



# Time Toxicity in Lung Cancer: What Patients Wish They Knew

## Brief Episode Summary:

Lung cancer treatment doesn't just affect your body; it reshapes your time, your routine, and your daily life. In this episode, host James Hiter is joined by Maida Mangiameli to explore the real impact of "time toxicity" on both patients and caregivers. They discuss what to expect, why preparing for the time commitment matters, and how advocating for yourself, including asking about clinical trials early can influence your care. The conversation reinforces that even through the challenges, support, community, and hope remain essential.

## Guests

**James Hiter** – Host, Endurance Runner, and Patient Advocate

Stage 4 lung cancer survivor and LCFA Speakers Bureau member who continues to run marathons while living with lung cancer. James brings curiosity, determination, and a patient's perspective to conversations about treatment advances and survivorship. His personal experience with multiple lung surgeries gives him unique insight into the importance of preserving lung tissue.

**Maida Mangiameli** – Patient Advocate

Maida Mangiameli is a small cell lung cancer survivor who brings perspective and lived experience to her story. After an unexpected diagnosis, she navigated intensive treatment while maintaining her sense of humor and commitment to living fully. Today, Maida is a dedicated advocate, using her voice to support others, raise awareness, and highlight the need for continued research and early detection.

---

## Links and Resources

### NEW! LCFA Caregiver Resources

Everything caregivers need in one place – guidance, community, and tools for every stage of the lung cancer journey.

[lcfamerica.org/living-with-lung-cancer/caregiving-resources/](https://lcfamerica.org/living-with-lung-cancer/caregiving-resources/)



### **Understanding Clinical Trials: FREE Conversation Toolkit**

For people diagnosed with lung cancer, clinical trials may offer access to promising treatments in addition to standard care.

<https://lcfamerica.org/about-lung-cancer/clinical-trials/>

### **Side Effects & Lung Cancer: The Hidden Realities Patients Live With**

<https://lcfamerica.org/story/side-effects-lung-cancer-the-hidden-realities-patients-live-with/>

### **Full Episode Transcript -**

<https://lcfamerica.org/wp-content/uploads/2026/04/AMA-Time-Toxicity-Transcript.pdf>

---

## **Stay Connected**

Join LCFA's community for support, information, and the latest in lung cancer research and education.

Subscribe to *Living With Lung Cancer: Ask Me Anything* wherever you listen to podcasts.

---

## **Medical Disclaimer**

Content shared in this episode reflects personal experiences and should not substitute for professional medical guidance. Please consult your healthcare provider for personalized medical advice.

---

## **AI Assistance Disclosure**

This content was developed with the assistance of artificial intelligence technology to help organize and optimize information from our podcast episode. All content has been reviewed and approved by LCFA staff to ensure accuracy and alignment with our mission and values.