

What should I ask my doctor?

Thinking about lung cancer brings up many questions. Sometimes it is difficult to keep all of your questions straight. Many patients have topics in mind they want to discuss with their doctor, but find they leave appointments without getting their questions answered.

The sample questions below are meant to serve as a guide to conversations between you and members of your care team. You will find that your doctor is the best person to answer some questions, but other members of your care team like a nurse or social worker, might be able to answer other questions. Only ask the questions you want to ask, when you are ready to ask them.

Printing these questions and taking them with you to your appointments, will help you stay organized and make sure all the questions you want to ask get answered.

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Questions about Lung Cancer Risk

Lung cancer may be a concern for you. Your doctor can answer your questions and help you decide if you need to take action to decrease your risk.

Should I be concerned about lung cancer?

- I am a smoker
- I was a smoker
- It runs in my family
- I think I've been exposed to radon or other hazardous chemicals
- I'm worried

Should I be screened for lung cancer?

- What are the risks and benefits?

- How much will it cost?

What can I do to reduce my risk of lung cancer?

- How can I get help quitting smoking?

- How can I test my house for radon?

- How can I avoid other risks?

Additional Questions

For more information on lung cancer screening, please visit www.lung.org/lcscreening.

Questions about Lung Cancer Diagnosis

You may have questions about how lung cancer is diagnosed. Your doctor can help you prepare for the diagnostic process.

Which procedure will be used to diagnose me?

- Can we make arrangements to have my tumor tested using comprehensive genomic testing?

- How will the tissue be removed?

- Are there any risks?

- How long will it take? Will I be awake? Will it hurt?

- Will I have to stay in the hospital? If so, for how long?

- Will I have to do anything to prepare for it?

- How long will it take me to recover?

How soon will I know the results? Who will explain them to me?

If I do have cancer, who will talk to me about next steps?

Once you are diagnosed, it is important to know your lung cancer “profile.” Getting these questions answered will help you know exactly what type of lung cancer you have.

What type of lung cancer do I have?

What stage is my lung cancer?

If my cancer has spread, where else is it located in my body?

Do I need more tests?

Are there any molecular markers in my tumor?

Can you explain my prognosis?

Additional Questions

Questions about Treatment Decisions

You can work with your care team to identify your treatment goals and options. Asking these questions will help you think about the whole treatment picture.

What are my treatment options?

- What type of treatment do you recommend for me and why?

What new treatments exist and am I eligible for them?

- I am eligible for targeted therapies?

- Are there any clinical trials that are appropriate for me? If so, how do I get more information?

What are the risks and benefits of the treatment options?

What is the goal of the treatment?

How quickly do we need to decide on treatment?

Can my treatments be adjusted so I can participate in a certain activity (i.e. attending a graduation)?

Can I start receiving palliative care as soon as I begin treatment to improve my quality of life?

Questions about Managing Treatment

Treatment brings up many concerns. Getting answers to these questions can help you feel prepared to manage your treatment.

When do I start treatment? How long will it last? How often will I get it?

- What should I do to be ready for treatment?

How much will my treatment cost?

What are the possible side effects from my treatments and how can I manage them?

- How do I get supportive or palliative care to help me with any side effects?

If I have questions during my treatment and my doctor is not available, who can I ask?

- Who should I call in case of an emergency?

What should I do to stay healthy during treatment?

What would we do if the treatment doesn't work or if the cancer comes back?

What type of follow-up will I need after treatment?

Additional Questions

Questions about Taking Care of Myself

As your life changes, so will your needs. It is important to take care of yourself physically and emotionally. Talking to your doctor about these topics will help you stay as healthy as possible during this time.

Support Services

Where can I get more information about lung cancer?

Do you have a social worker or patient navigator that can help me? Or can you refer me to one?

- Where can I get treatment-related help such as wigs or transportation to appointments?

- Where can I get financial help?

Are there support groups available for my loved ones and me?

Nutrition

What are my nutritional goals and how can I achieve them?

- Should I change my diet?

- What is my ideal weight?

Should I take a dietary supplement?

- Can taking dietary supplements interfere with my cancer treatment?

What should I eat to help with my symptoms?

Physical Activity

Is it safe for me to exercise?

- What type of exercise should I be doing?

- How often should I exercise?

Do you have any tips for staying active even if I feel tired?

Who can I go to for help with physical activity?

- Do you recommend I see a physical therapist?

Complementary and Alternative Medicine (CAM)

What type of complementary treatment will help me deal with cancer symptoms or side effects?

Will it interfere with my treatment or medicines?

Can you suggest a CAM practitioner for me to talk to?

Will you work with my CAM practitioner?

Questions for Your Care Team about Life Planning

It is never too soon to start talking about life plans. There are many topics to think about when you consider life planning. The questions below are meant to be used as a guide. Only ask the questions you want to ask, when you are ready to ask them.

You might want to start with listing upcoming events that you are looking forward to such as a wedding, graduation, holiday or travel. Then talk to your doctors about your plans.

Event	Date	Goal
<i>Example: Grandson's graduation</i>	<i>May 25</i>	<i>To be well enough to travel to the graduation</i>
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How do I tell other people that I have lung cancer?

- Is it okay to tell children?

- How do I tell my employer?

Will I always have to worry about the cancer coming back?

Can I keep working?

Can I still be intimate (have sex) with my partner?

What do I need to plan?

- How can I make sure my family is taken care of?

- How do I go about writing a will and an advance directive?

- Who do I talk to about my medical care in the future if I am no longer able to speak for myself?

- Other Questions

Will I be in pain? If I am, what can you do to help me?

- Do I have to worry about being addicted to pain medication?

- What do I need to know about palliative or supportive care?

- Other Questions

How do I know when to stop treatment?

- What if I want to stop treatment, but my family doesn't agree?

What can I expect in the last days of my life?

- What do I need to know about hospice care?

- Will you be able to tell me when it is getting close to the time I will die?

- Can I stay at home during this time?

- Can the people I love be with me?

- Other Questions

How can I make the most out of the time I have?

Additional Questions
