

# THE FIRST 7 DAYS

Hope  
With Answers™

Living With Lung Cancer  
PODCAST



## THE FIRST SEVEN STEPS IN THE FACE OF A LUNG CANCER DIAGNOSIS

Here are the first 7 Steps to help focus you on your current personal health journey. A lung cancer diagnosis sends you reeling. These steps can help you manage a personalized course of action, help you understand more about your specific lung cancer, and find the support you need.



1

**Slow down.** We know you want to start treatment right away but what is most important is to get the right diagnosis, for the right treatment at the right time for you.



2

**Get biomarker testing** to find out if your type of lung cancer has a targeted therapy available. Unless you are experiencing severe symptoms that need immediate attention, do not start treatment until you have received the results of comprehensive biomarker testing. Request copies of your pathology report, scan reports, labs, scan files, and other diagnostic records so you will have them if needed for future reference.



3

**Find a thoracic oncologist (a lung cancer specialist)** and make an appointment to discuss diagnosis and treatment plans. Develop a list of questions before you go. Bring a family member or trusted friend who can help you take good notes and ask questions.



4

**Get a second opinion.** Look for a comprehensive cancer center that may be at an academic medical institution. Ask what records they need, and send them ahead of time.



5

**Learn as much you can** about your biomarker (if you have one), options for lung cancer treatments, and support available from lung cancer groups through reputable sites online like [lcfamerica.org](http://lcfamerica.org).



6

**Work with your health care team** to create a customized treatment plan designed specifically for you. This might include participating in a clinical trial.



7

**Build a network of support** with family members, friends, community members, and fellow advocates living with lung cancer.



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