



## SubQ: A Simpler, Less Disruptive Path to Lung Cancer Treatment Show Notes

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### Brief Episode Summary

ALK-positive lung cancer survivor and former RN Stephanie Williams joins host James Hiter to demystify subcutaneous (SubQ) treatment delivery – a faster, less disruptive alternative to IV infusion now available for some lung cancer medications. From her surprise stage 2 diagnosis at 37 to her firsthand experience with SubQ injections during chemotherapy, Stephanie shares why this delivery method can mean less anxiety, fewer clinical hours, and more time living life.

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### Timestamps

*(Timestamps are approximate and may vary slightly by platform.)*

00:00 Welcome and episode introduction

01:12 Meet Stephanie Williams: Diagnosed at 37 with ALK+ lung cancer

02:36 What Stephanie wishes everyone knew about lung cancer risk

03:45 Fears about diagnosis vs. fears about treatment

Episode Title

Show Notes

05:03 What is SubQ? Stephanie's first reaction as a patient and former RN  
06:35 What a SubQ injection actually feels like  
07:44 SubQ vs. traditional IV infusion: The key differences  
09:07 Time savings and reduced infection risk  
09:45 Is SubQ as effective as IV? Trusting the science  
11:27 How SubQ gives patients their time — and life — back  
12:15 How to start the conversation with your doctor about SubQ  
13:14 Advice for the newly diagnosed: Biomarker testing, second opinions, and support groups  
16:06 Describing SubQ in three words: Simple. Not new. Hopeful.  
16:55 Wrap-up and resources

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## Guests

**Stephanie Williams** — Patient Advocate, LCFA Speakers Bureau

Stephanie was diagnosed with stage 2 ALK-positive non-small cell lung cancer at age 37 after a persistent mild cough led her to request a chest X-ray. A former registered nurse, mother, and outspoken advocate, Stephanie uses her dual clinical and patient perspective to empower others navigating a new lung cancer diagnosis.

**Host: James Hiter** — Patient Advocate, LCFA Speakers Bureau

James is living with lung cancer and is the founder of Streak For a Cure, a non-profit raising awareness and funding for lung cancer research.

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## Links and Resources

- Learn more about Subcutaneous (SubQ) Delivery:  
[lcfamerica.org/about-lung-cancer/treatment/subcutaneous-delivery](https://lcfamerica.org/about-lung-cancer/treatment/subcutaneous-delivery)
  - Download the SubQ Conversation Toolkit (FAQ, infographic, and doctor conversation guide):  
[lcfamerica.org/about-lung-cancer/treatment/subcutaneous-delivery/#download-subq-toolkit](https://lcfamerica.org/about-lung-cancer/treatment/subcutaneous-delivery/#download-subq-toolkit)
  - ALK biomarker information:  
[lcfamerica.org/about-lung-cancer/diagnosis/biomarkers/alk](https://lcfamerica.org/about-lung-cancer/diagnosis/biomarkers/alk)
  - Biomarker testing overview:  
[lcfamerica.org/about-lung-cancer/diagnosis/biomarkers](https://lcfamerica.org/about-lung-cancer/diagnosis/biomarkers)
  - Immunotherapy education: [lcfamerica.org/treatment/immunotherapy](https://lcfamerica.org/treatment/immunotherapy)
  - The First 7 Days — Newly Diagnosed Roadmap:  
[lcfamerica.org/living-with-lung-cancer/first-diagnosed](https://lcfamerica.org/living-with-lung-cancer/first-diagnosed)
  - Find a Clinical Trial: [lcfamerica.org/resources/find-clinical-trial](https://lcfamerica.org/resources/find-clinical-trial)
  - Get a Second Opinion: [lcfamerica.org/resources/second-opinion](https://lcfamerica.org/resources/second-opinion)
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