaches to the treatment of small cell lung cancer (bi-specific/tri-specific antibodies)
 - combining expert care across sub-specialties for better outcomes
- Support basic research to advance our understanding of lung cancer and cancer in general



Photo by Mark Turney, Richard L. Roudebush VA Medical Center.

The lung cancer research program at IU Simon Comprehensive Cancer Center is also unique in that it has access to Phase I research trials for even more treatment options and collaborates with the precision genomics team to guide more targeted treatments for our patients.

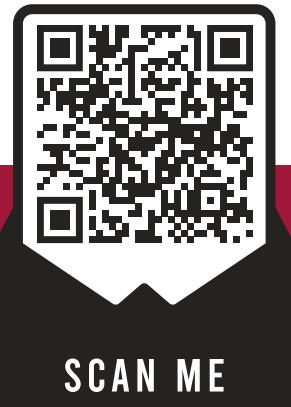
The *future* advances of tomorrow are available today.

Choosing to participate in a clinical trial is an **important personal decision**. If you are interested, please talk directly with your healthcare provider to determine if a clinical trial is right for you. Our lung cancer nurse navigator can also help answer questions and prepare you for what to expect while involved.

- Access to advancement in treatment options and promising new interventions that are generally not available outside of a clinical trial
- Board-certified physicians as well as an experienced support staff
- A treatment that may be more effective than standard therapy and the potential to be among the first to benefit
- The opportunity to help other people who need cancer treatment in the future

"Every advance in cancer that you will read and hear about in the next five years is available today, but we need patients to participate in the clinical trial."

*Dr. Nasser Hanna — Tom and Julie Wood Family
Foundation Professor of Lung Cancer Clinical Research*



To learn more about the benefits of clinical trials and to view a list of trials currently available, please visit:

<https://endlungcancernow.iu.edu/clinical-trials.html>



We Advocate for You

We know how important it is to connect patients with lung cancer and their family members with a range of survivorship and quality of life programs, both before and after treatment.

End Lung Cancer Now (ELCN) is an initiative at the IU Simon Comprehensive Cancer Center that has the vision to end the suffering and death from lung cancer in Indiana. Its mission is to educate and empower community advocates to eliminate tobacco use in Indiana, screen all eligible Hoosiers with lung screening scans, dramatically increase participation in lung cancer research, and to support lung cancer survivors and their caregivers.

A lack of awareness and undeserved stigma contribute to ongoing challenges for survivors (i.e., a person from the time of a cancer diagnosis until the end of life). While support services exist, coordination of these services is often lacking. Our goal is to create a network of survivors and caregivers to adequately support patients and caregivers, reduce existing stigmas, and promote lung cancer awareness.

For more information on community resources, upcoming events, and to learn how you can get involved with ELCN, visit:

endlungcancer.now.iu.edu

Supportive Services Available to You

Palliative Care

Palliative care is specialized medical care for people living with a serious illness, like lung cancer. The goal of palliative care is to enhance a person's quality of life, not only for themselves but also their family members, while receiving treatment.

It is important, and appropriate, to begin palliative care treatment at all stages of your lung cancer journey. It may help you by providing relief from pain and other symptoms of lung cancer. In addition to improving quality of life, palliative care can also help patients and their caregivers understand all of their treatment choices.

Talk with your nurse navigator about connecting with palliative care support.

MOVE Program

We know that cancer and cancer treatment can impact our health. The aim of the MOVE program is to help patients maintain and/or improve their health and fitness before, during, and after treatment. This is a FREE service provided by the IU Simon Comprehensive Cancer Center. Some of the services offered include physical therapy, small group training, and personal training. For more information, contact the MOVE program.

Email: IUMOVE@iu.edu | Phone: 317-478-1451

CompleteLife Program

CompleteLife is a comprehensive therapy program that attends to the body, mind, and spirit of the whole person. Patients and families at IU Health can

take advantage of free creative arts and integrative therapies including music, art, yoga, and massage therapies. Many services are provided at the bedside for hospitalized patients.

Email: completelife@iuhealth.org | Phone: 317-944-0301

Cancer Resource Center

The Cancer Resource Center (CRC) offers cancer patients with information and education to help them navigate through their cancer journey. Trained volunteers and staff can connect patients and families with information about diagnosis and treatment, as well as community programs and support services to help with day-to-day concerns and overall well-being. The CRC is located on the first floor of the IU Simon Comprehensive Cancer Center and is open Monday-Friday from 9 a.m. to 5 p.m.

Phone: 317-944-0301

Social Work Services

Oncology social workers can provide information about community resources, lodging, transportation, and emotional support for patients and their families. Social workers can also connect patients with available support groups.

Nutrition Counseling

The dietitians at IU Simon Comprehensive Cancer Center have specialized training for cancer patients and can help you with any needs or questions about nutrition and nutrition-related side effects.

If you have any questions related to these supportive services, talk with your nurse navigator.

A National Cancer Institute-Designated Comprehensive Cancer Center



The IU Simon Comprehensive Cancer Center is Indiana's only National Cancer Institute (NCI) - designated Comprehensive Cancer Center — and one of

only 54 in the nation. To achieve and maintain this designation, we meet rigorous criteria in basic, clinical, and population research, and we offer outstanding educational activities and an effective community outreach program across the state.

A member of the National Comprehensive Cancer Network



We are also a member of the National Comprehensive Cancer Network — a not-for-profit alliance of 33 leading cancer centers. And this means

our physicians have a role in determining the recognized standard of clinical care for cancer patients.







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