



This Is Just One Chapter: Mental Health, Purpose, and Hope With Lung Cancer

Brief Episode Summary

Lung cancer survivors Jaymie Knox and James Hiter have an honest, hopeful conversation about the mental health challenges that come with a stage 4 diagnosis. From scanxiety and grief to finding purpose through fostering, community, and everyday joys, Jaymie shares the strategies that keep her moving forward. This episode is for anyone navigating the emotional side of lung cancer — or supporting someone who is.

What We Cover in This Episode

- Jaymie's diagnosis story — hearing "lung cancer" at age 32
- The mental impact of a stage 4 diagnosis and early coping
- Identifying anxiety triggers — TV shows, smells, physical symptoms
- Reframing fearful thoughts and talking sense into anxiety
- The role of your care team in mental wellness — what to ask for
- Finding purpose — fostering, hobbies, and living fully after diagnosis
- The power of lung cancer community and why it matters
- Grieving friends lost to lung cancer
- Scanxiety — what it is, how it evolves, and how to cope
- Advice for anyone in a dark spot right now
- What Jaymie would tell her newly diagnosed self



Guests

Jaymie Knox

[Voices of Hope Speakers Bureau Member](#) | ALK+ Survivor & Advocate

Jaymie was diagnosed with stage 4 ALK-positive lung cancer in December 2018 at age 32 — newly married and ready to start the next chapter of her life. Her first doctor failed to stage her cancer or explain what lay ahead. She fought for better care and never looked back. Now living in Washington, D.C. and on alectinib (Alecensa), Jaymie recently fulfilled a lifelong dream of becoming a foster mom to two young children. She is a passionate advocate for mental health awareness in the lung cancer community and lives by a simple philosophy: "Have your moment, then turn the page."

James Hiter

Endurance Athlete | [Voices of Hope Speakers Bureau Member](#) | Survivor

James brings curiosity, determination, and hard-won wisdom to conversations about living with lung cancer. Diagnosed in 2017 with a rare multicystic presentation, he's undergone three lung surgeries and now operates on roughly 55% of his original lung capacity—yet he still runs every single day. His journey through multidisciplinary tumor boards, second opinions, and ongoing surveillance gives him an intimate understanding of what patients and caregivers face. James asks the questions patients actually want answered because he's wondered them himself.

Links and Resources

LCFA Patient Education and Support



- [LCFA's Patient Education Materials](#) – Learn about types, stages, and treatment options
- [The First 7 Days](#) – LCFA's roadmap for newly diagnosed patients

Biomarker Testing and Treatment Information

- [Biomarker Testing Resources](#) – Why testing matters and how to get it
- [ALK Positive](#) – Learn more about ALK-positive lung cancer and current treatment options

Patient communities and support

- [Elevate Lung Cancer Care](#) – Learn about advanced ROS1+ or ALK+ non-small cell lung cancer (NSCLC) diagnosis and ways to navigate care plan discussions
- [Online Biomarker-Specific Communities](#) – additional patient-driven organizations listing
- Ask your care team about mental health support – Counseling, social work services, palliative care, and support groups at your treatment center

Screening and Early Detection

- Low-dose CT screening can reduce lung cancer mortality by 14%–25% among eligible individuals

Clinical Trials

- [LCFA Clinical Trial Resources](#) – Tools to find and understand clinical trial options

Full Transcript

- [Read the full episode transcript](#)



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