



## **Scanxiety: Managing Drug Resistance Fears with Jaymie Knox**

### **Show Notes**

ALK-positive lung cancer survivor Jaymie Knox returns for an honest conversation with host James Hiter about the mental gymnastics of scanxiety and the very real fear of drug resistance. Now nearly seven years on alectinib, far past the average response window, Jaymie shares why having a Plan B with your care team brings peace of mind, why patient-first language matters, and the small rituals that get her through every scan day. This episode is for anyone who feels the weight of "what if" before each scan, and for the loved ones walking that road with them.

### **What We Cover in This Episode**

- What scanxiety is and why it's a normal part of life with lung cancer
- How scanxiety evolves over months and years of treatment
- Understanding drug resistance in targeted therapy
- Jaymie's seven-year journey on alectinib and what she's learned
- Why patient-first language matters: "the medication failed me," not the other way around
- The power of having a clearly mapped Plan B with your care team
- Practical coping strategies for scan day, from playlists to tacos
- What it means when something "lights up" on a scan
- How to limit cancer's headspace without ignoring real worries
- Hope grounded in real science and growing treatment options
- Advice for newly diagnosed patients facing their first scans

### **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

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never looked back. Now living in Washington, D.C. and on alectinib (Alecensa) for nearly seven years, 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](#) — Learn about diagnosis, types, stages, and treatment options

[The First 7 Days](#) — LCFA's roadmap for newly diagnosed patients

[Managing Mental Health](#) — Resources for the emotional side of lung cancer

### **Biomarker Testing and Treatment Information**

[Understanding Biomarker Testing](#) — Why testing matters and how to get it

[ALK Positive](#) — Learn more about ALK-positive lung cancer and current treatment options

[Targeted Therapy Information](#) — Understanding how targeted therapies work and what happens when they stop



## **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

## **Clinical Trials**

[LCFA Clinical Trial Resources](#) – Tools to find and understand clinical trial options, including next-generation ALK inhibitors

[Full Transcript](#) – Read the full episode transcript

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