

Using *Lung Cancer Choices*

Introduction

The Caring Ambassadors Program is pleased offer the 3rd *Edition of Lung Cancer Choices*. We hope that the information in the book will help you in your journey and provide the information you need to receive the best treatment and supportive care for your disease.

Being diagnosed with a lung cancer is a life-altering event.

You will be bombarded with information and advice from your healthcare providers, your friends and family, from strangers on the internet, and from countless other sources. It is essential that you take ownership of your own healthcare decisions, and, in order to do so, you must be informed and you must be a proactive ambassador for your own health.

The key to navigating the road ahead is to remember...

This is Your Journey and these are Your Choices.

How you go about maintaining your health, and whomever you decide to consult for your healthcare is up to you. However, we urge you to gather information about the different treatment options you are considering. This will help you make informed decisions about the options that are best suited to your treatment goals.

Each person with lung cancer is unique, and each reader of *Lung Cancer Choices* also is unique. Recognizing that your informational needs are personal and may change with time, *Lung Cancer Choices* has been written so that each chapter can be read and understood on its own.

You may find medical words in the book that are new to you. The definitions of these words can be found within the chapter or are in the *Glossary* at the back of the book. Becoming familiar with these words will help you better understand lung cancer. It might also help you communicate more easily with your healthcare providers.

Purpose of *Lung Cancer Choices*

Lung Cancer Choices was written with several purposes in mind:

- to provide information about lung cancer to help you make decisions about lung cancer treatment options.
- to provide a balanced view of the currently available treatment options from Western medicine, complementary and alternative medicine (CAM), and Chinese medicine.
- to help you communicate more effectively with healthcare providers.
- to help you become empowered to be the best advocate for your own healthcare.

Making Informed Decisions

Potentially life-changing decisions are one aspect of having a serious illness such as lung cancer. Each of us is unique in how we make decisions. Some people want to know everything they possibly can about their disease. They want to make all their own treatment decisions. Other people prefer to have their healthcare providers make treatment decisions based on their knowledge and expertise. Some prefer having a friend or family member seek out and sort through information. Many use a combination of approaches.

We hope *Lung Cancer Choices* will help you understand your disease and some of the healthcare options available to you. Knowledge empowers you to ask the necessary questions to become your own best advocate. When your questions have been asked and answered, you and your healthcare providers will be in the best possible situation to determine the best treatment approach for you.

An Important Note to the Reader

This book was created to provide information about a variety of approaches to the treatment and management of lung cancer. The information presented in *Lung Cancer Choices* has been made available by The Caring Ambassadors Program for educational purposes only. The Caring Ambassadors Program and the authors of *Lung Cancer Choices* believe that access to good information leads to better decisions. However, this book is ***not*** a substitute for medical advice. It is critically important that you consult your healthcare provider about any matter concerning your health. The information is not intended to present the only, or necessarily best, methods or procedures, but is intended to represent the approach, view, or opinion of the authors that may be helpful to other people in similar situations.

Each chapter and section of the book has been authored independently. Therefore, each chapter reflects the unique approach of the author to the treatment of lung cancer, based on his or her medical discipline and experience. For this reason, an author is responsible only for the accuracy of the information presented in his or her chapter section. Any statement about commercial products are solely the opinion of the author and do not represent an

endorsement or evaluation of these products by The Caring Ambassadors Program. These statements may not be used for any commercial purpose or advertising.

The choice of treatment for lung cancer is a personal one. We encourage you to carefully assess the information provided here and elsewhere, and to work with your healthcare providers to choose treatment approaches that meet your individual needs.