Lung Cancer CHOICES
3rd Edition

Diverse Viewpoints and Choices for Your Lung Cancer Journey

CaringAmbassadors.org
Lung Cancer Choices, 3rd Edition

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Dedication

Ken Giddes

The Caring Ambassadors Program dedicates *Lung Cancer Choices* to program founder, Ken Giddes.

Ken Giddes of Dunwoody, Georgia, survived nearly eight years after the diagnosis of non-small cell lung cancer. He died January 27, 2001, surrounded by his family.

Ken had a successful career with Republic Financial Corporation, which supported his development of the "Caring Ambassador" program, in which he traveled the country to meet other survivors and talk about living with lung cancer. Ken also was a “phone buddy” to hundreds of lung cancer patients and their loved ones.

Ken was our mentor and the epitome of a Caring Ambassador, reaching out to others who were struggling to survive a life-changing, life-threatening illness. Ken was and still is our inspiration. He inspires us today to continue the Caring Ambassadors Lung Cancer Program.

To Ken and all the patient advocates who have and are working tirelessly around the world for their respective causes, we thank you.
Acknowledgments

The Caring Ambassadors Lung Cancer Program is profoundly grateful to the authors of the book for their dedication, generosity, time, and expertise. Without their commitment to this project, we would be unable to offer this important resource to the lung cancer community.

Like a family, the Caring Ambassadors Lung Cancer Program has a core of support upon which it stands and draws on for strength. *Lung Cancer Choices, 3rd Edition* would not be possible without the love and generosity of the Republic Financial Corporation and our board members, Randy Dietrich, Rob Gleser, MD, Chuck Singleton, Jessica Steinberg and Navin Vij, MD ~ thank you for all you do for the Caring Ambassadors Program and for the community.

Last but not least, the Caring Ambassadors Lung Cancer Program acknowledges the lung cancer community—the people who bravely face the challenges of living with lung cancer, the loved ones who offer them steadfast support and comfort, the healthcare providers who work to provide the best possible treatment options, and the advocates who work tirelessly to provide hope, support, and improve the future for those at risk for developing lung cancer and those living with the disease. We are proud to work side-by-side with you to meet the community’s needs.

Thank you to our sponsors for their generous support!
Using *Lung Cancer Choices*

Introduction

The Caring Ambassadors Program is pleased to 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.
# Table of Contents

Chapter 1: Diagnosis and Staging of Lung Cancer ........................................... 1 - 14
Chapter 2: Surgery for Lung Cancer Patients .................................................. 15 - 31
Chapter 3: Systemic Therapy for Non-Small Cell Lung Cancer .......................... 32 - 59
(Chemotherapy, Targeted Therapy, and Immunotherapy)
Chapter 4: Radiation Therapy for Non-Small Cell Lung Cancer ...................... 60 - 77
Chapter 5: Treatment for Small Cell Lung Cancer ......................................... 78 - 90
Chapter 6: Clinical Trials and Emerging Therapies for Lung Cancer ............... 91 - 105
Chapter 7: Supportive Care ........................................................................... 106 - 123
Chapter 8: Nutrition in the Patient with Lung Cancer ................................... 123 - 137
Chapter 9: Integrative Medicine, Complementary Therapies, and Chinese Medicine in Lung Cancer ................................................................. 138 - 151
Chapter 10: Lung Cancer in People Who Have Never Smoked ...................... 152 - 160
Chapter 11: How to Quit Smoking Confidently and Successfully ..................... 161 - 172
Questions to Ask .............................................................................................. 173 - 183
Resource Directory ......................................................................................... 184 - 188
Glossary ........................................................................................................... 189 - 198
About the Authors ............................................................................................ 199 - 200
About the Editors .............................................................................................. 201
The Diagnosis and Staging of Lung Cancer

Tze-Ming Chen, MD, FCCP

Lung cancer is the leading cause of cancer-related mortality in the United States. Swift diagnosis, simultaneous staging, and performing mutation analyses when indicated permits rapid initiation of appropriate treatment which is the objective of the evaluation of every patient with a suspected or known lung cancer. A multi-disciplinary diagnostic thoracic tumor board evaluation guiding the use of combined positron emission tomography-computed tomography, endobronchial ultrasound guided fine needle aspiration, endoscopic ultrasound guided fine needle aspiration, electromagnetic navigational bronchoscopy, mediastinoscopy, thoracentesis, video-assisted thoracoscopic surgery, and or computed tomography or ultrasound guided fine needle aspiration is critical in our opinion to achieve this goal.

Introduction

Lung cancer remains the leading cause of cancer-related mortality in the United States despite advances in chemotherapeutic options and surgical technique. The evaluation of patients with suspected or known lung cancer requires accurate and preferably rapid diagnosis and staging to facilitate the optimal treatment regimen: surgical resection, surgical resection with adjuvant chemotherapy, stereotactic radiotherapy, chemotherapy alone, or chemotherapy in conjunction with radiation therapy. Currently, staging may include combined positron emission tomography - computed tomography (PET-CT) imaging, endobronchial ultrasound guided fine needle aspiration (EBUS-FNA), endoscopic ultrasound guided-FNA (EUS-FNA), electromagnetic navigational bronchoscopy, mediastinoscopy, thoracentesis, video-assisted thoracoscopic surgery (VATS), and or computed tomography (CT) or ultrasound guided FNA.

In this article, I will review the current system for staging non-small cell lung cancer (NSCLC), the different diagnostic and staging options, and a brief discussion about the importance of mutation analyses in guiding treatment for patients with advanced stage
disease. I will then provide a summary of our center’s approach towards lung cancer diagnosis and staging with supporting literature where available.

**Staging Background**

The current staging system\(^1\) published in 2010 continues with the pre-existing method of assessing tumor size and its affect on the surrounding lung tissue or its interaction with non-lung tissue (T), the extent of spread of lung cancer to lymph nodes (N) (Figure 1), and the presence or absence of metastatic spread of lung cancer outside of lung tissue (M). The TNM classification system is then used to derive a stage of NSCLC which ranges from localized disease (stage IA) to wide-spread disease (stage IV) providing information on expected prognosis and survival.

**Diagnostic and Staging Modalities**

**Combined PET-CT**

PET is an imaging technique that captures the level of metabolic activity of different tissues. Patients are given an intravenous injection of 2-\(^{18}\text{F}\)fluoro-2-deoxy-D-glucose (FDG) followed by imaging 60 minutes later. The degree of metabolic activity correlates with the level of FDG uptake which is reported as a standardized uptake value (SUV). A number of studies have demonstrated the accuracy of PET for the diagnosis of lung cancer in pulmonary nodules and masses\(^2\) as well as for staging evaluation.\(^3\) A study by Gould (2001) reports that PET fails to detect lung cancer in 3.2\% of cases but 22.2\% of the time it falsely suggests the presence of cancer.\(^4\) More recently, Fischer (2009) demonstrated that combined PET-CT improves the selection of patients with known or suspected lung cancer for surgery by decreasing the number of patients with advanced stage lung cancer undergoing surgery.\(^5\) An earlier trial found similar benefits with PET imaging alone.\(^6\)

Delayed PET imaging is also of interest. Cancer continues to increase FDG uptake over 1.5 to 5 hours.\(^7\) Thus, an increase in the SUV of nodules, masses, or lymph nodes over time may suggest a cancerous etiology.\(^8\) However, a more recent retrospective study of 47 patients with non-small cell lung cancer found that dual time point imaging did not improve the accuracy of lymph node staging.\(^9\)

It is important to realize that FDG uptake also occurs in inflammatory and infectious processes thereby limiting its ability to discriminate between these and cancers. Hara (2003) reported a mean SUV of 6.45 \pm 2.30 for 14 patients with tuberculosis while 97 untreated patients with lung cancer had a mean SUV of 5.29 \pm 2.72.\(^10\) This emphasizes the importance of obtaining tissue confirmation of cancer for FDG-avid lesions.

False negatives can result from the limited spatial resolution of PET scanners affecting the accuracy of this test in subcentimeter lung nodules as well as small lymph nodes.\(^11\) In
addition, some lung cancers such as bronchioloalveolar carcinomas and carcinoid tumors have been reported to have negative PET imaging results.\textsuperscript{12} Patients with poorly controlled diabetes mellitus or high blood glucose levels are also more likely to have false negative studies as a result of the elevated levels of endogenous glucose competing for uptake with FDG.

Cancers with low or negative PET signal appear to be associated with better prognoses.\textsuperscript{13} In addition, the change in activity with chemotherapy correlates with histopathologic response.\textsuperscript{14}

Prior to the development of EBUS-FNA, patients who were candidates for surgical resection of suspected or diagnosed lung cancer often required a staging mediastinoscopy to evaluate for potential spread of cancer to lymph nodes in the mediastinum, the area within the chest located between the two lungs that contains the trachea, esophagus, heart, and the great vessels. However, mediastinoscopy is associated with a complication rate of as high as 2-3\%, and more importantly is unable to sample certain lymph nodes such as hilar (station 10, 11, 12), para-aortic (station 6), or aortopulmonary window (station 5) lymph nodes. Consequently, subsequent thoracotomy has been reported to result in no tumor resection in up to 10\% of patients because of detection of advanced stage lung cancer at the time of surgery.\textsuperscript{15} EBUS-FNA is an alternative minimally invasive technique that complements mediastinoscopy by its ability to access lymph node stations 2, 3, 4, 7, 10, and 11. (Table 1)

EBUS is a bronchoscopic technique that utilizes ultrasound to identify and permit real-time ultrasound-guided needle biopsy of paratracheal, hilar, and interlobar lymph nodes. Krasnik (2003) reported their initial experience with EBUS-FNA of mediastinal and hilar lesions under general anesthesia.\textsuperscript{15} These investigators reported accurate sampling of lymph nodes from stations 1, 2, 4, 7, and 10, with 9 diagnoses of malignancy and 2 diagnoses of benign disease. Yasufuku (2004) reported their experience with 70 patients who underwent EBUS-FNA of mediastinal (stations 2, 3, 4, and 7) and hilar (stations 10 and 11) adenopathy under local anesthesia, reporting a sensitivity and specificity for malignancy of 95.7\% and 100\%, respectively.\textsuperscript{16} Five of the sampled lymph nodes were described as 1 cm or less in diameter with the 2 false-negative biopsies occurring in lesions between 1.1 and 2.0 cm. Yasufuku (2005) published additional EBUS-FNA experience with 105 patients reporting a sensitivity and specificity for malignancy of 94.6\% and 100\%, respectively.\textsuperscript{17} Additional studies report sensitivities and specificities for malignancy of 88.9\% - 94\% and 96.4\% - 100\%, respectively.\textsuperscript{18} A recent retrospective study out of Australia demonstrated that EBUS alone can achieve a false negative rate for mediastinal lymph node sampling of only 4.9\%.\textsuperscript{19} These studies have demonstrated that EBUS-FNA is a minimally invasive alternative as well as a complementary procedure to mediastinoscopy for mediastinal and hilar staging, respectively, for known or suspected NSCLC.
EUS is an additional minimally invasive ultrasound-based technique which uses esophagogastroendoscopy to sample paraesophageal lymph nodes. These include paratracheal (station 4), aortopulmonary window (station 5), posterior subcarinal (station 7), paraesophageal (station 8), and pulmonary ligament (station 9) lymph nodes. (Table 1) Consequently, this technique complements both mediastinoscopy and EBUS-FNA with the additional advantage of being able to access stations 8 and 9 as well as subdiaphragmatic structures including the celiac nodes and the adrenal glands.

Studies evaluating EUS-FNA for lung cancer, excluding one, have demonstrated sensitivities and specificities for malignancy of 87% - 96% and 100%, respectively which is comparable to EBUS-FNA.\(^2^0\) However, one study reported a lower sensitivity and specificity of 86% and 83%, respectively.\(^2^1\) Overall, these studies demonstrate that EUS is a valuable diagnostic and staging tool for patients with suspected or known NSCLC.

One of the most significant limitations to using bronchoscopy for the diagnosis of early stage lung cancer is the inaccuracy of bronchoscopy directed biopsy of lung nodules. A recent advance in bronchoscopy called electromagnetic navigational bronchoscopy (ENB) is now able to overcome this limitation for select lesions that are more than 1 to 1.5cm in diameter. This system marries CT imaging with bronchoscopy allowing the physician to determine the position of the bronchoscope and a special guidance catheter within the lung of a patient. By performing pre-procedural planning, the physician is now able to maneuver a guidance catheter through a patient’s airways to biopsy lung nodules that are concerning for cancer. The guidance catheter is made up of a flexible inner wire which emits electromagnetic pulses inside of a plastic sheath which is then left in place once the catheter has been successfully maneuvered to the lung nodule. However, the actual biopsy is performed assuming the catheter position is accurate and in close proximity to the lung nodule. In addition, the system allows the placement of fiducial markers around the lung nodule to facilitate treatment with stereotactic radiation.

The major limitations to the success of the procedure include the patient’s ability to tolerate bronchoscopy and its associated sedation, the size of the lesion of interest as well as its location, the experience of the physician performing the procedure, and that the actual biopsy is not performed under real-time visualization of the target. This final limitation is significant because the position of the catheter relative to the target nodule may change as the patient is breathing and the catheter may be dislodged when biopsy tools are inserted into the sheath leading to the nodule. Consequently, the diagnostic accuracy of this biopsy modality for peripheral nodules ranges between 69-74%.\(^2^2\)
In addition, this procedure is not recommended for patients who have an implanted cardioverter defibrillator or pacemaker due to potential interference between these devices and the electromagnetic field created by the bronchoscopy system.

Risks of the procedure include pain, bleeding, or collapsed lung. However, these risks occur less frequently when compared to CT-guided biopsy or CT-guided placement of fiducial markers.

**Radial Endobronchial Ultrasound Bronchoscopy (rEBUS)**

An alternative approach is to utilize a radial endoscopic ultrasound probe. This device can be inserted through a standard bronchoscope and then passed through the patient’s airways to the lung nodule at which time ultrasound can be used to confirm the presence of the lesion either adjacent to or surrounding the probe. The major limitation with this modality is that the bronchoscopist must maneuver the probe to the nodule with studies suggesting that in 6 to 31% of cases, the lung nodule could not be visualized.\(^{23-26}\)

Due to this limitation, some studies have examined the utility of employing an electromagnetic navigational system to maneuver a guidance catheter to the peripheral nodule and then passing the radial endobronchial ultrasound probe through the guidance catheter to confirm accurate localization of the lesion of interest. Eberhardt (2007) found that the diagnostic yield with rEBUS alone was 69% and with ENB alone was 59%. But using ENB to maneuver the catheter to the lesion of interest followed by rEBUS to confirm localization of the lesion prior to biopsy increased diagnostic yield to 88%.\(^{22}\) Chee (2013) also found that the diagnostic yield from rEBUS alone was 43% which increased to 50% when ENB was combined with rEBUS.\(^{26-27}\)

**Cervical and Anterior Mediastinoscopy**

Mediastinoscopy involves an incision at the base of the neck just above the suprasternal notch, followed by the insertion of a mediastinoscope along the length of the trachea to permit sampling of the paratracheal lymph nodes (stations 1, 2, 3, and 4) as well as anterior subcarinal lymph nodes. (Table 1) An extended cervical mediastinoscopy allows access to the para-aortic lymph nodes (station 6). The video mediastinoscope, introduced in 1994,\(^{28}\) permits easier handling and visualization during the procedure as well as potential access to posterior subcarinal lymph nodes.\(^{29}\)

A number of studies have evaluated the performance of mediastinoscopy. The largest was a retrospective review of all mediastinoscopies performed by the Cardiothoracic Surgery Division at Washington University School of Medicine between January 1988 and September 1998.\(^{30}\) 1,745 patients underwent cervical mediastinoscopy with known or suspected lung cancer. 422 (24%) of these patients were found to have N2 or N3 disease. 107 patients were deemed non-surgical candidates due to comorbid conditions and 947 of the remaining 1,216
patients were found to have lung cancer after thoracotomy. N2 nodal involvement was
detected at the time of thoracotomy in 76 of the 947 patients representing an 8\% false
negative rate. 4 deaths (0.05\%) and 12 complications (0.6\%) occurred. Additional large
studies report false negative rates of 3\%\textsuperscript{31} and 9\%\textsuperscript{32}. About half of the false negative results
(42-57\%) were due to lymph nodes that are not accessible by mediastinoscopy\textsuperscript{33}.

The major limitations to performing mediastinoscopy are bleeding disorders, severe
hypoxia, contraindications to general anesthesia, tracheostomy, or previous chest radiation.
The scarring and fibrosis associated with radiation or prior procedures significantly increase
the risk of damage to mediastinal organs and vasculature during attempted blunt dissection
with the mediastinoscope.

Anterior mediastinoscopy (Chamberlain procedure) permits the evaluation of the
aortopulmonary window lymph nodes. (Table 1) This involves an incision at the level of the
2\textsuperscript{nd} or 3\textsuperscript{rd} intercostal space to the left of the sternum and the placement of a mediastinoscope
to visualize and biopsy visible lymph nodes. The procedure has not been extensively studied
but 2 studies have reported false negative rates of 0\%\textsuperscript{34} and 11\%\textsuperscript{35}. It is generally well
tolerated and most patients can avoid an overnight hospital stay\textsuperscript{33}.

<table>
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<th>Thoracentesis</th>
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<td>Patients with pleural effusions that layer at least 1 cm on lateral decubitus chest radiographs are easily assessed for malignancy by thoracentesis. This procedure requires only local anesthesia with 1% lidocaine and the placement of a temporary drainage catheter to remove the available pleural fluid. The procedure can be performed in an outpatient setting and is generally well tolerated by the patient. One often discussed complication is lung collapse also referred to as pneumothorax. A prospective study of 506 thoracenteses in 370 patients reported 18 (4%) pneumothoraces\textsuperscript{36}. Additional complications include catheter insertion site pain, coughing, hemothorax, localized infection, intraabdominal organ injury, and post-expansion pulmonary edema. Contraindications to performing thoracentesis include bleeding disorders unless reversible, infection or abscess of the overlying skin, and the inability to localize a pocket of fluid for sampling. Pleural fluid analysis will obtain a diagnosis of metastatic adenocarcinoma in 70% of cases but only 20% of squamous cell carcinomas will be detected this way\textsuperscript{37}. The rate of detection is dependent upon the type of carcinoma, the number of pleural fluid specimens obtained, and the extent of pleural involvement\textsuperscript{38}.</td>
</tr>
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| Video-assisted Thoroscopic Surgery (VATS) |
| VATS or thoracoscopy is a surgical method that permits the surgeon to evaluate the pleural space and ipsilateral lymph nodes. The procedure requires general anesthesia, single lung |
ventilation, and usually a short hospital stay but is usually well tolerated with an average complication rate of 2%.\textsuperscript{39} The most common complication was prolonged air leaks.

An important application of VATS is to directly visualize tumors that are radiographically staged T4. Eggeling (2002) found that thoracoscopy upstaged 4 patients after discovering cancerous fluid collections while down staging 6 patients thought to have mediastinal invasion on computed tomography (CT).\textsuperscript{40} The authors report a sensitivity and specificity for the accurate prediction of pathologic T4 lesions using CT to be 64.7\% and 69\%, respectively. This and additional publications\textsuperscript{41} support the use of VATS to confirm T4 lesions designated by CT prior to categorizing the cancer as unresectable. Thoracoscopy can also evaluate the pleural space for malignancy in patients with pleural effusions that are cytologically negative on repeated thoracentesis or in patients with pleural abnormalities detected on CT. In addition, VATS provides an alternative approach to anterior and extended cervical mediastinoscopy for the evaluation of lymph node stations 5 and 6, respectively. (Table 1)

<table>
<thead>
<tr>
<th>Computed Tomography or Ultrasound Guided Fine Needle Aspiration</th>
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<tr>
<td>Patients with suspected or known NSCLC who are found to have extra-thoracic disease on PET-CT imaging should undergo tissue biopsy to confirm a metastatic focus. This can be achieved using CT-guided or ultrasound guided fine needle aspiration. The procedure is generally very well tolerated and can be performed in an outpatient setting.</td>
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</table>

**Targetable Mutations in Lung Cancer**

The diagnostic evaluation of a patient with suspected lung cancer in the early 21st century includes 3 specific goals:

1. Does the patient have lung cancer and if so, what type of lung cancer is present?
2. What is the pathologic stage of lung cancer?
3. If appropriate, are specific mutations or immunomodulatory targets present in the lung cancer that could be targeted by a specific therapy?

Using the techniques described above, the ideal for an individual patient would be to achieve these 3 goals in a single procedural setting so it is absolutely critical that the proceduralist is aware of the need to obtain an adequate amount of diagnostic tissue to accomplish these 3 goals. Currently, this is possible but as the number of targeted mutations increases, we may reach a point where separate diagnostic procedure is needed to obtain enough tissue for all of the testing needed to determine the most appropriate first line treatment. An exciting and promising area of investigation is the use of a blood sample or a “liquid biopsy” to assess for multiple mutations but this is beyond the scope of this chapter to review.
Epidermal Growth Factor Reception (EGFR)
The most prevalent targetable mutation is epidermal growth factor receptor (EGFR). This particular mutation is most frequently found in lung adenocarcinomas and is more frequent in women, never smokers, and patients of East-Asian origin. The FDA has approved multiple treatment options targeting EGFR.

Anaplastic Lymphoma Kinase (ALK) – Rearrangements
ALK rearrangements are primarily found as fusions to echinoderm microtubule-like protein 4 (EML4) and have been detected in 4% to 7% of NSCLCs. Patients with an EML4-ALK mutation are more likely to have lung adenocarcinoma, more likely to be light to never smokers, more likely to be men, and tend to be younger. There are FDA approved treatments directed against this mutation.

Kirsten Rat Sarcoma Virus (KRAS)
While rare (1 to 2% of NSCLCs), mutations of ROS1 are more likely to be found in patients with lung adenocarcinomas who were never smokers and are younger in age. The FDA has approved treatments directed against this mutation.

C-ros Oncogene 1 (ROS1)
While rare (1 to 2% of NSCLCs), mutations of ROS1 are more likely to be found in patients with lung adenocarcinomas who were never smokers and are younger in age. The FDA has approved treatments directed against this mutation.

Programmed death 1 (PD-1) / Programmed death ligand 1 (PD-L1)
Some tumor cells are able to persist by evading the immune system by expressing on their cell surface PD-L1 which then interacts with T-cell surface receptor PD-1. This interaction then down-regulates the T-cell which allows the tumor cell to escape clearance by the immune system. Therapies targeting PD-1 or PD-L1 aim to prevent this T-cell - tumor cell interaction thereby restoring the anti-tumor function of the native immune system. This area of oncology treatment, immunotherapy, represents an exciting new treatment option for patients with non-small cell lung cancer who have had recurrent disease following primary treatment.

Additional Mutations
With the identification of multiple potential cancer driving mutation targets, many oncologists are approaching lung cancer as a chronic disease in which serial assessment for targetable mutations may identify additional salvage therapy options over time. A detailed review of these potential treatments and their application is beyond the scope of this chapter.

Who should undergo mutation analyses?
Currently, all patients with pathologically confirmed advanced-stage non-small cell lung cancer should have biopsy specimens sent for mutation analyses as directed by the medical
oncologist to assist in their treatment planning regardless of gender, ethnicity, or smoking history. Interestingly, a recently published meta-analysis has revealed a discordance rate of 12% between the primary tumor and metastatic lymph node tissue for the presence of an EGFR activating mutation where the primary tumor is more likely to harbor the mutation.45 The clinical significance of this finding is not yet clear.

The key point to emphasize is that the goal of the proceduralist performing the biopsy is to keep the 3 above-mentioned goals in mind - diagnosis, stage, and if appropriate tissue for mutation analyses. So, obtaining enough tissue to perform these 3 goals is critical to the evaluation and management of patients with advanced stage non-small cell lung cancer.

Thoracic Tumor Board Diagnostic and Staging Algorithm

Our center has established a Diagnostic Thoracic Tumor Board that brings together the knowledge and expertise of our pulmonologists, oncologists, radiologists, and thoracic surgeons to evaluate patients with suspected or confirmed lung cancer employing standardized protocols to assist in the decision to pursue invasive testing versus serial imaging studies.46-49 It is our opinion that patients with suspected or known lung cancer should receive rapid, cost-effective, accurate diagnosis, and staging so that the appropriate treatment may be initiated in a timely manner. Our goal for all patients is to have a diagnosis and cancer stage within 7 days of referral and to have the appropriate treatment initiated within 14 days.

All patients we evaluate with suspected or known NSCLC and who are potential candidates for surgical resection undergo PET-CT to evaluate for mediastinal disease and possible distant metastases. This practice is supported by 2 studies. Fischer (2009) published a prospective randomized trial evaluating the effect of combined PET-CT on the number of futile thoracotomies performed in patients with highly-suspected or newly diagnosed NSCLC.5 Futile thoracotomy was defined as a final diagnosis of a benign process, pathologically proven NSCLC stage IIIA-N2, IIIB, or IV disease, inoperable T3 or T4 disease, or recurrent malignancy or death from any cause within 1 year of randomization. A significant decrease in futile thoracotomies was achieved using PET-CT pre-operatively compared to conventional staging (21 of 60 vs. 38 of 73, p=0.05). A similar result was reported in an earlier publication using PET.6

Diagnosis if not previously made and staging is achieved by biopsy of the PET-avid lesion that would achieve the most advanced pTMN stage. Biopsy methods for lymph nodes within the chest are described in Table 1. The preferred route of biopsy of mediastinal lymph nodes is to start with either EBUS or EUS depending upon the lymph node of interest. If the biopsy result is negative by EBUS or EUS, a confirmatory mediastinoscopy is recommended prior to proceeding to surgical resection.
Conclusion

Lung cancer survival is strongly associated with the stage of disease and the resulting application of appropriate treatment. With the introduction of combined PET-CT, EBUS, and EUS to mediastinoscopy, patients can now be accurately staged avoiding unnecessary thoracotomies. To improve the timely application of appropriate staging and diagnostic studies, a multidisciplinary panel of physicians is important and in our opinion essential.

Table 1.

<table>
<thead>
<tr>
<th>Biopsy Method</th>
<th>Accessible Lymph Node Stations</th>
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<tbody>
<tr>
<td>EBUS-FNA</td>
<td>2, 3, 4, 7, 10, 11</td>
</tr>
<tr>
<td>EUS-FNA</td>
<td>4, 5, 7, 8, 9</td>
</tr>
<tr>
<td>Cervical Mediastinoscopy</td>
<td>1, 2, 3, 4, anterior 7</td>
</tr>
<tr>
<td>Anterior Mediastinoscopy</td>
<td>5</td>
</tr>
<tr>
<td>Extended Cervical Mediastinoscopy</td>
<td>6</td>
</tr>
<tr>
<td>VATS</td>
<td>Ipsilateral hilar and mediastinal lymph nodes</td>
</tr>
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</table>
Figure 1: Schematic of the lymph node stations within the chest – derived from Figure 4. of Chest. 2009;136:260-71.
References:


Chapter 1: The Diagnosis and Staging of Lung Cancer


Surgery for Lung Cancer Patients

Maria Cattoni, MD, Lisa M. Brown, MD, MAS, Ben M. Hunt, MD, MSc, and Brian E. Louie, MD, MHA, MPH, FRCSC, FACS

Introduction

Surgery is one of the main options for treating patients who are diagnosed with lung cancer. Sometimes surgery is the only treatment necessary, and sometimes surgery is combined with chemotherapy and/or radiation therapy. It is not always easy to determine which treatment or combination of treatments may be necessary. Therefore, meeting with a surgeon who is specially trained in lung surgery is an important step in the management of lung cancer.

Many patients are nervous about surgery. We hope that this chapter will prepare the patient and his or her support team for meeting with a surgeon and for surgery. This chapter has been divided into seven sections to address the following questions:

- When is surgery used to treat lung cancer?
- What types of surgery are used to treat lung cancer?
- How do I prepare for surgery?
- What can I expect the day of surgery?
- What can I expect during the hospital stay?
- What is the recovery from lung surgery like?
- Am I cured?

When Surgery is Used to Treat Lung Cancer

The first important decision about surgery is choosing when to operate and when not to operate, because not everyone with lung cancer will benefit from surgery. There are two categories of lung cancer: small cell lung cancer and non-small cell lung cancer (Figure 1). Surgery is not usually used
to treat people with small cell lung cancer. Most of this chapter will discuss non-small cell lung cancer.

*Surgery for Non-Small Cell Lung Cancer*

Non-small cell lung cancer includes several different subtypes (Figure 1), but the treatment for all these subtypes is similar. After a person is diagnosed with non-small cell lung cancer, the decision to proceed with surgery is based on two factors: (1) the stage of the cancer and (2) the ability of the patient to function without the cancerous portion of lung. We will discuss these two factors in the next two sections of this chapter.

Figure 1: Lung Cancer, as seen through the microscope

![Images](Images courtesy of Jey-Hsin Chen, MD, PhD)

**Figure 1:** A: Small cell carcinoma. B: Squamous cell carcinoma. C: Adenocarcinoma. D: Adenocarcinoma with lepidic features. B, C, and D are all different types of non-small cell lung cancer.

*Lung Cancer Staging from the Surgeon’s Perspective*

After a diagnosis of lung cancer has been made, the most important question is, “How far has it spread?” This process is called staging. This is first determined by using imaging tests such as a positron emission tomography (PET) scan and/or a computed tomography (CT) scan. From these tests the surgeon can determine the location of the cancer and whether the cancer is confined to the lung or has spread to other areas in the body such as lymph nodes, the other lung, the brain, or other organs. These findings allow the surgeon to classify the cancer into one of four groups called “stage” (stage I, stage II, stage III, stage IV).
Chapter 2: Surgery for Non-Small Cell Lung Cancer

Usually the combination of chest computed tomography scan (CT) and positron emission tomography (PET) are enough to determine the location and dimension of the lung cancer and whether it has already spread to other areas of the body as the lymph nodes, the liver, the bones and the adrenal glands. However, if there is concern on the PET scan that lymph nodes may be involved, the surgeon usually will order a magnetic resonance imaging (MRI) to assess whether cancer is present in the brain.

Even though the PET, CT and brain MRI are very good at detecting the spread of lung cancer to the liver, the bones, the adrenal glands and the brain, there is an 8-10% chance of missing cancer in the lymph nodes in the center of the chest (Figure 2: the mediastinum). Since determining the presence of cancer in the mediastinal lymph nodes is necessary to define the cancer stage, it is important to know more definitely whether the cancer involves the mediastinal lymph nodes. Therefore, a biopsy (a small tissue sample) of the mediastinal lymph nodes is usually recommended before lung cancer surgery.

Mediastinal lymph nodes may be biopsied in several different ways. The two most common ways are (1) with a bronchoscope (a flexible camera that is inserted through the windpipe) and ultrasound imaging guiding a small needle or (2) an operation (mediastinoscopy). During mediastinoscopy, a surgeon makes a small incision in the neck just above the breastbone and puts a camera behind the breastbone to take tissue samples of the mediastinal lymph nodes around the windpipe. (Figure 3)

Figure 2: Mediastinum

Illustration by Alexandra Hunt, MD

Figure 2: The green-shaded area is the mediastinum. Purple dots around the airways are the mediastinal lymph nodes.
If the biopsy of the mediastinal lymph nodes shows no cancer, then we presume the patient to be in stage I or II and recommend surgical removal of the lung cancer. However, if there are cancer cells in these lymph nodes, chemotherapy with or without radiation therapy usually is the first treatment, sometimes followed by surgery.

The importance of defining the cancer stage is due to the fact that lung cancer at different stages requires different treatment (Table 1). Surgery has a potentially curative role in non-small cell lung cancers that are stages I to III (Table 1) and in selected cases of stage IV lung cancer.

### Table 1. Treatment of Lung Cancer by Stage

<table>
<thead>
<tr>
<th>Stage</th>
<th>Defining characteristics</th>
<th>Common treatment options</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Small tumor with no lymph node involvement</td>
<td>Usually surgery but radiation is an alternative. Sometimes followed by chemotherapy.</td>
</tr>
<tr>
<td>II</td>
<td>Larger tumor or lymph node involvement, but only lymph nodes within the affected lung</td>
<td>Usually surgery, usually followed by chemotherapy, sometimes radiation</td>
</tr>
<tr>
<td>III</td>
<td>Tumor very large or invasive, or lymph node involvement in the central chest (mediastinum)</td>
<td>Usually chemotherapy and radiation, sometimes followed by surgery</td>
</tr>
<tr>
<td>IV</td>
<td>Distant spread</td>
<td>Usually chemotherapy, sometimes radiation therapy. Rarely surgery to relieve specific symptoms</td>
</tr>
</tbody>
</table>

Surgery usually is the first step in the treatment of Stage I and II non-small cell lung cancers. In Stage III cancers, chemotherapy with or without radiation therapy is given first and surgery follows if it will potentially be beneficial. The distinguishing feature between stages I, II, and III is
the involvement of lymph nodes with cancer. In stage I, cancer has not spread to the lymph nodes. In stage II, the lymph nodes that are involved are located within the section of lung being removed. In stage III, the lymph nodes involved are outside of the lung and organized around the main airway in the center of the chest, in the area of the body called the mediastinum (Figure 2). When the cancer has spread to the lymph nodes in the mediastinum, surgery alone is not enough. In this case, studies have shown that chemotherapy with or without radiation therapy, sometimes combined with surgery, has a better outcome than surgery alone.

If cancer has spread to distant sites, it may not be possible or beneficial to remove all the cancer with surgery. Additionally, if the cancer invades structures that cannot be removed (for example, the heart), then surgery may not be appropriate as primary treatment. However, there can be a role for surgery in widespread cancer if surgery will help relieve some of the symptoms caused by the cancer. If the cancer is blocking an airway, a limited procedure might be done to unplug the airway. When advanced cancer blocks the lymph channels draining the space around the lung, fluid can build up in this space. Surgery may be required to drain this space and re-expand the lung to relieve the symptoms associated with the fluid. However, most surgery for lung cancer is done for limited disease (lower stages), usually with the goal of curing the cancer. Occasionally, stage IV cancer that has spread to only a single location outside of the lung such as the brain or adrenal gland may be a candidate for surgical treatment of both the metastasis (the single cancer location outside of the lung) and the primary lung cancer. This special situation should be discussed with the cancer team (the surgeon, the oncologist and the radiation oncologist).

Even if lung cancer can be removed based on the results of the staging tests, not every person can have part of their lung removed and return safely to their normal life outside the hospital. Every operation has risks, and one of the difficult aspects of surgery is choosing which people will do well after surgery and which people will have difficulty recovering from surgery. Surgeons use many different tests to help predict which patient can undergo surgery safely and be able to live with fewer lung after surgery.

The most important test we use to decide when to operate is the simplest: a thorough history and physical examination. The surgeon asks questions about the patient’s current state of health and past medical history, and performs a physical examination to make sure the patient is prepared for the operation.

Problem areas that come up during the history and physical examination may be evaluated with more testing. There are two major issues to consider preoperatively: to make sure that the patient is healthy enough to safely have surgery, and to find any other health problems that can be improved before the operation. For example, diabetes should be well controlled before surgery since it impacts wound healing. It is also very important to stop smoking before lung surgery in
order to reduce the risk of respiratory complications after surgery. See Chapter 11: How to Quit Smoking Confidently and Successfully. After dealing with each person’s individual health problems, the preoperative workup for lung surgery focuses on the lungs and the heart in order to evaluate the performance of these two organs.

**Lung and Heart Function**

Surgery for lung cancer usually involves removing part of a person’s lung. Therefore, it is important to be sure that the person will be left with enough functioning lung after surgery to provide oxygen to, and eliminate carbon dioxide from, the body. A simple test such as climbing stairs or walking as far as possible in six minutes may be used to give an overall idea of heart and lung fitness, but more detailed testing usually is required before lung surgery.

The tests most commonly used to evaluate the lungs before surgery are called pulmonary function tests. These tests check the lung volumes, air flows, and gas exchange capabilities. They give a baseline measure of lung function and help predict whether the lungs will be able to do their job adequately after part of the lung is removed during surgery. The tests are designed to measure how much air can be moved in and out of the lungs, and how quickly gases diffuse from the lungs into the blood. The tests involve breathing through a machine which measures air flow, and inhaling a marker gas (a very small amount of carbon monoxide) to test how quickly that gas is removed from the air in the lungs. It is important to stop smoking before the pulmonary function test, because blood levels of carbon monoxide are elevated after smoking and this can interfere with the test. Medication may be given during the test to determine whether lung function can be improved with medication.

If a person’s pulmonary function tests show limited lung function, then a quantitative ventilation/perfusion scan (QV/Q scan) is used to determine how much air and blood flow go to each section of the lung. This allows the surgeon to calculate how much lung function will remain after the section of lung containing the cancer is removed, thus predicting how the person will respond to surgery. If concerns remain after the QV/Q test, the patient may be asked to have other testing, including exercise tests and blood tests. The purpose of all the lung function tests is to predict whether there will be enough lung function remaining to allow the patient to return to normal life after surgical removal of the part of the lung with the cancer.

Often it is also necessary to evaluate the patient’s heart before lung surgery because the risk factors for heart disease are often present in patients who develop lung cancer. Furthermore, surgery places the body under stress. The body mobilizes every resource available to heal after surgery, and this effort can place major stress on the heart, especially when an entire lung has been removed (pneumonectomy). Therefore, it is important to check that the heart is functioning adequately before performing an operation. In some cases, a history and physical examination can provide enough information to reassure the
treatment team that the heart will be able to safely power the body through the stress of surgery. If further testing is required, it may be simply an electrocardiogram (ECG). Another test that might help predict how the heart will respond to the stress of surgery is a stress test, in which stress is placed on the heart by walking on a treadmill or by injecting a medication that stresses the heart. Imaging of the heart may include an ultrasound test or a scan. If any problems with the heart are found during testing, additional procedures or medicines may be required to make sure the heart is as ready as possible before surgery.

If surgery is not recommended after the staging workup and heart and lung testing, there are several alternative treatments available. These treatments also may be used before or after surgery, to give the best chance that cancer will not spread to other parts of the body or recur in the lungs after treatment. Radiation therapy can be used to kill cancer cells in a particular part of the body. The radiation is focused at the known or suspected location of the cancer. New highly-focused radiation techniques allow maximum doses of radiation to be delivered precisely to the cancer, killing the cancer while sparing as much normal tissue as possible. In some people with stage I or II cancers with poor lung function, focused radiation may be recommended instead of surgery. Chemotherapy medicines, given either intravenously or as pills, kill cancer cells throughout the body. Chemotherapy medicines spread through the entire body, and they can kill cancer cells that haven’t been discovered or are too small to show up on imaging.

Small cell lung cancer is very different from non-small cell lung cancer. Small cell lung cancer tends to spread more quickly than non-small cell cancer, and surgery alone has a very small chance of curing small cell lung cancer, even in the early stages. Chemotherapy and radiation are the primary treatments for most small cell lung cancers. However, surgery may benefit a small group of patients with early small cell lung cancer, used in combination with chemotherapy, with or without radiation therapy. Surgical sampling of the lymph nodes from the middle of the chest is also part of the staging workup of small cell lung cancer if surgery is contemplated. See Chapter 1: Diagnosis and Staging of Lung Cancer and Chapter 5: Treatment for Small Cell Lung Cancer.

Types of Surgery to Treat Lung Cancer

Various approaches may be used to remove lung cancer. The most common approach is an incision between the ribs to access the lung and surrounding lymph nodes (Figure 4a). This incision (a thoracotomy) wraps around the side of the chest, parallel with the ribs, and allows the surgeon direct access to the lungs and the other contents of the chest.
To limit the pain and shorten the recovery after surgery, sometimes it is possible to do surgery without performing a full thoracotomy. One way to do this is to use a video camera that goes into the chest through a small incision, combined with instruments that enter the chest through other small incisions. This type of surgery is called video-assisted thoracic surgery (VATS) (Figure 4b). A further refinement of VATS is to mount the instruments to a robot (Figure 4c), which allows very precise control when manipulating the lung and delicate surrounding tissues. However, it is important to be aware that even if the surgeon plans to do the operation using the VATS approach or the robot, sometimes it is necessary to convert during the operation to a bigger incision (thoracotomy).
Besides deciding on which approach will be used to remove the portion of lung containing the cancer, a surgeon must decide exactly what to remove. The first priority is to remove the cancer. It is important to remove some normal surrounding lung along with the cancer, because there are microscopic extensions of the cancer that can grow and cause cancer recurrence if they are not removed. The most common surgery for lung cancer removes the entire lobe containing the cancer, together with the lymph nodes inside the lobe (lobectomy, Figure 5a). Removing the entire lobe allows the best possibility for long term survival.\(^2\) However, recent studies have been evaluating whether the resection of the cancer within a smaller part of the lung (segmentectomy) has the same results, in term of survival and probability of cancer recurrence that occur when removing the entire lobe (lobectomy). The results of these studies will be available in the next years.

In patients where there will not be enough healthy lung left after an entire lobe is removed, the surgeon may decide to remove just the tumor with a small amount of surrounding lung called a (wedge resection) or a segment of lung (segmentectomy) that contains the cancer (Figure 5b). If the tumor is too close to the center of the chest, or if the main airways of the lung are involved, sometimes it may be necessary to remove the entire lung that is affected by cancer (pneumonectomy, Figure 5c). Airways may be divided and sewn back together (“sleeve resection”), if this allows complete removal of the cancer without removing as much healthy lung tissue (Figure 5d). In addition to removing the part of the lung that is affected by the cancer, lung cancer surgeons remove lymph nodes in the chest at the time of lung surgery, to evaluate whether the cancer has spread to these lymph nodes.
How do I Prepare for Surgery?

Deciding to proceed with surgery can be intimidating because many aspects of surgery are beyond the patient’s control, and this loss of control can be frightening. However, there are many factors about surgery that the patient can control, and in this section we will discuss a few things that the patient can do to make their surgery go more smoothly.

Preoperatively, the most important thing that a person can do is to stop smoking if they have not done so already. Smoking before surgery puts people at risk for serious complications (Table 2).

Table 2. Risks of Smoking at the Time of Surgery^3,4

<table>
<thead>
<tr>
<th>Complication</th>
<th>Smokers</th>
<th>Non-smokers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pneumonia</td>
<td>23%</td>
<td>3%</td>
</tr>
<tr>
<td>Incisional complications</td>
<td>16%</td>
<td>3%</td>
</tr>
<tr>
<td>Cardiovascular complications</td>
<td>10%</td>
<td>0%</td>
</tr>
</tbody>
</table>

Smoking paralyzes the tiny hairs called cilia that clear secretions out of the airways. Keeping the lungs clean after surgery is an important way to prevent complications after surgery, such as infections and inadequate lung function. Quitting smoking is a simple step that can dramatically
improve the chances that surgery will go well, but quitting can be very difficult to do. There are many resources available to help people quit smoking, and the chance of being able to quit successfully is much better if these resources are used. Even if a smoker cannot quit long term, they can improve their outcome after surgery if they are able to stop smoking before surgery (ideally at least 8 weeks before surgery) and stay off cigarettes until they have successfully healed from surgery. See Chapter 11: How to Quit Smoking Confidently and Successfully.

Besides quitting smoking, there are several other things that a person who is anticipating surgery can do to proactively take some control over their surgical course. The patient’s body will be stressed by the surgery, so it is important to prepare as much as possible beforehand. Exercise, proper nutrition, and vitamins (including antioxidants) can help prevent complications from surgery. Even if there are only one or two weeks between the diagnosis and the scheduled date of surgery, every day helps. Making the body as healthy as possible before surgery is a good way to be an active participant in the fight against the cancer.

A daily exercise routine can improve the fitness of the heart and lungs and prepare the body for the stress of surgery. It is important to get approval from your doctor before starting an exercise regimen. Proper nutrition, including a high protein diet, can build up the body’s store of building blocks to use during recovery after the operation. Vitamins and antioxidants can be important to help fight off infections and rebuild tissues after surgery.

**What Can I Expect the Day of Surgery?**

The day of surgery can be frightening because most people do not know what surgery will be like. This section will describe what to expect on the day of surgery, so there are fewer unknowns and fewer surprises.

It is important to arrive at the hospital in plenty of time before the scheduled surgery, to make sure that there is enough time to get ready. After the patient arrives at the hospital, he or she is registered into the hospital system and receives an identifying band to remind all the hospital staff of his or her correct identity, which will be checked repeatedly to make sure that the correct procedures are performed on the correct patient. An intravenous line usually is started for medications. Various tests may be performed, such as blood tests, to make sure that there are no surprises during the course of the operation. Many of the same questions will be asked to recheck the correct information about the patient, such as allergies to medications.

The patient may be asked to stop certain medications before surgery. This is especially important with some blood pressure medications and medications that interfere with blood clotting such as aspirin, warfarin, and clopidogrel. Supplements and naturopathic formulations should be noted on the medication list. Fish oil, omega-3 supplements, Ginkgo biloba, and vitamin E can slow blood clotting and should be discussed with the surgeon. To decrease the possibility of vomiting during anesthesia or sedation, it is important to not eat or drink anything before the procedure. Your doctor will give specific guidelines, but the usual rule is that there should be no food or
drink consumed after midnight before surgery. Morning medications usually may be taken with a sip of water.

The patient will meet many new people the day of surgery. There will be an operating room nurse who is in charge of making sure that the operating room works properly. In the operating room, the scrub technologist is in charge of making sure that the surgeon has the equipment he or she needs and keeping the surgical field sterile. The surgeon usually will have an assistant. There will be a doctor or a specialized nurse who will give anesthesia. The anesthetist may talk to the patient about placing an epidural catheter, which is a way of delivering pain medication directly to the fibers in the spinal cord that conduct pain signals to the brain.

The patient will be given an anti-anxiety medication before going to the operating room. In the operating room, the patient will be asked to move onto the operating room bed. This bed is quite narrow, so that the surgeon can easily reach the patient. The patient will be covered in warm blankets because it is important to maintain the body’s usual temperature during the operation to help prevent the patient from getting complications. General anesthesia, in which the patient is completely asleep, is required for most lung operations. After the patient is asleep, the anesthetist places a breathing tube through the mouth into the windpipe. This tube sometimes causes a sore throat after surgery. The patient is positioned on the operating room bed, the skin is scrubbed with an antibacterial scrub, and the patient is covered in sterile drapes. A safety pause is performed to confirm that the correct surgery is being performed on the correct patient and the correct side.

The surgeon makes a skin incision, either a small one for the video camera or a larger incision for open surgery. The tissues of the chest wall are moved out of the way, and an opening is made between the ribs large enough to perform the procedure. After the surgeon can see inside the chest, the first step of the procedure is a careful inspection to make sure that the cancer has not spread further than the preoperative workup indicated and to look for any surprises. If the inspection does not reveal any reason to stop the operation, the surgeon then mobilizes the lung so that it can be moved around more easily into the field of view. Mobilization involves dividing bands of scar tissue and ligaments that hold the lung in place in the chest cavity. After the lung can move freely, the surgeon carefully dissects the lung containing the cancer away from the rest of the body. Specially designed staplers that seal tissue while it is being cut are used to assist with the dissection. The surgeon is always quite careful to not spill cancer into the chest cavity to minimize possibility that the cancer will spread after surgery.

The specimen is removed from the body and given to the pathologist, who carefully cuts the specimen into thin slices, stains the slices, and examines them using a microscope. The pathologist confirms the type of the cancer and assesses how large it is, where it is in relation to the cut edges of the lung and the underlying tissues, and whether lymph nodes are involved. Just like the cancer was staged with imaging and an examination before surgery, the pathologist stages the cancer based on the resected specimen. The staging by the pathologist helps decide whether more therapy (chemotherapy, radiation, or further surgery) is required. The pathologist also tells the surgeon whether the cut edges are free of cancer. If not, more tissue may be taken to get a
clean margin. After the cancer has been removed, the surgeon examines the remaining healthy tissues to make sure that all bleeding has stopped, that the remaining lung inflates well, and that no air is leaking out of the remaining healthy lung. After the surgeon is satisfied, he or she usually places a drain to evacuate air and fluid out of the space between the chest wall and the lung (the pleural space). The lung naturally falls away from the chest wall and collapses on itself, but the drain can help hold the lung up against the chest wall. This drain (called chest drain or chest tube) stays in place until the lung is sealed and there is no drainage which is usually 1-3 days after surgery. Finally, the surgeon closes the incision and applies sterile dressings. After the procedure is complete, the patient wakes up in the recovery room. Most people are not aware that any time has passed between when anesthesia was started and when they wake up in the recovery room.

Most people stay in the recovery room for a few hours while the anesthesia wears off. There are nurses in the recovery room who carefully monitor patients to make sure that everything is going well after surgery. A chest radiograph usually is done in the recovery room to recheck that the lung has completely re-expanded after surgery and that the tubes and drains are in the correct locations. After the patient is awake enough to leave the recovery room, he or she is brought to a bed in the hospital to continue recovery.

What Can I Expect During the Hospital Stay?

Hospital care after major lung surgery is very important for a full recovery. This is one of the most important times for a lung cancer patient to play an active role in his or her care. The more a person is able to clean out and re-expand their lungs after surgery, the smaller is the possibility of getting an infection in the collapsed lung or the space around the lung. For this reason, the surgical team, the nurses, and the physical and respiratory therapists will be repeatedly reminding the patient to cough, take deep breaths, and get out of bed to move around. Staying active after surgery helps the lungs re-expand completely, and helps prevent many different types of complications.11

Being active after surgery can be difficult because chest surgery can be quite painful. However, there are many different ways to control pain after surgery, and the hospital team may select a variety of approaches to deal with the pain from surgery. One of those is placing a small tube, called epidural catheter, alongside the spinal column just outside the membranes that surround the spinal cord. This tube allows a continuous dose of medication to be delivered to the nerves in the spinal cord that transmit pain signals to the brain in order to control the pain. A well placed epidural catheter is one of the most effective ways to control pain after chest surgery.12

Local anesthetics are medications that block the transmission of pain signals along nerve fibers. They may be used in an epidural catheter, or they may be used to directly block the nerves that supply the chest wall, either during or after surgery. Narcotics (also known as opiates) are another class of medications that help control pain after major surgery. They block pain receptors in the brain, spinal cord, and other tissues. Narcotics may be given through an epidural catheter, intravenously (either by a nurse, or with a machine that gives a dose every time a button is pressed), or by mouth. Narcotics can have several unpleasant side effects, such as constipation,
confusion, decrease in the drive to breathe, and itching. To limit the amount of narcotics needed to control pain after surgery, many other types of medicines may be used to help control pain. Pain control is important to keep the patient comfortable and allow the patient to move around, cough, and do breathing exercises to prevent complications after surgery.

The entire team in the hospital is focused on preventing the common problems that may occur after surgery. This is the reason that they gather so much data about each patient. Nurses and nurse’s aides check vital signs (including the pain level) several times each day to identify any potential problem early in the course of its development. Radiographs may be taken at several different times during the hospital stay, to make sure that the lung stays fully expanded and that no space develops between the lung and the chest wall. If a chest drain is in place, it is carefully inspected and the amount of fluid coming out of the drain is recorded. Every medication that has been given is documented. All this documentation is focused on making sure that the patient continues to get better all the time, and that any complications that develop are found early.

Despite careful monitoring, complications may occur after surgery. Percentages cited in parentheses are from a large series of lung surgery patients studied at several different hospitals. Air leaks are common after lung surgery (8% persist for > 7 days). They happen when the air in the lung leaks into the pleural space (which is the space between the lung and the chest wall). The body is usually able to seal the leak on its own, but large leaks may require repeat surgery.

Heart problems are common after lung surgery because many people with lung cancer have heart disease, and chest surgery can disturb the heart’s normal rhythm. Irregular heart rhythms such as atrial fibrillation occur (14%) after surgery, and heart attacks can occur in the postoperative period (< 1%). The body swells and retains fluid in response to injury, and this fluid may take some time to clear after surgery. Infections are a potential complication of any type of surgery. Pneumonia (3%) and infection of the pleural space (1%) are the most common infections after lung surgery. There is a risk of bleeding after any surgery, but the risk of serious bleeding during or after lung surgery is low (2% need blood transfusion, 1% to 2% need reoperation).

Finally, there is a risk that the person with lung cancer cannot function effectively on the amount of lung remaining after the cancer is removed. This is called respiratory failure (5%), and may result in the need for a mechanical ventilator for a short time after surgery, which is a machine that breathes for patients in the Intensive Care Unit (ICU). Some patients with respiratory failure may need portable supplemental oxygen to breathe at home.

What is the Recovery from Lung Cancer Surgery Like?

Recovery does not stop after discharge from the hospital, and problems may occur after the patient returns home. It is important to continue to exercise on a regular basis after coming home after surgery and to keep the lungs clean with lung exercises such as coughing and deep breathing. Pain does not stop after leaving the hospital, and a combination of pain medications may be needed to keep pain at a tolerable level. Narcotic pain medications cause constipation, so it is important to make sure that people who are taking narcotics continue to have regular bowel
movements. Stool softeners, fiber, choosing a healthy diet and an active life can help keep the bowels moving.

After lung surgery, lung function usually slowly improves with time, as the remaining lung heals and start to compensate for the lung that was taken out during surgery. Many people need oxygen for a short time after surgery, and some people are discharged from the hospital with portable oxygen for home use. Oxygen requirements usually decrease with time, and most people that were not on home oxygen before surgery do not require long term oxygen treatment after surgery. The scars also slowly remodel with time and become less noticeable.

The surgeon will want to continue to see the patient in clinic to make sure that the recovery from surgery continues to progress, to answer any questions that may arise, and to put a plan in place for dealing with the cancer in the future. This plan usually involves periodic imaging and checkups to make sure the cancer does not recur. Chemotherapy, radiation, and other treatments may be recommended in addition to surgery according to the final results obtained by the pathologist after analyzing the cancer, the lung and the lymph nodes resected during the surgery. This determines the final stage of the cancer more accurately than the preoperative tests.

Am I Cured?

The goal of most cancer surgery is to cure the cancer permanently. After the patient has recovered from surgery, the surgeon and other members of the cancer team will discuss the results of surgery and the final analysis by the pathologist with the patient. Patients who are eligible for surgical treatment usually have early stage cancers, so they are more likely to have long-term survival and cure. However, the long term prognosis after lung cancer surgery is highly variable and depends on the available treatments and the final stage of the cancer.

With modern surgery, possibly accompanied by chemotherapy and radiation, it is common for people with early stage lung cancer to be completely cured (Table 3).

<table>
<thead>
<tr>
<th>Stage I</th>
<th>Stage IIA</th>
<th>Stage IIB</th>
<th>Stage IIIA</th>
<th>Stage IIIB</th>
<th>Stage IV</th>
</tr>
</thead>
<tbody>
<tr>
<td>50-75%</td>
<td>36-46%</td>
<td>26-36%</td>
<td>19-24%</td>
<td>7-9%</td>
<td>2-13%</td>
</tr>
</tbody>
</table>

Table 3. The Percentage of Patients with Non-small Cell Lung Cancer who are Alive Five Years After Diagnosis\textsuperscript{14, 15}

For physicians, cure or survival is measured at the five-year mark. Although many people may return to their normal lives after surgery, people often wonder if the cancer will return. The longer people live after completing their treatment, the smaller risk they have of having the cancer recur. Five years after treatment is completed, we consider a patient to be cured, and we celebrate this landmark with all of our patients who reach it. However, during these 5 years, it’s important
to follow a surveillance program in order to detect early cancer recurrence or a new lung cancer. This program that is generally proposed by the surgeon and consists in both periodical physical examination and imaging tests, should be completed by the patient.

Conclusion

Lung cancer is a frightening diagnosis, but treatments have markedly improved in recent years. Surgery to remove the lung that contains the cancer is the mainstay of treatment in early stage non-small cell lung cancer. Successful surgery is a partnership between the surgeon and the patient. The surgeon will thoroughly evaluate the patient with lung cancer to determine if surgery is the best option. The patient should actively participate in his or her care by stopping smoking, remaining active or becoming more active, and eating a healthy diet. The patient and the surgeon need to work together to make sure that the surgical and non-surgical care of lung cancer give the best potential for long term cure of the cancer and a quick return to normal life.

References

Chapter 2: Surgery for Non-Small Cell Lung Cancer


Systemic Therapy for Non-Small Cell Lung Cancer (Chemotherapy, Targeted Therapy, and Immunotherapy)

Marianne J. Davies, DNP, CNS-BC, ACNP-BC, AOCNP-BC

Introduction

There are several treatment strategies available for non-small cell lung cancer (NSCLC). These include surgery, radiation therapy, chemotherapy, targeted therapy, immunotherapy, and palliative care. Patients may be treated with one type of treatment or a combination of treatments. Historically, chemotherapy has been the foundation of systemic treatment. However, over the past decade clinical trials have led to the advancement of several new approaches to systemic therapy. This chapter reviews the use of systemic therapies used in the treatment of NSCLC including: chemotherapy, targeted therapies and immunotherapy.

Chemotherapy

Chemotherapy agents that are selected to treat NSCLC have been approved for use after extensive clinical research. Some of these chemotherapy agents have been approved in combination with other therapies. Chemotherapy agents are identified by the generic name and brand names, and either name is used when treatment is explained to patients.¹ (Appendix 1)

Targeted Therapies

Targeted therapies are agents that interfere with cancer cell proliferation by blocking specific signals (or processes) that drive tumor growth. Targeted therapies include small molecules that disrupt cell division from inside the cancer cells and monoclonal antibodies that target receptors on the tumor cell surface. Monoclonal antibody therapies function by inhibiting the blood supply to tumors and inhibiting growth factors needed for tumor growth. Cancerous tumors require blood supply for nutrition to survive. This process is referred to as angiogenesis. Some targeted therapies, such as
monoclonal antibodies, prevent tumor cells from developing blood vessels therefore blocking nutrition, leading to tumor death. These agents are referred to as anti-angiogenic agents. The most common anti-angiogenic agents block the vascular endothelial growth factor (VEGF). Other targeted therapies, called small molecules, block growth factors or “driver-mutations” that are needed for tumors to grow and spread. It is necessary to identify if tumor cell growth relies on a “driver-mutation” to survive. The most common driver mutation targets in lung cancer are epidermal growth factor receptor (EGFR), EML4-ALK, ROS-1, BRAF, MEK and HER2.2-3 Targeted therapies may be administered intravenously or taken orally. Targeted therapies may be referred to by their generic or brand names. (Appendix 2)

**Immunotherapy**

Ideally the immune system in your body should recognize tumor cells as foreign, seek and destroy or eliminate the cancer cells. However, cancer cells have developed mechanisms to “hide” or evade the immune recognition by blocking specific immune checkpoints on the immune cells. In effect, the tumor cells put the “breaks” on the immune system. Several immune “checkpoint inhibitors” have been investigated over the past several years that demonstrate effect in restoring the immune system’s ability to recognize tumor cells.1, 4-8 Programmed Death 1 (PD-1) receptor is found on immune cells (T-cells), when activated, the immune cell function is suppressed. Programmed Death Ligand (PD-L1) is found on cancer cells in varying degrees. The interaction of the PD1 & PD-L1 pathway “halts” the immune response. Immune checkpoint inhibitors that attach to the PD1 receptor on immune T-cells or the PD-L1 ligand on tumor cells, block the interaction of this pathway. This restores the pathway and eliminates the tumors ability to escape. The level of PD-L1 expression can be tested on tumors. There is some evidence that higher expression of PD-L1 correlates with higher responses to therapy. However, even if the tumor has low expression of PD-L1, responses to therapy have still been noted. (Appendix 3)

**Treatment Team**

Treatment of lung cancer requires a multidisciplinary approach. Several healthcare professionals are involved in patient care, and each has expertise in the treatment of lung cancer. It is valuable to seek treatment at a facility that has a lung cancer specialty program and a treatment team with which the patient is comfortable. It is also important for patients to be actively involved in treatment decision making. This patient-centered approach to care is called “shared decision making”.

**Medical Oncologist**

Following a diagnosis of NSCLC, the patient is referred to a medical oncologist, a physician who specializes in the medical management of cancer. In cancer centers, hospitals, or large clinics, the physicians may specialize in one type of cancer. In smaller community practices, the oncologist may treat patients with a variety of
cancers. It is important for the patient to see an oncologist who has a special interest in treating lung cancer.

The medical oncologist reviews the medical history, pathology, tumor mutational status, and diagnostic tests, and performs a physical examination. Treatment recommendations are based on this information as well as the stage of the disease, physical condition, functional status and history of previous treatment for cancer. Functional or Performance status is assessed by the ability of the patient to carry out their normal daily activities. (Table 1)

The medical oncologist prescribes and monitors response to treatment and performs follow-up evaluations. The decision to administer systemic therapy does not depend on a patient’s age, and many studies have shown that elderly patients can successfully receive chemotherapy. However, treatment of lung cancer varies from one person to another, and the type of systemic therapy prescribed will depend on the specifics of the patient’s disease.

Table 1. Eastern Cooperative Oncology Group (ECOG) Performance Status

<table>
<thead>
<tr>
<th>Grade</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Fully active, able to carry out all daily activities.</td>
</tr>
<tr>
<td>1</td>
<td>Decreased activity, but able to walk and carry out light activities (light house work or office work).</td>
</tr>
<tr>
<td>2</td>
<td>Able to walk and care for self, but unable to carry out any work activities. Up and active more than 50% of waking hours.</td>
</tr>
<tr>
<td>3</td>
<td>Able to do only minimal self-care; confined to bed or chair more than 50% of waking hours.</td>
</tr>
<tr>
<td>4</td>
<td>Completely disabled. Cannot carry out any self-care. Totally confined to bed or chair.</td>
</tr>
</tbody>
</table>

**Advanced Practice Provider (Nurse Practitioner or Physician’s Assistant)**

The oncology advanced practice provider is an integral member of the treatment team. An advanced practice nurse has received additional master’s level education and certification beyond nursing school. Physician Assistants complete a master’s level education beyond undergraduate education. The advanced practice provider is involved in the overall coordination of the cancer care, performs physical examinations, and may diagnose and treat health problems related to cancer and cancer treatment. The advanced practice provider may order diagnostic tests, perform certain procedures, and prescribe medications and other treatments.

**Oncology Nurse**

The oncology nurse works closely with the physician and advanced practice provider to provide optimal care to the patient and family. This nurse has special training and certification in administering chemotherapy, targeted therapy and immunotherapy;
and managing side effects. The oncology nurse may start the intravenous line, administer the therapy, and monitor for symptoms during and after the infusion. This nurse also reinforces education about managing side effects and coordinates additional nursing services needed in the home.

**Social Worker**
A licensed clinical oncology social worker specializes in assessing psychological, social, and emotional concerns, counseling support for cancer patients and families, and assisting with referrals to hospital and community resources. The oncology social worker may collaborate with the interdisciplinary team about care plans at different stages of illness. Many oncology social workers facilitate support groups for patients and families and may offer groups that address the needs of specific cancer patients such as those with lung cancer. The patient may find out about available social work services by asking their care providers, local hospital, or cancer organizations such as Caring Ambassadors and the American Cancer Society.

**Pharmacist**
A licensed pharmacist who specializes in oncology may be part of your treatment team if the patient is being treated at a large oncology practice, designated cancer center or hospital. The pharmacist will review your treatment regimen, medications and prepare your therapy for infusion or prepare and dispense oral therapy. In some cases, oral therapies must be ordered through specialty pharmacies as there is a restriction on their distribution. Specialty pharmacists can assist you in assuring timely delivery of these therapies. Pharmacists are available to help council you about how to take your medications/therapy, what the expected side effects are, and how to self-manage common side effects as well as educate you about when to seek medical care.

**Nutrition**
A licensed nutritionist specializes in assessing nutritional needs during treatment. This healthcare specialist may assist the patient and family monitor dietary intake and may provide suggestions to improve nutrition during and after treatment.

**Other**
Throughout the course of therapy, other specialists may be consulted to help manage symptoms of the lung cancer or side effects of the therapy. Specialists include: pulmonologist, cardiologist, endocrinologist, dermatologist, nephrologist and others. See the Resources Section for more information on your treatment team and questions to ask your doctor.
Chapter 3: Systemic Therapy for Non-Small Cell Lung Cancer

Systemic Therapy for Lung Cancer

Goals of Treatment

The purpose of systemic therapy treatment may vary, depending on the patient’s current status. Treatment goals may include curing the cancer, keeping the cancer under control and preventing it from spreading (metastasizing) to other areas of the body, decreasing tumor size to minimize pain and other negative symptoms (palliative), and treating recurrent disease.

The schedule of chemotherapy, targeted therapy and immune therapy administration varies in time and sequence by the regimen selected and goals of therapy. Neoadjuvant therapy is given before surgery in an attempt to decrease tumor size, so surgery is more effective. Adjuvant therapy is given after surgery to kill tumor cells that might be remaining in the body. Concurrent is the administration of two modalities of therapy at the same time, such as chemotherapy given with radiation therapy. This may be done before or after surgical resection (tri-modality treatment). Chemotherapy can also be given alone without regards to surgery or radiation therapy.

Administration of Therapy

Chemotherapy, immune therapy and some targeted therapies may be given in an infusion center clinic, a physician’s office, or a hospital. The safest location for receiving treatment may depend on the type of therapy and duration of infusion. Specific therapy agents may be used alone or in combination with other agents. Treatment is given on a schedule, in blocks of time known as cycles. The specific cycles vary depending on the treatment combination. Each therapy cycle usually is followed by a recovery period to allow the normal cells to repair. However, the treatment schedule may be changed when the patient experiences severe side effects from treatment.

Chemotherapy, immune therapy and some targeted therapies are usually given intravenously via the bloodstream throughout the entire body. Techniques for intravenous chemotherapy include:

- **Peripheral intravenous:** A catheter or needle is inserted into an arm vein on the day of the treatment infusion, and is removed at the end of treatment.

- **Infusion port:** This is a more permanent device that is placed under the skin, includes a catheter that tunnels into a larger vein, and remains in place throughout the treatment course. A specially trained oncology nurse places a needle into the port through the skin to administer treatment, give hydration, and draw blood samples. Only specially trained nurses or providers can access the port. When the needle is not in place, the patient may participate in normal activities, including showering.
• **Peripherally inserted central catheter (PICC):** This is a catheter placed through a large vein in the arm, neck, or chest for therapy, hydration, or drawing blood. The catheter extends outside the body, and only specially trained oncology nurses access this catheter. This catheter requires a bandage dressing over the exit site to prevent infections. The catheter must be protected from getting wet. The oncology nurse educates patients in how to care for the catheter and dressing at home.

• **Pump:** Some treatments require a continuous infusion for several hours or days. An infusion pump ensures that the accurate amount of therapy is infused into the body at a specific rate.

Some treatment drugs are given as an injection into the skin or muscle, and some are taken by mouth. Targeted therapies are usually taken by mouth in pill form on a daily basis.

Targeted therapies that are taken orally usually have to be ordered through a specialty pharmacy as they are closely regulated with restricted distribution. The processing of the prescription may take several days. In many cases, the prescription will be delivered to the patient via mail delivery. It is important for the patient to notify their healthcare team if there is delay in obtaining the prescription. Once the patient receives the prescription for the targeted oral therapy, the health care provider may want to meet with the patient to review specific instructions for taking the therapy. Often targeted therapies need to be taken hours after or before meals and other medications.

Evaluation before the start of therapy includes a physical examination to assess performance status (Table 1) and major organ function such as pulmonary, cardiac, gastrointestinal and nervous system. Blood tests, diagnostic tests, and other procedures are necessary. Blood tests are obtained on a regular schedule to evaluate for organ tolerance and potential side effects of treatment. The complete blood count assesses white blood cells, red blood cells (hemoglobin or hematocrit), and platelets. Complete metabolic chemistry panel includes assessment of electrolytes (potassium, calcium, sodium, chloride, and magnesium), kidney function, and liver function. Additional tests may also be necessary based on the specific therapy (i.e. additional blood tests or urine tests).

Prior to starting treatment, prescriptions are provided for supportive care medications that may be required during chemotherapy. Supportive care medications are those that treat the side effects of your cancer treatment. The prescriptions should be filled before treatment. Patients should tell the healthcare team about any difficulties obtaining or starting the medications as prescribed. Smoking should be stopped before therapy, and many centers offer smoking cessation counseling. Exercise is important to maintain energy, and it is important to have a balance between maintaining physical activity and getting adequate rest. A normal, balanced diet is recommended during treatment. Patients should inform the healthcare team about all medications, including non-prescription (“over the counter”) medication, because some medications may interfere with the chemotherapy, making treatment less effective or side effects more severe. See Chapter 8: Supportive Care and
On the day of treatment, the patient is evaluated by the physician or advanced practice provider to evaluate and address any changes in the patient’s status. The height and weight are measured because these measurements are used to calculate the dose of therapy. The oncology nurse will insert the intravenous line or access the infusion port. Intravenous fluids (hydration) may be given before the therapy. Other medications may be given to help prevent side effects of treatment such as nausea or allergic reaction. The nurse administers the therapy through the intravenous line, either by syringe or pump infusion. During and after treatment, the nurse monitors the patient closely for any possible adverse reactions. The patient must notify the nurse about any unusual symptoms. Information is given to the patient about the therapy and possible side effects, and a schedule for future appointments is provided.

Following treatment, the patient is routinely evaluated, for potential side effects, with a physical examination and blood tests. The healthcare team asks the patient about any possible side effects, symptoms of disease, and strategies they have used for symptom management. The patient is encouraged to contact the healthcare team between visits for any unusual side effects or symptoms that develop post treatment infusion. It may be necessary for the patient to come back to the clinic or office for further examination and evaluation.

The oncologist performs tests intermittently throughout the treatment course to assess the effectiveness of treatment. This evaluation may include a computerized tomography (CT) scan, magnetic resonance imaging (MRI) scan, or positron emission tomography (PET) scan. The MRI and CT scans provide a 3-dimensional view of the organs examined, and the PET scan may distinguish normal cells from tumor cells that are rapidly dividing. The diagnostic tests may be compared with tests from the time of diagnosis. The radiologist and oncologist review the imaging tests to measure the tumor response to treatment.

If the cancer has been surgically removed, the patient might receive a prescribed number of cycles of therapy with or without radiation therapy. After completing this regimen, repeat (restaging) scans are performed. However, if chemotherapy is the primary treatment modality, restaging scans are usually done after every two to three cycles of chemotherapy.

Precautions:

- Chemotherapy, targeted therapy and immune therapy agents can harm developing unborn babies. It is essential that patients (male and female) receiving chemotherapy, targeted therapy or immune therapy, use effective birth control measures to prevent pregnancy while on therapy and for up to six months following completion of therapy. These treatment measures can cause birth
defects and or lead to death of a fetus. In addition, women receiving therapy should not breastfeed as these therapies may be passed onto an infant in breast milk.

- Oral targeted therapies and supportive therapies must only be handled by the patient. They must be kept out of reach of children in a secure childproof container. Oral therapies may be toxic to children and persons for whom it was not prescribed. In some cases, they can cause life-threatening events or death.

Treatment by Cancer Stages

**Early Stage Lung Cancer**  
*(Stage I and II)*

Stage I NSCLC is a small tumor with no lymph node involvement. Stage II NSCLC is a small or larger tumor with lymph node involvement confined to one lung. The initial treatment of choice for stage I and II NSCLC is surgery, but chemotherapy may be incorporated into the treatment plan as well.\(^1,9\) Radiation therapy, including stereotactic radiosurgery may be necessary if the primary tumor is not able to be surgically removed.\(^10\) Stage I NSCLC may recur at local (regional) or distant (metastatic) sites. If the disease recurs at the same site, the area may be treated with local radiation therapy. Patients may be asked to participate in clinical trials to investigate adjuvant (postoperative) chemotherapy.

For stage II NSCLC, chemotherapy and surgery are effective treatments and improve patient survival. Chemotherapy may be used before surgery (neoadjuvant) or after surgery (adjuvant). Neoadjuvant chemotherapy may decrease the tumor size so surgery may be less extensive. Chemotherapy also may treat cancer cells that may have traveled to other parts of the body (micrometastasis) but cannot be identified with current diagnostic scans.

**Stage IIIA Lung Cancer**

Stage IIIA NSCLC is a large tumor with invasion or lymph node involvement in the central chest region (mediastinum). Most cases of stage IIIA NSCLC are not surgically resectable because of the large extent of disease. Stage IIIA NSCLC often receives combination treatment, with four to six cycles of chemotherapy, in one of the following schedules: \(^1,11-13\)

- **Neoadjuvant chemotherapy:** Chemotherapy before surgery.

- **Induction chemotherapy before concurrent chemotherapy:** Chemotherapy alone before a course of chemotherapy and radiation therapy.
• Neoadjuvant chemotherapy with concurrent radiation: Chemotherapy and radiation therapy given together before surgery. Neoadjuvant therapy with sequential radiation; if the combination of both chemotherapy and radiation may not be tolerated, the patient may be given the combination of treatments in a sequence, one treatment after completion of the other.

Stage IIIB NSCLC is unresectable disease with local involvement. Stage IV NSCLC includes extensive local spread or metastasis of the cancer to other regions in the body such as the brain, liver, or adrenal glands or the development a malignant pleural or pericardial effusion. The treatment goals for advanced stage disease include prolonging survival and controlling symptoms.1, 14-15 Supportive care includes treatment that controls symptoms, but may not necessarily treat the cancer directly.

Patients with non-small cell lung cancer, who are being considered to receive systemic therapy, should have their tumor biopsy assessed for genetic markers or mutations of the epidermal growth factor receptor (EGFR), EML4-ALK, and PD-L1. Patients who have the EGFR mutation may receive oral treatment with erlotinib, afatinib or gefitinib.1, 16-18 Either erlotinib, afatinib or gefitinib may be selected as first line treatment.1, 16-18 If cancer progresses on this first line treatment, patients will be asked to undergo a repeat biopsy of the tumor to test for a specific marker of resistance known as T790M.19-20 If this is identified, patients may be prescribed osimertinib which specifically targets this mutation.

Patients with an EML4-ALK mutation may receive oral treatment with crizotinib.1, 17-18 If there is progression of disease or resistance to therapy ceritinib or alectinib may be utilized.1, 17, 21 There is much research on additional tumor driver mutations including KRAS, ROS and BRAF. In the future, there are likely to be additional targets and targeted therapies for patients with lung cancer.

Patients who do not have the EGFR or EML-4/ALK, mutation may be treated with combination chemotherapy if they are in healthy condition or a single agent if they have poor performance status. Selection of chemotherapy also is based on the specific type of NSCLC.1, 17 Treatment is usually given for four to six cycles if there is tumor response or stable disease. It is standard for two chemotherapy drugs to be used together (doublet). The combination usually consists of a combination of a platinum chemotherapy agent (cisplatin or carboplatin) and a second chemotherapy agent. In some cases, a third agent, such as a monoclonal antibody targeted therapy is added if patients are eligible to receive. If the patient has a poor performance status, a single agent may be used. Approved treatment options for NSCLC are listed in Appendix 1-3.
Maintenance therapy consists of ongoing administration (beyond four to six cycles) of at least one chemotherapy or targeted agent given during the primary treatment. The goal is to extend long-term benefit from primary treatment. Examples of maintenance therapy include: pemetrexed, bevacizumab and cetuximab,\(^1,17\) Switch maintenance is the initiation of a new chemotherapy agent after primary treatment is completed. Examples of switch maintenance therapy include: pemetrexed or docetaxel.\(^1,17\)

Second line treatment is treatment for disease progression or recurrence. The physician does a complete review of the disease, treatment history, and reviews new and previous diagnostic scans. It is important for the physician to understand how well the patient tolerated the first line of treatment and if there are any residual side effects. Immune therapies have recently been approved for use in the second line setting.\(^17,18\) In most cases, patient’s tumors will be tested for PD-L1 expression. Nivolumab and Pembrolizumab are both PD-1 inhibitors.\(^22-23\) Nivolumab is approved regardless of PD-L1 status. Pembrolizumab is approved for patients with positive PD-L1 expression. Atezolizumab is a PD-L1 inhibitor.\(^24\) All are administered intravenously. In most cases, patients with pre-existing auto-immune diseases are not eligible or appropriate to receive these treatments. Additional immune therapies and immune therapy combinations are currently being evaluated in clinical trials. Nivolumab and Pembrolizumab are PD-1 inhibitors and Atezolizumab is a PD-L1 inhibitor. These are currently approved in the second line setting for non-small cell lung cancer. However, these and other checkpoint inhibitors are under investigation in the first line and combination setting.

For patients that are not eligible for treatment on immune therapy, a different combination of chemotherapy drugs is used. Radiation therapy and surgery may be considered depending on the site of recurrence.

Targeted agents such as erlotinib, afatinib, gefitinib, osimertinib, crizotinib, ceritinib and alextanib may be continued in the setting of disease progression in patients with EGFR and ALK mutations.\(^17,25\) The chemotherapy portion of the regimen is discontinued.

Clinical trials are supervised research studies that investigate the effectiveness and safety of new cancer treatments or the combination of new treatments with established treatments.\(^18\) The trials are designed to compare new treatment strategies with the current standard of care and
to improve survival outcomes. Patients may be invited to participate in clinical trials at any stage of disease. See Chapter 6: *Clinical Trials and Emerging Therapies for Lung Cancer.*

Chemotherapy and Targeted Therapy Side Effects

Chemotherapy for NSCLC can cause many unwanted side effects. These side effects occur because chemotherapy drugs kill both cancer cells and rapidly dividing normal cells. Healthy cells that may be affected include bone marrow, blood, intestinal, oral, and hair cells. Not every side effect of chemotherapy may be experienced. Frequency and severity of side effects may depend on factors such as the dosage, route (intravenous or oral), frequency (how often chemotherapy is given), and response of the individual body to the chemotherapy. The patient should speak with the oncology team about specific side effects that may be expected and about how to prevent and treat them.

Side effects of chemotherapy include and are not limited to anemia, leukopenia, thrombocytopenia, nausea, vomiting, diarrhea, constipation, mucositis, peripheral neuropathy, alopecia, infection, pain, and fatigue. The patient may also experience changes in appetite, skin, nails, vision, hearing, or cognition. The patient may have flu-like symptoms, including body and muscle aches, fever, chills, headache, and nasal congestion. See Appendix 1 and 2

**Bone Marrow Suppression**

Bone marrow is a thick, pasty liquid inside bones where new red blood cells, white blood cells, and platelets are formed. When bone marrow suppression occurs from chemotherapy, production of these cells is decreased. Bone marrow suppression is diagnosed with a complete blood count, a blood test that measures the number of red blood cells, white blood cells, and platelets. Bone marrow suppression may include anemia (a decrease in red blood cells), leukopenia (a decrease in white blood cells), and thrombocytopenia (a decrease in platelets), and is more likely to occur with more cycles of chemotherapy.

Chemotherapy induced anemia is caused by the impairment of the cellular products needed to make red blood cells in the bone marrow. The platinum chemotherapy agents such as Cisplatin and Carboplatin are well known to cause anemia. Signs and symptoms of anemia include weakness, fatigue, dizziness, lightheadedness, shortness of breath, and pallor of the fingernails, palms of the hands, eyelids, and inside of the mouth. Anemia may be prevented by eating a diet rich in iron and folate, including red meats and green leafy vegetables, drinking plenty of fluids, and doing mild exercise daily such as walking for 15 to 30 minutes. Medical evaluation is advised for symptoms of increased fatigue, inability to do normal activities, shortness of breath, chest pain, bleeding, or inability to think clearly. Treatment for anemia may include a blood transfusion.26
When leukopenia or neutropenia (as decrease in the white blood cell count) occurs the body is prone to infections. There are many different types of white blood cells. The neutrophils make up most of the white blood cell count. Usually, the white blood cell count is lowest 10 to 14 days after chemotherapy. A decrease in the number of neutrophils (neutropenia) occurs during this time. Patients will be at risk for developing infections during this time.\textsuperscript{27-28} It is extremely important to take measures to prevent infection during chemotherapy by washing the hands frequently, avoiding large crowds, limiting time spent with small children as they carry a lot of germs, and avoiding sick individuals. Most infections arise from bacteria from the patient’s own mouth, airway, skin, urinary tract, or rectum. It is important for the patient to bathe daily and perform oral care 3-4 times a day as well as good perineal care.

The patient should contact their healthcare provider immediately if they develop a high fever (temperature equal to or greater than 100.4\textdegree F), chills, new onset of cough or shortness of breath, burning with urination, vaginal discharge, or pain, swelling, redness, or warmth at an intravenous site or any site of injury. Severe untreated neutropenia is very dangerous. Patients should be treated with antibiotics immediately.\textsuperscript{27-29} If the white blood cell count is expected to decrease, treatment with growth factors such as filgrastim or pegfilgrastim within 24 to 48 hours after chemotherapy may decrease the length of leukopenia and thus decreasing the risk of developing infections. There is an “on-body” infusion device for pegfilgrastim that may be applied at the conclusion of your infusion. This device will automatically infuse pegfilgrastim at 24 hours post chemotherapy completion. This eliminates the need for you to have to return to the clinic for administration.

Platelets help the blood form clots in response to injury. With thrombocytopenia (low platelet count), blood clot formation is impaired. Signs include easy bleeding or bruising, purple or red spots (petechiae) on the skin, blood in the urine, bloody or black stools, and extreme weakness. Treatment may include a platelet transfusion or administration of growth factors. Patients should use a soft bristle toothbrush, only use electric razors, and protect themselves from injury.

\textbf{Nausea and Vomiting}

The most common side effect of chemotherapy is nausea and vomiting. Nausea and vomiting are caused by different impulses received from the digestive track and the brain. Anti-nausea medications block different pathways and neurotransmitter receptors.\textsuperscript{30-32} Several antiemetic drugs are available and work differently to prevent and treat different types of nausea, including acute, delayed, anticipatory, breakthrough, or refractory nausea (Table 2). Different antiemetic drugs commonly are used in combination and may be given before, during, or after chemotherapy. When the optimal antiemetic regimen is used, nausea or vomiting may be prevented.

Nausea and vomiting also may be managed by decreasing unnecessary motion, eating slowly, eating small frequent meals and avoiding large meals, and sipping on water, ginger ale, or
Chapter 3: Systemic Therapy for Non-Small Cell Lung Cancer

electrolyte-rich fluids. Behavioral therapies useful for nausea induced by chemotherapy include acupuncture, acupressure, guided imagery, and relaxation methods. See Chapter 9: Integrative Medicine, Complementary Therapies, and Chinese Medicine in Lung Cancer. The patient should contact their provider if they experience uncontrollable or ongoing nausea, projectile vomiting, severe stomach pain or bloating, weight loss, or vomit that is bloody or appears like coffee grounds.

Risk factors for developing nausea and vomiting including the female gender, history of prior chemotherapy induced nausea and vomiting, younger than 50 years of age, dehydration, electrolyte imbalances, past history of motion sickness, brain metastases, anxiety, bowel obstruction or slow bowel transit, and use of opioids to control pain.25

Table 2. Common Antiemetic Drugs for Nausea and Vomiting Induced by Chemotherapy29-32

<table>
<thead>
<tr>
<th>Serotonin (5-HT3) antagonists</th>
<th>Neurokinin-1 (NK1) antagonist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dolasetron (Anzemet®)</td>
<td>Aprepitant or Fosaprepitant (Emend®)</td>
</tr>
<tr>
<td>Granisetron (Granisol®, Kytril®, Sancuso®)</td>
<td>Rolapitant (Varubi®)</td>
</tr>
<tr>
<td>Ondansetron (Zofran®)</td>
<td></td>
</tr>
<tr>
<td>Palonosetron (Aloxi®)</td>
<td></td>
</tr>
<tr>
<td>Netupitant/palonsetron (Akynzeo®)</td>
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<table>
<thead>
<tr>
<th>Other</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dexamethasone (Decadron®)</td>
<td>Haloperidol (Haldol®)</td>
</tr>
<tr>
<td>Dronabinol (Marinol®)</td>
<td>Lorazepam (Ativan®)</td>
</tr>
<tr>
<td>Prochlorperazine (Compazine®)</td>
<td>Olanzapine (Zyprexa®)</td>
</tr>
<tr>
<td>Promethazine (Phenergan®)</td>
<td>Metoclopramide (Reglan®)</td>
</tr>
<tr>
<td>Alprazaolam (Xanax®)</td>
<td>Scopolamine Transdermal Patch</td>
</tr>
</tbody>
</table>

Diarrhea

Diarrhea is defined as two to three loose or watery bowel movements daily. When the intestines are not working properly, the fluid remains in the stool and causes loose or watery bowel movements. If untreated, diarrhea can cause dehydration and loss of important electrolytes that are needed for normal function. Diarrhea can cause dizziness, weakness, fatigue, weight loss, nausea, abdominal pain, abdominal cramping, or bloating.

The primary treatment for diarrhea is fluid replacement and stool bulking. This can be done by drinking electrolyte-rich fluids such as water, juice, soup broth, or commercially available electrolyte drinks and consuming bulking foods such as bananas, rice, apple sauce, oat cereal, toast, crackers, or potatoes. Patients with diarrhea should avoid consuming caffeinated beverages, alcohol, milk products, and high fiber, high fatty, spicy, and gas producing foods such as beans, nuts, raw vegetables, corn, dried fruits, or hot peppers. Many nonprescription
products can help stop diarrhea, including loperamide (Imodium®) or bismuth subsalicylate (Pepto-Bismol®). However, sometimes diarrhea can be so severe that prescription medications are prescribed such as diphenoxylate and atropine (Lomotil®).

The patient should keep a record of the number of loose stools per day and clean the area around the rectum thoroughly. The patient’s provider should be notified immediately for diarrhea that does not resolve and is associated with fever, inability to eat or drink, decreased urination, or bloody or black stools.

<table>
<thead>
<tr>
<th>Constipation</th>
<th>Fatigue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Constipation occurs when bowel movements are infrequent (no bowel movement in 3 days) or stool is difficult to pass. Cancer-related constipation is mainly caused by chemotherapy and medications to treat cancer pain. Prevention of constipation includes eating a diet high in fiber (grains, beans, and vegetables), drinking 8 glasses of fluids daily, walking or exercising regularly, and establishing a bathroom routine. Medications to treat and prevent constipation include stool softeners and laxatives. The provider should be contacted if a patient develops constipation that is associated with abdominal pain, vomiting, or inability to eat, hard impacted stool that will not come out, or absence of a bowel movement in 4 to 5 days. These symptoms occur with stool impaction and bowel obstruction, which are serious complications of constipation.</td>
<td></td>
</tr>
<tr>
<td>Eighty percent of patients receiving chemotherapy experience fatigue. Fatigue is the feeling of overwhelming tiredness. Fatigue can be caused by cancer itself, treatments for cancer such as chemotherapy or radiation therapy, and the side effects of therapy including anemia, electrolyte abnormalities, dehydration, malnutrition, lack of physical activity, lack of sleep, pain, or emotional distress. Fatigue can affect how patients feel physically, emotionally, and spiritually, as well as interfere with the ability to function or socialize. Patients usually report having fatigue within 1 to 2 days after the first chemotherapy treatment, throughout therapy, and weeks to months and sometimes even a year after treatment.</td>
<td></td>
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</tbody>
</table>

Since fatigue can be caused by many different factors, a combination of treatment approaches is necessary. Fatigue can be managed by maintaining a healthy diet, avoiding long naps during the day (keep under 1 hour), postponing activities that are not essential, doing moderate physical activity such as walking, and participating in relaxation activities such as yoga, massage, or acupuncture. Treating problems such as pain, sleep disturbance, infection, or anemia also decrease fatigue. Symptomatic anemia related fatigue is sometimes treated with blood transfusions or red blood cell stimulating products. Steroids or medications that increase patient’s appetite can also be helpful. It is helpful to keep a record or weekly diary of the onset of fatigue, factors that aggravate or improve fatigue, and the effect of fatigue on...
activities of daily living. Patients should contact their provider if they experience an increase in their fatigue, the inability to get out of bed or think clearly, fever, or chills.

Alopecia

Alopecia is temporary or permanent hair loss. This occurs because chemotherapy damages the hair follicle, causing the hair to break. Some chemotherapy drugs cause thinning of the hair without complete hair loss. Chemotherapy may affect the hair on the head, eyelashes, eyebrows, face, underarm, leg, and pubic area. Most people report a tingling sensation before the hair falls out, usually two to three weeks after the first chemotherapy treatment.

Hair loss cannot be prevented, so being prepared is important. Before starting chemotherapy, the patient may purchase hats, scarves, or wigs. After hair loss, it is important to protect the skin from extreme warm (sun burn) or cold temperatures and to keep the skin lubricated with ointments and creams to avoid dryness. After chemotherapy is completed, the hair may grow back however this usually begins within three months after the last treatment.

Cutaneous (Skin and Nail) Changes

Changes to the skin and nail may occur due to chemotherapy, especially if a patient is being treated with targeted therapies (EGFR inhibitors, ALK inhibitors, monoclonal antibodies and immune therapies). Rash is the most common skin related side effect from targeted therapies. The rash is usually acneiform (looks like acne with pustules or white heads) and is located on the face, chest, abdomen, or thighs. It is important for the patient to not pop the pustules as this could lead to infection requiring antibiotics. Patient’s skin can also become itchy, scaly, rough, and dry. Bathing with nonirritating soaps and water as well as applying fragrance free emollients, creams, and lotions to moisturize the skin can provide symptom relief. Patients should avoid bath salts or lotions that contain alcohol as they can dry out the skin. Epidermal growth factor receptor inhibitors can cause paronychia or nail fold swelling and cracking in the fingers and toes. Skin and nail changes can wax and wane and/or spontaneously resolve. For the most part, reducing the dose or interrupting therapy for a brief period of time is the most effect way to manage moderate to severe cutaneous reactions related to targeted therapies. At times topical or oral antibiotics may be given to help reduce symptoms related to targeted therapy induced acneiform rashes. Both, targeted and non-targeted based chemotherapies can cause the skin to become sensitive to sunlight therefore staying out of direct sunlight and wearing sunscreen is important.

Mucositis

Mucositis is inflammation and ulceration of the lining of the mouth, throat, and digestive tract. This occurs due to direct cellular kill by chemotherapy as well as the release of oxidative,
inflammatory and metabolic by-products.\textsuperscript{43-45} Mucositis can be very painful and irritating requiring pain medications and alteration in nutritional intake. Symptoms may include an abnormal sensation in the mouth, redness, swelling, sores, difficulty swallowing, bleeding, and mouth pain. Mucositis can also cause nausea and vomiting. Medications can be used to prevent mucositis from developing or becoming worse. It is important to maintain good nutrition and oral hygiene to prevent abnormal bacteria or fungi from growing inside the mouth. It also is important to keeping the mouth and lips moist to prevent cracking which can lead to infection. The patient should avoid using a hard bristle toothbrush and alcohol-based mouthwash, which can irritate the lining of the mouth and gums. The patient should notify the practitioner for any changes in the mouth, inability to swallow, pain or discomfort when swallowing, sores or white patches in the mouth or on the tongue, bleeding from the gums, fever, or other signs of infection. Medications and oral rinses (saline solutions, baking soda solutions) may alleviate symptoms.

**Otitotoxicity**

The platinum-based chemotherapy drugs that are used to treat NSCLC, such as cisplatin and carboplatin, may cause inner ear damage, high pitch hearing loss, and ringing in the ears (tinnitus).\textsuperscript{17} Other medications such as antibiotics and diuretics can produce the same effects. Hearing loss is painless and may not be noticed until it becomes severe and irreversible. Signs and symptoms of hearing loss include turning the head while having a conversation, increasing the volume of the television or radio, or unclear, muffled, or quiet sounds. The patient should report changes in hearing to the practitioner, who may examine the ears and determine if hearing loss has occurred. A hearing test (audiogram) may be done before, during, or after chemotherapy to assess hearing.

**Ocular Toxicities**

Changes in vision and eye toxicities are side effects of systemic chemotherapies as well as targeted therapies. Some of the most common eye problems experienced by patients include: blepharitis (inflammation of the eyelids, redness, crusting and flaking of the skin on the lids); conjunctivitis (inflammation and redness of the conjunctiva); epiphora (excessive tear production); photophobia (sensitivity to light); photopsia (ocular pain); trichomeglay (long eyelashes that get misdirected or go inward instead of outward); diplopia (double vision), visual floaters and blurry vision. Treatment for vision changes includes artificial tears or lubricants, topical steroids, anti-inflammatory medications, good eye hygiene, warm compresses, avoiding light exposure, and occasionally discontinuation of chemotherapy. Prompt referral to an ophthalmologist is important when a patient experiences severe pain, swelling, redness, or sudden onset of any type of visual impairment.\textsuperscript{46-47}
Cognitive change also known as “chemo brain” is a decrease in mental sharpness. Chemotherapy is one of many causes of cognitive dysfunction. Patients can develop memory impairment, difficulty completing tasks, the inability to learn new skills, trouble with word finding or completing sentences, misplacing objects, confusing dates, and overall feeling mentally slow. Cognitive changes can be short or long term. Patients should notify their providers when “chemo brain” interferes with their normal daily activities and their ability to work.48-49

Peripheral neuropathies may interfere with normal activities and may cause difficulties performing fine motor movements such as buttoning a shirt, writing, or picking up utensils. Sensing pain or changes in temperature, driving, walking, cooking, or brushing the teeth may also become difficult. Extremely hot or cold temperatures may aggravate numbness and tingling and may cause severe burns or frostbite injury. Therefore, extreme caution is necessary. It is recommended patients wear gloves near the refrigerator/freezer and potholders when cooking. Falls should be avoided by removing objects from the floor, securing area rugs, cleaning spills, and illuminating a room before entering.

Some medications may be given for peripheral neuropathy. Although several medications are not approved by the United States Food and Drug Administration for the treatment of peripheral neuropathy, they may decrease the unpleasant symptoms of numbness and tingling. These medications include antidepressants, anti-seizure medication such as gabapentin, topical creams that contain capsaicin, and anesthetic creams or patches that contain lidocaine. Other helpful therapies may include acupuncture, physical therapy, massage, occupational therapy, and transcutaneous electrical nerve stimulation (TENS) a therapy that uses low-voltage electrical current for pain relief.

The patient should contact the provider if the peripheral neuropathy becomes worse, interferes with self-care or activities of daily living, or causes stumbling, falling, loss of balance, injury, or muscle spasms in the mouth, jaw, fingers, or toes.

Immunotherapy Side Effects

Side effects of immune therapy will be discussed separately, as the mechanism of how they develop and the necessary management is usually different than side effects of other systemic treatments. Immune therapy treatments are typically well tolerated. The most common side effects are fatigue and myalgias. These are usually low grade. Immune related adverse events (IrAE’s) are unique class specific effects of inflammatory response on healthy cells. These are caused by inflammation and attack on healthy cells and organs. In general, these are low grade or
mild. However, if left unmanaged they can proceed to severe and even life threatening. IrAes can affect any organ system. The pattern of occurrence can be immediately after dose, after several doses or even after discontinuation of therapy. They can affect more than one organ system at a time.

Systems affected include (not limited to):\cite{6, 22-25, 53-54}

- Eyes: uveitis, iritis, conjunctivitis
- Mouth: mucositis
- Skin: rash
- Colon: diarrhea/colitis
- Lungs: pneumonitis
- Liver: hepatitis
- Kidneys: nephritis
- Pancreas: pancreatitis

Management of IrAE’s includes delaying or stopping the immune therapy. In many cases the IrAe will resolve on its own. However, it may be necessary to undergo further evaluation, testing and treatment to prevent more serious progression of the IrAE. As these are inflammatory in nature, steroids are used to control and reverse the inflammation. Steroids dosing is dependent on the seriousness of the IrAE and typically continue over a several weeks\cite{6, 52-54}. It is imperative that patients notify the health care team immediately of the onset of any symptoms so that these can be properly evaluated and treated.

Conclusion

The patient should speak with the oncology provider or nurse about specific side effects that may be expected from the chemotherapy, targeted therapy and immune therapy. Discuss how these side effects will be prevented, monitored and treated. It is important to keep a list of the presence and severity of all side effects experienced. This list may give the oncology provider valuable information about how to treat the symptoms. In addition, the patient should keep the telephone numbers of their providers and clinic available in case of severe illness, high fever, or symptoms that require immediate medical attention.
## Appendix 1. Chemotherapy Drugs for Non-Small Cell Lung Cancer and Common Side Effects

<table>
<thead>
<tr>
<th>Chemotherapy Drug</th>
<th>Common Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cisplatin (Cis-diamminedichloroplatinum, CDDP, Platinol®)</td>
<td>Kidney damage (nephrotoxicity), nausea and vomiting, decrease in the red cell, white cell, and platelet counts (bone marrow suppression), nerve damage (neurotoxicity), high pitch hearing loss and ringing in the ears (ototoxicity), eye damage (ocular toxicity), metallic taste of foods, loss of appetite, hair loss (alopecia), infertility, liver function changes, possible vascular events (heart attack, stroke, clot formation), SIADH (syndrome of inappropriate antidiuretic hormone secretion)</td>
</tr>
<tr>
<td>Etoposide (VP-16, VePesid®)</td>
<td>Decrease in the red cell, white cell, and platelet counts (bone marrow suppression), nausea and vomiting, anorexia, hair loss (alopecia), inflammation and ulceration in the mouth, throat, and intestines (mucositis), infusion reaction (fever, chills, shortness of breath, increased heart rate, facial and tongue swelling, low blood pressure), metallic taste in the mouth during infusion, redness at the injection site, skin changes (radiation recall reaction – skin reaction that occurs on an areas that has been previously radiated)</td>
</tr>
<tr>
<td>Carboplatin (Paraplatin®)</td>
<td>Kidney damage (nephrotoxicity), nausea and vomiting, decrease in red cell, white cell, and platelet counts (bone marrow suppression), nerve damage (neurotoxicity), hair loss (alopecia), infertility, liver function changes, allergic reaction (skin rash, itchiness, hives, shortness of breath, low blood pressure)</td>
</tr>
<tr>
<td>Paclitaxel (Taxol®)</td>
<td>Decrease in red cell, white cell, and platelet counts (bone marrow suppression), infusion reaction (skin rash, flushing, redness, shortness of breath, low blood pressure), nerve damage (neurotoxicity), heart rate changes, hair loss (alopecia), inflammation and ulceration in the mouth, throat, and intestines (mucositis), diarrhea, liver and kidney function changes, nail bed changes (onycholysis)</td>
</tr>
<tr>
<td>Vinorelbine (Navelbine®)</td>
<td>Decrease in the red cell, white cell, and platelet counts (bone marrow suppression), nausea and vomiting, constipation, diarrhea, inflammation and ulceration in the mouth, throat, and the intestines (mucositis), liver function changes, injury and inflammation the vein, nerve changes (neurotoxicity), hair loss (alopecia), general fatigue, infusion reaction (shortness of breath, low blood pressure, facial flushing, rash), SIADH (syndrome of inappropriate antidiuretic hormone secretion)</td>
</tr>
<tr>
<td>Chemotherapy Drug</td>
<td>Common Side Effects</td>
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</tr>
<tr>
<td>Gemcitabine (Gemzar®)</td>
<td>Decrease in the red cell, white cell, and platelet counts (bone marrow suppression), nausea and vomiting, flu like symptoms (fever, muscle and body aches, chills, headaches), liver function changes, pulmonary toxicities (shortness of breath or drug induced pneumonitis), infusion reaction (facial flushing and swelling, headache, shortness of breath, low blood pressure), protein or blood in the urine, skin rash on the chest and extremities, swelling of the lower extremities, radiation recall skin reactions.</td>
</tr>
<tr>
<td>Docetaxel (Taxotere®)</td>
<td>Decrease in the white blood cell count (neutropenia), allergic reaction (skin rash, skin redness, low blood pressure, shortness of breath), fluid retention, dry itchy skin rash (maculopapular rash), hair loss (alopecia), inflammation and ulceration in the mouth, throat, and intestines (mucositis), diarrhea, nausea and vomiting, generalized fatigue, liver and kidney function changes, phlebitis or swelling at the injection site.</td>
</tr>
<tr>
<td>Pemetrexed (Alimta®)</td>
<td>Decrease in the red cell, white cell, and platelet counts (bone marrow suppression), skin rash, diarrhea, nausea and vomiting, inflammation and ulceration in the mouth, throat and intestines (mucositis), fatigue, changes in the liver and kidney function</td>
</tr>
<tr>
<td>Albumin-Bound Paclitaxel (Abraxane)</td>
<td>Myelosuppression (decrease in white blood cells, red blood cells, and platelets), ocular or visual disturbances, fatigue, weakens, alopecia, nausea, vomiting, mucositis, liver toxicities, neurotoxicity’s (peripheral neuropathy and paresthesias), injection site reactions, cardiac toxicities (chest pain, high blood pressure, elevated heart rate, blood clot in the lungs), peripheral edema (swelling of the extremities)</td>
</tr>
<tr>
<td>Topotecan (Hycantin®)</td>
<td>Myelosuppression, nausea, vomiting, diarrhea, abdominal pain, headache, fever, fatigue, alopecia (hair loss), liver toxicities, blood in the urine.</td>
</tr>
</tbody>
</table>

*Adapted from Chu E and Devita VT. Physicians’ Cancer Chemotherapy Drug Manual (2016).*
### Appendix 2. Targeted Therapy Drugs for Non-Small Cell Lung Cancer and Common Side Effects

<table>
<thead>
<tr>
<th>Targeted Therapy</th>
<th>Mutation Target</th>
<th>Dose</th>
<th>Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Afatinib (Gilotrif®)</td>
<td>EGFR &amp; HER2 (human epidermal growth factor receptor 2)</td>
<td>40 mg orally, once daily. Take 1 hour before or 2 hours after a meal</td>
<td>Diarrhea, rash, nail fold swelling in the fingers and toes (paronychia), dry skin, bullous and exfoliative skin disorders, decrease appetite, stomatitis, lung toxicity (interstitial lung disease), liver toxicities, inflammation of cornea (keratitis), visual changes, increase risk for heart dysfunction</td>
</tr>
<tr>
<td>Alectinib (Alecensa®)**</td>
<td>EMLA4-ALK</td>
<td>Take 600mg every 12 hours (2 times daily). Take four 150mg capsules at each dose for total of 8 capsules daily. Take with food</td>
<td>Fatigue, constipation, swelling in hands, feet, ankles, and eyelids; Muscle weakness or tenderness. Lung (pneumonitis). Liver, or cardiac toxicities.</td>
</tr>
<tr>
<td>Bevacizumab (Avastin®)</td>
<td>Vascular endothelial group factor (VEGF)</td>
<td>Given intravenously over 90 minutes for the first dose and 30 mg for subsequent doses, every 3 weeks.</td>
<td>Nose bleeds (epistaxis), high blood pressure, decreased wound healing, gastrointestinal perforation, protein in the urine (proteinuria), infusion reaction (fever, chills, hives, facial flushing, fatigue, headache, shortness of breath, lip swelling, low blood pressure), possible lung bleeding (pulmonary hemorrhage) or vascular events (heart attack, stroke), dizziness, depression</td>
</tr>
<tr>
<td>Ceritinib (Zykadia™)</td>
<td>EML4-ALK</td>
<td>750 mg orally, once daily on an empty stomach, do not take within 2 hours of a meal</td>
<td>Diarrhea, nausea, vomiting, abdominal pain, liver toxicities, lung toxicity (interstitial lung disease/pneumonitis), heart dysfunction, decreased heart rate, high blood sugar (hyperglycemia), fatigue, decrease appetite, constipation</td>
</tr>
<tr>
<td>Targeted Therapy</td>
<td>Mutation Target</td>
<td>Dose</td>
<td>Side Effects</td>
</tr>
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<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Cetuximab (Erbitux®)</td>
<td>EGFR</td>
<td>Given intravenously usually weekly</td>
<td>Itchy and dry skin, acne skin rash on face and chest, nail fold swelling in the fingers and toes (paronychial inflammation), lung toxicity (cough, shortness of breath, interstitial lung disease), infusion reaction (fever, chills, rash, flushing, fatigue, headache, shortness of breath, lip swelling, low blood pressure), low magnesium, generalized malaise</td>
</tr>
<tr>
<td>Crizotinib (Xalkori®)</td>
<td>ELA4-ALK</td>
<td>250 mg orally, twice daily with or without food</td>
<td>Liver and kidney toxicities, decrease heart rate and contractility, lung toxicity (decrease in pulmonary function, pneumonia, interstitial lung disease/pneumonitis, shortness of breath, cough) visual disturbances (double and blurry vision, floaters/flashes, visual brightness, reduced visual acuity), diarrhea, nausea, vomiting, decrease appetite, fatigue, peripheral neuropathy</td>
</tr>
<tr>
<td>Erlotinib (Tarceva®)</td>
<td>EGFR</td>
<td>150 mg orally, once daily. Take 1 hour before or 2 hours after a meal</td>
<td>Dry and itchy skin, acneiform rash on face and chest, diarrhea, nausea and vomiting, mucositis, increased cough, shortness of breath, fever, liver function changes, anorexia, pink eye (conjunctivitis), inflammation of cornea (keratitis), nail changes (paronychia), hair growth abnormalities (alopecia, thinning of hair with increased fragility, darkening and increased thickness of eyelashes and eyebrows), possible GI hemorrhage</td>
</tr>
<tr>
<td>Gefitinib (Iressa®)</td>
<td>EGFR</td>
<td>250mg orally, daily, with or without food</td>
<td>High blood pressure, dry itchy skin, acneiform rash, liver function changes, anorexia, nausea and vomiting, mucositis, conjunctivitis, inflammation of cornea (keratitis), abnormal eyelash growth, inflammation of the eyelash follicle (blepharitis), possible cough-ing up blood or GI hemorrhage</td>
</tr>
</tbody>
</table>
### Chapter 3: Systemic Therapy for Non-Small Cell Lung Cancer

#### Targeted Therapy

<table>
<thead>
<tr>
<th>Targeted Therapy</th>
<th>Mutation Target</th>
<th>Dose</th>
<th>Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Necitumumab (Portrazza™)***</td>
<td>EGFR antagonist</td>
<td>Intravenously over 60 minutes on days 1 &amp; 8 of each 3-week cycle</td>
<td>Skin rash, inflammation of the eyes &amp; fingers (conjunctivitis &amp; paronychia), magnesium deficiency, muscle weakness, blood clots, infusion reaction.</td>
</tr>
<tr>
<td>Osimertinib (Tagrisso™)****</td>
<td>EGFR (T790M resistance)</td>
<td>80 mg orally, daily, with or without food</td>
<td>Diarrhea, rash, dry skin, nail changes (redness, swelling, pain, nail breakage). Severe lung and cardiac effects.</td>
</tr>
<tr>
<td>Ramucirumab (Cyramza®)</td>
<td>Vascular endothelial growth factor</td>
<td>Intravenously over 60 minutes every 2 weeks</td>
<td>High blood pressure; diarrhea; bleeding, blood clots, fistula formation and delayed wound healing.</td>
</tr>
<tr>
<td>Sunitinib (Sutent®)</td>
<td>Vascular endothelial growth factor (VEGF)</td>
<td>50mg orally daily for 4 weeks every 6 weeks</td>
<td>Decrease in the red cell, white cell, and platelet counts (bone marrow suppression), high blood pressure, yellowish discoloration in the skin, skin rash, dryness or cracking of the skin, nose bleeds (epistaxis), fatigue, diarrhea, altered taste, abdominal pain, inflammation and ulceration in the mouth, throat, and intestines (mucositis), increase risk for heart dysfunction, adrenal insufficiency, low thyroid function (hypothyroidism)</td>
</tr>
</tbody>
</table>

*Adapted from Chu E and Devita VT. Physicians’ Cancer Chemotherapy Drug Manual (2016)\(^{(17)}\)

** Alecensa ® (alectinib) Prescribing Information. Genentech Incorporated. San Francisco, CA; December 2015\(^{21}\)

***Portrazza® (necitumumab) Prescribing Information. Eli Lilly & Company. Indianapolis, IN. November 2015\(^{35}\)

****Tagrisso® (osimertinib) Prescribing Information. AstraZeneca Pharmaceuticals LP, Wilmington DE. September 2016\(^{20}\)
### Appendix 3: Immune Therapy Drugs Approved for Non-Small Cell Lung Cancer

<table>
<thead>
<tr>
<th>Drug</th>
<th>Target</th>
<th>Dose</th>
<th>Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nivolumab (Opdivo®)*</td>
<td>PD-1</td>
<td>Intravenous over 60 minutes every 2 weeks</td>
<td>Fatigue, Muscle and joint soreness, loss of appetite, Lung, gastric, liver, kidney, cardiac toxicity, Endocrine organ toxicity. Rash.</td>
</tr>
<tr>
<td>Pembrolizumab (Keytruda®)**</td>
<td>PD-1</td>
<td>Intravenous over 30 minutes every 3 weeks</td>
<td>Fatigue, Loss of appetite, muscle &amp; joint soreness, Lung, liver, kidney, cardiac toxicities. Endocrine organ toxicity. Rash.</td>
</tr>
<tr>
<td>Atezolizumab (Tecentriq®)**</td>
<td>PD-L1</td>
<td>Intravenous over 30 minutes every 3 weeks</td>
<td>Fatigue, muscle &amp; joint soreness, loss of appetite, lung, liver, kidney, cardiac toxicities. Endocrine organ toxicity. Rash.</td>
</tr>
</tbody>
</table>

*Opdivo® (nivolumab) Prescribing Information. Bristol-Myers Squibb Company. Princton, NJ. October, 2016*  
**Keytruda® (pembrolizumab) Prescribing Information. Merck & Co., Inc. Whitehouse Station, NJ. August 2016  
Chapter 3: Systemic Therapy for Non-Small Cell Lung Cancer

References


Chapter 3: Systemic Therapy for Non-Small Cell Lung Cancer


Radiation Therapy for Non-Small Cell Lung Cancer

Join Y. Luh, MD, FACP and Charles R. Thomas, Jr., MD

Introduction

Radiation is a form of energy that has both beneficial and harmful effects on humans. When used properly in controlled settings, radiation can effectively treat lung cancer, and this effect can be intensified with chemotherapy given at the same time. Radiation therapy is the medical use of radiation to treat cancer and some non-cancerous benign tumors. Radiation for cancer works by damaging the DNA of cancer cells. Cancer cells are much more sensitive to the lethal effects of radiation than normal cells because cancer cells have difficulty repairing DNA damage. In addition, cancer cells are more sensitive to the effects of radiation and DNA damage because they divide much more rapidly than normal cells.

Lung cancers are categorized into two groups: small cell lung cancer and non-small cell lung cancer. Radiation may be used for small cell lung cancers, as discussed in the section about small cell lung cancer. This chapter will focus on the use of radiation therapy for non-small cell lung cancer. See Chapter 5: Treatment of Small Cell Lung Cancer

Principles of Radiation Therapy for Non-Small Cell Lung Cancer

The treatment of non-small cell lung cancer depends on the cancer stage and the patient’s overall condition. Treatment options may include surgery, radiation therapy, chemotherapy, and any combination of these options. Radiation therapy may be used before surgery, frequently in combination with chemotherapy, to make a tumor smaller and easier to remove. Radiation can be given after surgery, with or without chemotherapy, to kill any cancer cells that may still be present after surgery. Radiation, frequently with concurrent chemotherapy, may be used to treat lung cancers that are too extensive to remove surgically. In some circumstances, radiation therapy can be used alone, without surgery or chemotherapy.
The most common form of radiation therapy is external beam radiation therapy. With external beam radiation therapy, the patient lies on a table and a beam or multiple beams are emitted from a machine known as a linear accelerator. The beams are directed to the tumor and surrounding tissues that may also contain cancer cells. The beams penetrate the skin, other tissues, and organs before reaching the tumor target. External beam radiation therapy is given daily during the week, Monday through Friday, typically for 6 to 7 weeks. Scheduling the radiation treatment this way allows for an effective dose of radiation during the week to kill the cancer cells, and allows the patient and normal cells to recover during the weekend from the effects of radiation. The treatment takes 5 to 10 minutes, depending on the type of linear accelerator used.

The typical dose of radiation given for most lung cancers ranges from 6000 to 7000 cGy (centigray), depending on the stage and whether or not chemotherapy is included. Such a high dose of radiation cannot be given all at once to a patient without lethal side effects. Therefore, the dose given per treatment is 180 to 200 cGy, which usually is well tolerated by patients. The unit centigray replaces the older term “rad” as a measure of radiation dose; 100 centigray is equal to 1 gray (Gy), which is equal to 1 Joule per kilogram of tissue (1 Joule = 1 Newton-meter).

The delivery of radiation therapy requires several individual team members that play a crucial role in the successful treatment of patients. Radiation oncologists are medical doctors who have completed medical school and at least 5 years of residency training before joining the work force. They are frequently certified by the American Board of Radiology (although they are not diagnostic radiologists). Radiation oncologists talk to, examine, and counsel patients for consultation, and design and direct the radiation treatment plan. Radiation oncologists are the physician specialists during a patient’s radiation therapy who provide evaluation, simulation (discussed next), weekly treatment visits, and follow-up visits after completing treatment.

Radiation oncology nurses provide detailed education to patients on the clinical aspects of radiation treatment. They provide counseling on managing any side effects of treatment and tips on how to decrease the intensity of side effects. They often are the team members who address patient concerns and communicate more serious issues to the radiation oncologist.

Dosimetrists help calculate and optimize the treatment plan designed by the radiation oncologist. They work to ensure that the intended dose of radiation prescribed by the radiation oncologist is delivered to the patient. They work closely with the radiation oncologist to determine the optimal angles, fields, and energy of radiation needed for a treatment plan.¹

Medical physicists perform scheduled quality assurance tests to ensure that linear accelerators are working properly. They work closely with radiation oncologists and dosimetrists to help design the radiation treatment plan. They often supervise the
dosimetrist in making sure the treatment plan is feasible and tailored to the individual patient.

**Radiation therapists** operate the linear accelerators, place patients in the correct position, give the daily radiation treatments, and keep an accurate record of treatments given. Other staff members are important to patients receiving lung radiation, including social workers, physical therapists, occupational therapists, dieticians, and respiratory therapists.

After the consultation with the radiation oncologist and a decision has been made for a lung cancer patient to receive radiation therapy, the patient first must undergo simulation. Simulation is a procedure where a radiation oncologist and a simulation technician (usually a radiation therapist) place the patient in the exact position for treatment to ensure that the radiation hits the correct target consistently. The patient lies down on the back, usually with the arms placed above the head. There may be immobilization devices such as handlebars for the patient to hold onto above the head. Custom cradles may be molded to conform to the patient for lying in the same position for each treatment. Skin marks (which may be washed off) and permanent tattoos (pinpoint dots, no larger than a mole) are placed and lined up with laser pointers in the room to make sure the patient can lie in the same position each day. In some institutions, X-rays are taken after the patient’s treatment position has been determined.

**Simulation**

Some radiation therapy facilities will place a belt around the patient’s abdomen to encourage the patient to take more shallow breaths during simulation and treatment. This is done to decrease the distance that the lung tumor may move up or down during breathing. Other techniques that help regulate the effect of breathing on tumor location include timed breath holding and the use
of respiratory tracking (gating) systems that electronically follow the movement of the tumor (discussed in more detail below). Subsequently, a CT (computed tomography) scan of the neck and chest is done in the treatment position with all the immobilization devices in place (Figure 1). This CT scan will provide a computerized 3-dimensional digital virtual model of the patient’s chest and internal organs. The radiation oncologist and dosimetrist use this model to design a patient’s radiation treatment fields on a planning computer equipped with radiation treatment planning software. This planning or simulation CT scan is different from the diagnostic CT scan used to help diagnose and stage the lung cancer. Intravenous contrast is sometimes used at the discretion of the radiation oncologist designing the treatment fields, and this contrast can provide better detail about the extent of the lung cancer. Planning CT scans for simulation typically take less time to obtain than diagnostic scans. Furthermore, planning CT scans are not read or interpreted by a diagnostic radiologist, but are processed with treatment planning software to help design the treatment fields.

Some institutions use 4-dimensional CT, which is a planning CT scan that tracks how a patient’s breathing cycle affects the location of the lung tumor (a technique known as respiratory gating). The distance a tumor moves up, down, or sideways can be useful to the dosimetrist to determine the margin size around the tumor required for planning treatment.

After simulation is completed, the radiation oncologist, dosimetrist, and medical physicist develop a treatment plan. The simulation CT scan images are electronically sent to a computer with treatment planning software. The slices of the CT scan are reviewed and the anatomic structures, such as the lungs, heart, and spinal cord, are outlined or contoured in different colors. The sum of the slices of these contours define the volume of the anatomic structures (Figure 2). The radiation oncologist, using information from positron emission tomography (PET) scans, diagnostic CT scans, and other reports, will contour the actual tumor and lymph nodes involved with cancer. The volume of the actual tumor is called the gross tumor volume, and the gross tumor volume frequently is contoured in red. At some centers, the dosimetrist can take a PET scan (previously obtained to stage the tumor) and fuse this with the simulation CT scan. Because the lung tumor and regional lymph nodes light up brightly on the PET scan, fusion with the simulation CT scan can greatly help the radiation oncologist define the volume of the cancer with more accuracy.
After the normal tissue volumes and gross tumor volume have been defined, the tumor is more clearly seen in relation to other organs. The dosimetrist or radiation oncologist set up portals or fields that encompass the gross tumor volume and the involved mediastinal lymph nodes. The mediastinum is a space in the middle of the chest that includes the esophagus, trachea, and large blood vessels above the heart; this space is rich in lymph nodes and lymph vessels, making it a common place for lung cancer to spread.3
A typical method used to treat lung cancer involves two fields: one field is oriented facing the patient’s front chest (anteroposterior [AP]) and one field is oriented facing the patient’s back (posteroanterior [PA]). The term AP/PA is used to describe this setup (Figure 3).

The initial AP/PA fields frequently include the spinal cord (Figure 4a). The spinal cord can usually tolerate 5000 cGy before the risk of spinal cord damage occurs. Radiation oncologists usually aim to keep the spinal dose below 4500 to 5000 cGy, but may use a lower dose when chemotherapy is used concurrently with radiation. Most lung cancer treatments involve doses of 6000 to 6600 cGy, so the patient cannot be treated using AP/PA fields for the entire treatment. Therefore, the patient is treated using AP/PA fields to a dose between 4000 to 5000 cGy, and then the fields must be modified. As you can see from Figure 4a, the radiation dose is shaped more like a rectangle and results in some normal lung getting the similar doses as the tumor volume.

Figure 4a. Orientation of AP/PA Fields Including the Spinal Cord

The modified fields are called the off cord boost. The typical method of designing an off cord boost is to change the angle of the fields to oblique fields that are diagonal and avoid the spinal cord (Figure 4b). Attempts are made to include the involved lymph nodes with the gross tumor volume and safely avoid the spinal cord. However, if this is not possible, the off cord boost may treat only the gross tumor volume. The inclusion of the involved lymph nodes in the off cord boost can sometimes be done with the use of intensity modulated radiation therapy.
A technique known as intensity modulated radiation therapy (IMRT) uses multiple beams or fields directed at the gross tumor volume and involved lymph nodes. A 1.5 to 2.0 cm margin frequently is placed around the gross tumor volume to account for tumor motion (from breathing), setup variation, and patient motion. IMRT has been a popular method of treating lung cancers because the intensity of each beam directed at the tumor can be varied to where the sum of all the beams adds up to a dose cloud that better conforms to the shape of the tumor (Figure 5). Although IMRT allows a radiation oncologist to spare more normal lung and other normal tissues from the high dose meant for the tumor, it spreads low dose radiation to a larger area. Despite this, IMRT is instrumental in tracking dose to any organ and limiting the radiation dose to these areas. The technical aspects of IMRT are beyond the scope of this chapter, but a helpful website with information on IMRT can be found at http://www.radiologyinfo.org/en/info.cfm?pg=imrt.
When the field designs have been completed, the dosimetrist will calculate how effective the fields may provide the radiation dose to the gross tumor volume. The dosimetrist will also calculate how much radiation the surrounding tissues are receiving, such as the spinal cord, heart, and lungs. If any of these tissues receive radiation beyond a maximum threshold, then the fields must be adjusted. The V20 is the volume of both lungs that receive ≥ 20 Gy (2000 cGy); dosimetrists attempt to keep the V20 below 30% because the risk of a serious side effect known as radiation pneumonitis increases dramatically if V20 > 35%.

After the treatment plan is completed, the patient returns to the radiation therapy department for a block check or verification procedure (Figure 6). The patient is placed on the actual treatment
machine (linear accelerator) in the same position as in the simulation CT scanner. Radiographs are made and reviewed to make sure that the images match the images on the planning CT scan and are consistent with the CT based treatment plan. Many treatment centers perform a low energy CT scan called a cone beam CT (CBCT) on the treatment table and overlay this CT with the planning CT scan to give a more precise confirmation of the accuracy of the field being treated and to enable any needed adjustments because of setup variations (see section on Quality Assurance).

Figure 6. A Block Check or Verification Before Starting Treatment

Radiation treatment usually is started the day after the block check or verification. For most lung cancer patients, radiation is given every day from Monday to Friday, with weekends off, for approximately 7 weeks. The patient is on the treatment table receiving radiation for 5 to 10 minutes (Figure 7) and usually is in the department for < 1 hour. The time of the entire session includes arrival at the waiting room, changing into a gown, getting in the treatment position on the treatment table, and having the radiation therapist make any needed adjustments.
The patient will meet with the radiation oncologist once a week on a specified day to review how the patient is feeling. During these weekly visits, the patient can ask any questions that may not have been addressed during the consultation. The radiation oncologist will check to see if there are any side effects from the radiation treatment and may prescribe medication to help with these side effects.

Traditionally, an X-ray was taken every 5 treatments with a beam's eye view of the treatment fields. The radiation oncologist would compare this to images generated from the planning CT scan with the treatment fields in place to ensure that the tumor is being targeted accurately. If the fields were off by more than 5 to 10 mm, the radiation oncologist would instruct the radiation therapist to make a shift in the direction(s) to offset the divergence. This technique has largely been replaced by image guided radiation therapy (IGRT) with on board cone-beam CT (CBCT) in which a low energy CT scan is done prior to every treatment and aligned to the treatment planning CT scan. This form of IGRT has become very popular and allows the radiation therapist to more realistically align the patient's daily anatomy to the treatment planning CT structures.\(^5\)
Radiation Therapy for Different Stages

**Stage I and II Non-Small Cell Lung Cancer**

Surgery, usually a lobectomy, is the typical treatment for Stage I and II non-small cell lung cancer. However, not all patients have surgery, either because of a personal preference to avoid surgery or because of medical conditions, such as severe emphysema or heart disease, that increase the potential risk of surgery and anesthesia. If surgery cannot be done for a stage I or II non-small cell lung cancer, radiation therapy is a good alternative.

Radiation therapy for stage I and II non-small cell lung cancer includes a total dose of 6600 to 7000 cGy to the gross tumor volume, in doses of 180 to 200 cGy per day over 7 weeks. Stage I and II non-small cell lung cancers do not have mediastinal lymph node involvement, and only the gross tumor volume and any involved adjacent lymph nodes are treated.

Many patients cannot commit to a 7-week course of daily radiation therapy, especially if they must travel long distances to reach a radiation treatment facility. In these cases, effective doses of radiation can be given over a shorter period of time if larger doses are given per treatment, a technique called hypofractionation. However, larger doses per treatment may result in more long term tissue scarring, especially in long term survivors. Therefore, to minimize the effect of lung scarring caused by hypofractionation, radiation must be limited to a much smaller volume of tissue. For very weak patients who are too sick to come for treatment for 7 weeks, hypofractionation with 4800 cGy in fractions of 400 cGy over 12 treatments (2 weeks and 2 days) has been used successfully.

Stereotactic radiosurgery (SRS) is a technique in which a very high dose of radiation is given to a small area over a short period of time, either as a single treatment or 5 treatments over one week. The term SRS has always applied to patients being treated for brain tumors. Radiosurgery, contrary to what the term implies, is not surgery and does not involve any incision or cutting by the radiation oncologist, but the high dose of radiation results in the killing of the tumor as if it was surgically removed. The high precision of the multiple beams used in stereotactic radiosurgery results in the margins around the gross tumor volume being much smaller (0.5 cm to 1.0 cm) than with typical radiation therapy techniques (Figure 9). Gamma Knife, CyberKnife and linear accelerator based SRS (Tomotherapy, VMAT, and Rapid Arc), are examples of proprietary methods of delivering SRS. Gamma Knife is only used for SRS to brain lesions.

Stereotactic radiosurgery for tumors other than the brain is known as stereotactic body radiation therapy (SBRT), stereotactic ablative radiotherapy (SABR), or extracranial radioablation (ECRA). This method is widely used for medically inoperable patients with stage I or II non-small cell lung cancer, with comparable or better outcomes when compared with typical radiation therapy techniques. Dose fractionation in stereotactic body radiation therapy includes either a total dose of 6000 cGy given in 3 treatments of 2000 cGy over a period of 2 weeks, or a total dose of 5000 cGy given in 5 treatments of 1000 cGy daily over
1 week. A patient may be treated with SBRT for non-small cell lung cancer if the tumor is ≤ 5 cm in greatest diameter and peripheral to the mediastinum (more to the side of the chest rather than the middle).\(^9\) CyberKnife and linear accelerator based SRS (Tomotherapy, VMAT, and Rapid Arc), are examples of proprietary methods of delivering SBRT. Gamma Knife is not used in SBRT.

**Figure 8. A Rendering of Dose and Beams in a SBRT Plan**

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**Stage III Non-Small Cell Lung Cancer**

Most cases of stage IIIA and IIIB non-small cell lung cancer are inoperable (except for some cases of stage IIIA cancer) because of the extent of disease. For patients with inoperable stage IIIA and stage IIIB non-small cell lung cancer, recommendations for treatment in the National Comprehensive Cancer Network include concurrent chemotherapy and chest radiation therapy. The first doses of chemotherapy and radiation therapy are given on the same day. Depending on the drug selected, the chemotherapy is given at varied intervals, but radiation therapy is given daily. The typical dose of radiation therapy, when given with chemotherapy, is 6000 to 6300 cGy given in 180 to 200 cGy fractions over 7 weeks.\(^{10}\) The typical intravenous chemotherapy regimens given in combination with radiation therapy are: (1) cisplatin (days 1, 8, 29, and 36) and etoposide (days 1 to 5 and 29 to 33); (2) cisplatin (weeks 1 and 4) and vinblastine (weekly); or (3) weekly carboplatin and paclitaxel.\(^{10}\)
For stage III non-small cell lung cancer that is marginally or borderline operable, measures can be taken to increase the potential for success with surgery. This can include giving chemotherapy or chemoradiation with radiation therapy before surgery to decrease the size of the lung mass and mediastinal lymph nodes. If radiation is given with chemotherapy with the intention of doing surgery later, the radiation dose is only 4500 cGy, and the patient has another CT scan with or without a positron emission tomography (PET) scan to evaluate response. If the tumor appears operable, then surgery is done. However, if the lung cancer remains inoperable, then the patient would be given further radiation for a total dose of 6300 cGy with chemotherapy, similar to other patients with inoperable non-small cell lung cancer.10

In some cases in which surgery is done for a stage I or II non-small cell lung cancer, postoperative evaluation of the mediastinal lymph nodes that had been sampled during surgery may show these nodes to be positive for cancer. In this situation, the stage of non-small cell lung cancer is revised to stage III. For this patient, surgery alone is not sufficient treatment, and the patient will require chemotherapy and radiation.11

If there is suspicion that there is cancer remaining in the patient after surgery, demonstrated by a positive margin of resection (meaning there are cancer cells at the edge where the surgeon had excised the tumor), then radiation therapy (usually to a dose of 5000 cGy) is given with concurrent chemotherapy. If the surgery was complete with clear margins of resection (a rind of normal tissue surrounds the tumor), then the chemotherapy and radiation are given separately; typically, chemotherapy is given initially, followed by radiation therapy to a dose of 5000 cGy.10

Stage IV Non-Small Cell Lung Cancer

In stage IV non-small cell lung cancer, the cancer has spread to the opposite lung, metastasized to a different organ (such as the liver, brain, or bones), or produced fluid containing cancer cells within the space surrounding the lung (a condition known as a malignant pleural effusion). The primary treatment for patients with stage IV non-small cell lung cancer is chemotherapy. The various drugs used in stage IV non-small cell lung cancer are discussed in more detail in the chapter on chemotherapy for non-small cell lung cancer. See Chapter 3: Systemic Therapy for Non-Small Cell Lung Cancer.

Radiation therapy to the lung does not improve the lifespan of a patient with stage IV non-small cell lung cancer and is not routinely used in these cases. However, if a patient with stage IV cancer has a large lung mass that is causing chest pain, difficulty swallowing, or shortness of breath, radiation therapy to the lung mass may be given, typically in doses from 3000 cGy (10 treatments of 300 cGy fractions over 2 weeks) to 5000 cGy (20 treatments of 250 cGy fractions over 4 weeks).12-13
Stage IV lung cancers may frequently spread or metastasize to the brain. When metastases occur in multiple sites of the brain, radiation therapy frequently is given to the entire brain to shrink the existing tumors and prevent new brain metastases from forming. The most common dose given for whole brain radiation therapy is 3000 cGy (10 treatments of 300 cGy fractions over 2 weeks), although patients with a good performance status with estimated survival of more than 6 months can receive 3750 cGy (15 treatments of 250 cGy over 3 weeks), as a more "gentle" treatment that may result in less cognitive side effects, although there is no clinical trial data to support this. Side effects of whole brain radiation therapy (WBRT) include fatigue, drowsiness, alteration in taste/smell, hair loss, and scalp itchiness. The primary long term effect of WBRT is short term memory loss. WBRT in adults does not cause personality changes, Alzheimer's disease, or mental retardation. Typically, an engineer or accountant will have more difficulty doing math in their heads and will have to write things down. Although not widely used, memantine, a drug FDA approved to treat Alzheimer's dementia, has been shown to reduce the rate of decline in memory, executive function, and processing speed in patients receiving WBRT.\(^{14}\)

If a patient has ≤ 3 brain metastases and all the lesions are ≤ 3 cm in diameter, the patient may have surgery to remove the metastases, followed by whole brain radiation to prevent new tumors from forming,\(^{15}\) or the patient could be treated with stereotactic radiosurgery (SRS). Stereotactic radiosurgery for brain metastases has the advantage of allowing for less brain radiation but the disadvantage that new brain metastases could form in areas that were not radiated.

Figure 9. A Rendering of Dose and Beams in a SRS Plan

Image courtesy of Steve Rhodes, M.S., R.T.(T), CMD
When lung cancer spreads to the vertebrae, patients may experience severe back pain. The growing cancer could compress the spinal cord and cause paralysis. These metastases can be removed surgically, especially if there is only one metastatic lesion. In this case, radiation therapy is given 2 weeks after surgery to prevent the cancer from recurring in the spine. If metastases are too extensive to remove surgically, radiation therapy alone is used, most commonly at a dose of 3000 cGy (10 treatments of 300 cGy fractions over 2 weeks). In cases where a previously treated vertebral body metastasis comes back, stereotactic body radiation therapy (SBRT) can be used to better avoid previously treated tissue and concentrate radiation to the areas involved by the cancer, using techniques similar to SRS of the brain.

Proton beam therapy is a form of external beam radiation therapy that uses protons (usually from a hydrogen atom) instead of x-rays. Proton beams do not have any exit dose beyond the target tumor. Therefore, the radiation from proton beams is deposited only along the path of the beam to the tumor, and no radiation is given behind the tumor, so the patient receives less radiation to nearby normal tissue. Proton beam therapy is available only in slightly over 20 centers in the United States and is used in unique situations, such as in children with brain or spinal tumors where it is critical to protect as much normal tissue from radiation. In lung cancer, proton beam therapy is especially useful in patients who have been treated with conventional radiation therapy multiple times and need repeat treatment to the same area.
With brachytherapy, the radioactive sources are placed in or just next to the tumor. High dose rate brachytherapy involves the accurate placement of a powerful radiation source, usually iridium-192, into the tumor for several minutes through a tube called a catheter. Endobronchial brachytherapy involves the placement of a catheter into a lung bronchus or bronchiole where there is a tumor. The iridium-192 source is placed into the catheter where it remains for a few minutes, exposing a small area of the lung to a high dose of radiation. Endobronchial high dose rate brachytherapy is useful for treating pain, shortness of breath, cough, and hemoptysis (coughing up of blood).

Side Effects of Lung Radiation Therapy

Acute side effects occur when a patient is receiving lung radiation therapy with or without chemotherapy. These include redness and irritation of the skin overlying the radiation treatment portals; inflammation of the esophagus (esophagitis) causing heartburn or a feeling that something is stuck in the throat; irritation of the lung causing a dry cough; inflammation of the sac surrounding the heart causing chest pain (pericarditis); electric shock sensations in the low back or legs when bending the neck (Lhermitte sign); and generalized fatigue. These acute side effects typically resolve 2 weeks after completing chest radiation therapy.

With regards to the skin reaction over the skin of the chest corresponding to the treatment portals, the intensity of the reaction is typically increased when chemotherapy is given during the radiation treatment. The skin over the back (posterior chest) tends to be more affected than the front (anterior chest). Patients can get a sunburn-like reaction with a painful burning sensation that can progress to skin peeling (often called desquamation). Although the skin effects are well tolerated by most patients, a small number of patients can develop severe redness and skin peeling, and require daily wound care. Fortunately, such severe skin reactions are not frequent. The skin heals fairly quickly after completing radiation, and most redness and peeling resolve in 4 to 6 weeks. By the 3-month mark, there may a tan corresponding to the radiation treatment fields.

Subacute side effects occur 1 to 6 months after completing radiation therapy. These side effects are less frequent and may include radiation pneumonitis, which is inflammation of the lung that causes chest pain, fever, and cough. As mentioned above in the section on treatment planning, radiation pneumonitis occurs infrequently, especially when the V20 (volume of both lungs receiving ≥ 20 Gy or 2000 cGy) is no more than 35%. Your radiation oncologist, dosimetrist, and physicist work hard to ensure that the least amount of radiation possible goes to normal lung without sacrificing coverage of the lung tumor. Treatment of radiation pneumonitis includes corticosteroids such as prednisone or dexamethasone.

Another rare subacute side effect is pericardial effusion or tamponade, in which fluid accumulates in the pericardium (the sac surrounding the heart), causing pressure on the heart, neck vein distention, shortness of breath, and a rapid heart rate. Pericardial effusions may resolve spontaneously, but in some cases, treatment may include needle aspiration to drain the excess fluid, or diuretics.
Long term side effects of lung radiation therapy include pulmonary fibrosis (permanent scarring of the radiated lung tissue), esophageal fibrosis and stricture (scarring and narrowing of the esophagus that causes difficulty swallowing and treated with esophageal dilation), constrictive pericarditis (shrinkage of the sac surrounding the heart, that may require surgical removal), and damage to the heart muscle and blood vessels that may increase the risk of heart failure and heart attack. These long term side effects are uncommon because modern radiation therapy techniques have resulted in better sparing of normal tissues and organs.

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References


Treatment of Small Cell Lung Cancer

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Introduction

An estimated 224,390 new cases of lung cancer will be diagnosed in the United States in 2016, according to the American Cancer Society.\(^1\) There are two main types of lung cancer, non-small cell lung cancer and small cell lung cancer. Small cell lung cancer (SCLC) will account for 12 to 15% of all new lung cancer diagnosis. It is important that all patients with lung cancer know what type of cancer they have because the treatments for each type of cancer are different, and treatment for one type may not be effective for another.

This chapter will review the approach to small cell lung cancer. See Chapters 2, 3, and 4 for the treatment of non-small cell lung cancer (NSCLC).

Signs and Symptoms

The typical patient with small cell lung cancer has a history of smoking but may be a current or former smoker of either gender, usually in the seventh decade of life. Patients may have symptoms, signs and laboratory test abnormalities caused directly by the primary tumor, those related to spread of tumor within the chest cavity or distant spread, and those related to paraneoplastic syndromes.\(^2\) Patients may present with symptoms of shortness of breath, cough or chest pain due to disease in the chest. For patients with disease outside the chest, symptoms may depend on location of spread such as bone pain with bone metastases or headaches and dizziness in patients with CNS disease. Constitutional symptoms may include weakness, loss of appetite, weight loss or fever.\(^3\) Apart from the brevity of symptom duration, these parameters fail to clearly distinguish SCLC from NSCLC.

Before Treatment

Before starting on treatment it is important to have a biopsy to confirm the diagnosis of small cell lung cancer. A biopsy is when a piece of tissue is taken...
and examined under a microscope. The type of biopsy performed depends on the location of the tumor.

There are many different methods that may be used to obtain a biopsy including:

- **A bronchoscopy**: a patient is put to sleep with anesthesia and a very thin tube is inserted through the mouth or nose and pushed into the lungs. This procedure may be used to sample the lungs or a lymph node within the chest. An ultrasound may be used in a procedure known as endobronchial ultrasound (EBUS) to assist in the procedure.

- **CT or ultrasound guided biopsy**: a needle guided by a CT scan or ultrasound is passed through the skin to obtain a piece of tissue.

- **A thoracentesis**: in some patients presenting with fluid in the chest a needle may be placed into the chest and fluid is removed. The fluid is sent for evaluation of cancer cells.

- **Surgery**: rarely it is necessary to perform an operation to obtain tissue to make a cancer diagnosis.

Although it is not common, if there is not enough tissue in the original biopsy, a second biopsy may be required.

The biopsy specimen will be sent to a pathologist, a physician who specializes in looking at tissue samples. The pathologist will make the diagnosis and will determine what kind of cancer it is. Small cell lung cancer may occur alone, or combined with other tumors. (Figure 1)

Figure 1. Microscopic image of a small cell lung cancer taken with a microscope (The cancer cells are the small purple cells in the top half of the picture)
Once a diagnosis is established, radiograph imaging studies will be performed to determine the location of the cancer within the body. The purpose of the testing is to stage the cancer, determine if treatment will be curative or if cure is not possible. Some of these tests may have been done prior to the biopsy and may not need to be repeated.

**CT (CAT) scan of the chest, abdomen and pelvis:** this test has the purpose of looking for cancer that may be in the lungs, lymph nodes, liver, adrenal glands, bones and other organs. (Figure 2)

*Figure 2. CT scan of the chest and abdomen with a cancer in the left lung.*

**Magnetic resonance imaging (MRI) of the brain:** this test is done because small cell lung cancer may spread to the brain. Some patients cannot have an MRI scan and a CT scan of the brain may be done instead.

**Bone scan:** this test is done because small cell lung cancer may spread to the bones.
**Positron Emission Tomography (PET) scan:** because small cell lung cancer may spread anywhere in the body, this test is done to look at the entire body, except for the brain. (Figure 3)

Figure 3. Positron Emission Tomography (PET) scan which shows involvement of cancer in the left lung.
Before starting treatment for lung cancer, blood tests are needed to evaluate how different organs in the body are working. The results may impact what treatment is prescribed. These tests are described below and are commonly performed in most patients with a cancer diagnosis and may be repeated regularly during or after treatment.

Kidney tests: creatinine and blood urea nitrogen (BUN)
Liver tests: alanine transaminase (ALT), aspartate aminotransferase (AST), alkaline phosphatase, and bilirubin.
Bone marrow tests: complete blood count
Electrolytes: sodium, potassium chloride, phosphate and magnesium.

Stage is an indication of the size and location of the cancer. Approximately 60-70% of patients are diagnosed with small cell lung cancer will have extensive stage disease at presentation. Although there is a shift in recommendations for the staging of small cell lung cancer most patients are still diagnosed using the traditional staging system of limited stage disease and extensive stage disease. Patients with limited stage disease have cancer confined to the lung that can be treated with a combination of chemotherapy and radiation therapy and the goal of therapy is generally cure. Patients with extensive stage disease have cancer that has spread within or beyond the lung and the cancer may not be cured with either chemotherapy or radiation therapy.

The Tumor-Node-Metastasis staging system is a newer system also used to stage small lung cancer. Using this system, small cell lung cancer may be staged as one of four stages, stage I, II, III which are similar to limited stage disease and stage IV which is the same as extensive stage disease. Staging is imperative to know prior to embarking on treatment.

Treatment for Limited Stage Small Cell Lung Cancer

Surgery

Surgery is not commonly used in the treatment of small cell lung cancer, except for patients with small tumors confined to the lung. Prior to surgery lymph node sampling is performed via one of two methods

Endobronchial ultrasound biopsy (EBUS) as mentioned above is a procedure where a tube is inserted through the mouth or nose into the airway and an ultrasound device is used to help identify lymph nodes that will be biopsied.
Mediastinoscopy is a minor surgery where a small incision is made at the bottom of the neck a camera is placed into the anterior chest to identify lymph nodes to biopsy.

If surgery is performed to remove the tumor from the lung, chemotherapy is recommended once the patient has recovered from surgery to treat microscopic disease, cancer cells that may be present but are not able to be seen with any imaging or the naked eye. If lymph nodes are found to be involved at the time of surgery it may be necessary to have radiation after surgery as well.

Due to the extensive and infiltrative nature of small cell lung cancer, surgery has not traditionally been a part of small cell lung cancer management. In fact, only about 5% of small cell lung cancer patients are actually considered to have Stage I small cell lung cancer. Surgery is now only considered for Stage I, (T1-2, N0, M0), who have undergone sampling of the mediastinal (mid-chest) lymph nodes to prove that these are not involved. Small cell lung cancer cases that are beyond Stage I (T2, N0, M0) that have no distant metastases (spread to another organ outside the involved lung), are typically treated with both chemotherapy and chest radiation.

Combined chemotherapy and radiation therapy is recommended for most patients with limited stage disease. A medical oncologist will oversee the chemotherapy and radiation oncologist will oversee the radiation therapy during the treatment.

Smoking cessation is very important prior to starting on therapy. Several studies have suggested that patients who stop smoking during therapy have higher chances of cure and living longer compared to patients who continue to smoke. Patients can ask their doctors for resources to help them quit smoking. Additional information is available by calling 1-800-QUIT-NOW, reviewing www.smokefree.gov or Chapter 11: How to Quit Smoking Confidently and Successfully.

Chemotherapy remains the backbone in the treatment of patients with small cell lung cancer. Even patients who have surgery to remove their cancer will require chemotherapy once they have recovered from surgery.

A platinum combination, either cisplatin or carboplatin plus etoposide is the most common chemotherapy regimen for the treatment of small cell lung cancer in patients in the United States. This regimen is given over 3 days every 3 weeks. Each 3-week period is called a “cycle”. In between each cycle the body recovers from the side effects of chemotherapy and...
gets ready for the next treatment. Chemotherapy for limited stage disease is usually given for 4 cycles, two cycles with radiation therapy and two cycles without.

Chemotherapy is given through a needle that is inserted into the veins. Some patients may have an IV inserted directly into the vein that can be removed each day at the end of treatment, other patients may require a peripherally inserted catheter (PICC) that is placed in the vein and remains in the vein during treatment or a PORT.

The platinum and etoposide are both given on the first day and may take anywhere from 4–6 hours because of additional fluids and medications given prior to chemotherapy, etoposide is given on its own on the second and third day and may take about two hours to administer. Most people do not feel anything unusual while receiving chemotherapy. However, side effects may occur after chemotherapy is given.

Most patients do not have significant side effects from chemotherapy today. This is because many of the supportive therapy that is available to minimize side effects. However important side effects to remember include:

**Increased risk of infection:** this is one of the most serious side effects of chemotherapy. Any patient with a fever, during chemotherapy needs to seek immediate medical attention.

However, some patients may not have a fever and instead develop flu like symptoms, cough, shortness of breath, pain with urination, diarrhea, or ear pain among other symptoms.

The increased risk of infection with chemotherapy is because chemotherapy kills white blood cells, which defend the body against infection. However, white blood cells grow back between each cycle. As a matter of precaution it is important for patients to wash their hands regularly, avoid large crowds and sick people and eat food that comes from a trusted source.

**Fatigue:** Both chemotherapy and radiation therapy may cause fatigue. This is normally the worst the first few days after chemotherapy and usually improves during the second and third week of each cycle. Fatigue can accumulate with increasing cycles of both chemotherapy and days of radiation therapy. Fatigue typically improves once therapy is completed.

**Nausea and Vomiting:** These are both less common with the recent use of potent anti-nausea medication. Medication may be given with chemotherapy and to take home as a preventative or to use as needed. This may include aprepitant or fosaprepitant which are given with chemotherapy as well as ondansetron, granisetron,
dexamethasone, promethazine, prochlorperazine, metoclopramide and lorazepam which may be given with therapy or to take at home.

**Hair Loss:** Hair loss typically occurs within 3 weeks of starting chemotherapy. Hair often starts to come back about one month after completing chemotherapy but is delayed in patients who are treated with radiation to the brain.

**Other Side Effects:** Other side effects of therapy include mouth sores, loss of appetite, diarrhea, easy bruising and bleeding, dehydration and damage to the kidneys, ringing in the ears or numbness and tingling in the fingers and toes. All side effects should be discussed with an oncologist. See Chapter 7: Supportive Care.

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**Radiation Therapy**

The techniques of radiation therapy for the treatment of limited stage small cell lung cancer are similar to what is done for what is done for Stage IIIA to IIIB non-small cell lung cancer. The same team approach is used in consultation, simulation, treatment planning, patient education, treatment delivery, and quality assurance. See Chapter 4: Radiation Therapy for Non-Small Cell Lung Cancer for additional technical details.

Unlike non-small cell lung cancers, limited stage small cell lung cancers have the option of being treated with radiation twice a day using a lower dose per fraction, at least 6 hours apart. Although a famous clinical trial showed that patients with limited stage small cell lung cancer did better with twice a day treatments (4500 cGy in 150 cGy fractions given twice daily over 30 treatments in 3 weeks), the trial compared this method to a lower dose of once a day radiation that nobody uses (4500 cGy in 180 cGy fractions given once a day over 25 treatments). Treating a patient twice a day is harder on the patient due to increasing the daily treatment time and increases the acute side effects. Therefore in practice, most radiation oncologists will treat patients to 6000 to 7000 cGy total dose in 180 to 200 cGy fractions.

As mentioned in the section on surgery, due to the extensive nature of small cell lung cancer and the fact that spread to the lymph nodes in the middle of the chest is so common, SBRT is not yet recommended as a treatment standard and still considered investigational, although some early research has shown promise.

**Radiation Side Effects**

Side effects of chest radiation in small cell lung cancer is similar to chest radiation in non-small cell lung cancer.

Acute side effects occur when a patient is receiving lung radiation therapy with or without chemotherapy. These include redness and irritation of the skin overlying the
radiation treatment portals; inflammation of the esophagus (esophagitis) causing heartburn or a feeling that something is stuck in the throat; irritation of the lung causing a dry cough; inflammation of the sac surrounding the heart causing chest pain (pericarditis); electric shock sensations in the low back or legs when bending the neck (Lhermitte sign); and generalized fatigue. These acute side effects typically resolve 2 weeks after completing chest radiation therapy.

Subacute side effects occur 1 to 6 months after completing radiation therapy. These side effects are less frequent and may include radiation pneumonitis, which is inflammation of the lung that causes chest pain, fever, and cough. As mentioned above in the section on treatment planning, radiation pneumonitis occurs infrequently, especially when the V20 (volume of both lungs receiving ≥ 20 Gy or 2000 cGy) is no more than 35%. Your radiation oncologist, dosimetrist, and physicist work hard to ensure that the least amount of radiation possible goes to normal lung without sacrificing coverage of the lung tumor. Treatment of radiation pneumonitis includes corticosteroids such as prednisone or dexamethasone.

Long term side effects of lung radiation therapy include pulmonary fibrosis (permanent scarring of the radiated lung tissue), esophageal fibrosis and stricture (scarring and narrowing of the esophagus that causes difficulty swallowing and treated with esophageal dilation), constrictive pericarditis (shrinkage of the sac surrounding the heart, that may require surgical removal), and damage to the heart muscle and blood vessels that may increase the risk of heart failure and heart attack. These long term side effects are uncommon because modern radiation therapy techniques have resulted in better sparing of normal tissues and organs. Excerpted from Chapter 4: Radiation Therapy for Non-Small Cell Lung Cancer.

Because the risk of brain metastases in small cell lung cancer is so high, MRI of the brain with contrast is part of the staging workup for limited stage small cell lung cancer. Prophylactic cranial irradiation (PCI) is a standard treatment for patients without brain metastases on MRI to lower the risk of developing brain metastases (59% to 33% over 3 years in limited stage). The standard dose has been 2500 cGy given in 250 cGy fractions over 10 treatments. PCI includes the entire brain (like whole brain radiation) but also includes the spinal cord down to the level of the C2 vertebra.

Follow Up

After therapy is completed, patients are followed regularly until they have recovered from all side effects. The majority of side effects usually start to improve about four weeks after completing chemotherapy with more energy and increased appetite. However, prophylactic
cranial irradiation which starts about a month after chemotherapy is complete may delay recovery.

Late side effects may occur such as inflammation of the lungs or other side effects from radiation. For this reason, it is important to tell the doctors about any new symptoms that occur after treatment has ended.

Regular visits are recommended with a medical oncologist every one to two months initially, and then less frequently if the patient is feeling well. At every visit the doctor will review symptoms and perform a physical examination. A CT scan of the chest and blood work will be done every two to four months initially, every four to six months later and annually after three years.

**Prognosis**

The intention of treatment for limited stage small cell lung cancer is to cure the cancer. It is expected that 70-90% of patients that receive therapy will have a response, with the cancer shrinking. However, there is a high risk of recurrence and only 25% of patients are alive at five years. For patients who do not wish to receive treatment or are unable to receive treatment the expected survival is lower.

**Treatment for Extensive Stage Small Cell Lung Cancer**

Patients with extensive stage small cell lung cancer have cancer that has spread either within or beyond the lungs. Chemotherapy is the backbone of therapy, with or without radiation. Surgery is generally not recommended.

**Chemotherapy**

Similar to patients with limited stage disease chemotherapy consists of a platinum doublet cisplatin or carboplatin with etoposide in North America and Europe. Chemotherapy is given over 3 days with platinum and etoposide given on the first day and then etoposide alone on day 2 and 3. Treatment is given through a vein using either a needle inserted into the arm or a PICC or PORT as described above. Treatment is generally given as an outpatient and may take 4-6 hours the first day and then about two hours on day two and three. Prior to treatment on the first day blood work is done to make sure it is safe to give chemotherapy and you will likely meet with your medical oncologist or a member of the health care team. Treatment is usually given in a 21-day cycle. In between each cycle the body recovers from the side effects of chemotherapy and gets ready for the next treatment. Chemotherapy for extensive stage disease is usually given for 4-6 cycles, with imaging performed every 2-3 cycles.
Chapter 5: Treatment of Small Cell Lung Cancer

Chest Radiation

The combination of chemotherapy and radiation therapy is not typically given to patients with extensive stage small cell lung cancer. However, radiation may be given to help relieve symptoms, such as pain. Chest radiation in extensive stage small cell lung cancer is given on a case by case basis, and when given, usually comes after a few courses of chemotherapy. Despite the fact that chest radiation is not used routinely in extensive stage small cell lung cancer, clinical studies analyzing the benefits of chest radiation in extensive stage small cell lung cancer patients have been promising and have suggested that patients may live longer if chest radiation is added to chemotherapy.\(^\text{15}\)

Prophylactic Cranial Irradiation (PCI)

MRI of the brain with contrast is also part of the staging workup for extensive stage small cell lung cancer. Prophylactic cranial irradiation (PCI) is a standard treatment for extensive stage small cell lung cancer patients without brain metastases on MRI to lower the risk of developing brain metastases (40.4\% to 14.6\% over 1 year in extensive stage).\(^\text{16}\) The standard dose, like PCI in limited stage, is 2500 cGy given in 250 cGy fractions over 10 treatments, and includes the entire brain down to the level of the C2 vertebra.

Management of Brain Metastases with Radiation

When patients with small cell lung cancer actually develop brain metastases, whole brain radiation (WBRT) is the recommended radiation treatment method, for a total dose of 3000 cGy given in 300 cGy fractions over 10 treatments. If patients have a good performance status and have an estimated survival of 6 months or more, some patients can be treated with a longer fractionation dose of 3750 cGy in 250 cGy fractions over 15 treatments.

Even when only 1 to 3 masses are detected on MRI, it is understood that in small cell lung cancer, there may be many additional masses that are too small to be detected on MRI. Because of this, focused treatments such as surgical removal or stereotactic radiosurgery (SRS) are not recommended, as the entire brain is at risk. In patients that develop brain metastases after PCI, repeat WBRT can be given safely but with more cognitive side effects (discussed in detail in Chapter 4 in the section "Palliative Radiation Therapy for Sites of Metastases in Stage IV Non-Small Cell Lung Cancer"). SRS can also be done as long as the primary lung tumor is under control and it has been a long time since the patient received PCI.\(^\text{7}\)
Prognosis

Patients with extensive stage small cell lung cancer are generally not cured with chemotherapy or radiation therapy. The purpose of treatment is to improve quality of life and symptoms as well as prolong survival. Approximately 60-70% of patients will respond to chemotherapy the first time with their cancer shrinking. Unfortunately, responses may not last for long and subsequent therapy may depend on the interval between therapy stopping and the cancer growing again. For patients who undergo treatment less than 5% of patients are alive at 5 years. Life expectancy is usually less than 2-3 months and often only a few weeks for patients who elect not to have any treatment.

Clinical Trials

Given the limited number of drugs currently approved for small cell lung cancer, not due to lack of studies but due to lack of success, clinical trials remain critical to advance therapy for this disease.

A clinical trial is a research program designed to evaluate whether a new drug is effective in the treatment of a particular disease. Some trials may compare a new treatment to the current standard of care or add a treatment to the standard of care. Some people may not wish to participate in a clinical trial for fear of not receiving adequate treatment for their disease, however this is not the case in clinical trials involving cancer patients.

Patients may speak with their doctor about a clinical trial, ask questions, and make a decision if the trial is a reasonable choice for their disease. Sometimes a patient may not be able to participate in a trial because of other comorbid illnesses and the doctor would know if this was the case.

Patient participation in a clinical trial is critical to advancing the care for patients with lung cancer. See Chapter 6: Clinical Trials and Emerging Therapies for Lung Cancer

References


Clinical Trials and Emerging Therapies for Lung Cancer

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Introduction

Clinical research is being carried out to develop novel lung cancer treatments. Several new treatments are now commercially available, and others are available only to patients who participate in clinical trials. Traditional chemotherapy attacks any rapidly dividing cells, but targeted therapy concentrates on specific abnormalities unique to cancer cells, resulting in fewer side effects and potential for improved cancer control. Targeted therapies can pinpoint specific molecular alterations to prevent tumor cells from growing and dividing out of control. Targeted therapies may be used alone or in combination with other treatments to improve overall care. However, targeted therapies often apply to a select group of patients who have tumors with unique mutations, and these therapies are not appropriate for all patients. Research and clinical trials continue to evaluate the best use of these newer targeted agents in an effort to improve the quality of life and longevity of patients.

Additional new treatments for lung cancer include immunotherapy and vaccines. Researchers and clinicians are hopeful that these therapies will improve outcomes for patients diagnosed with lung cancer. Despite these new treatments, chemotherapy remains an important treatment option, and researchers continue to evaluate newer chemotherapy agents and combinations to treat lung cancers. Other areas of research include targeted agents and chemotherapy for lung cancer maintenance (prevention of relapse) and medications to prevent lung cancer (chemoprevention) in patients at high risk for developing this disease.
Clinical Trials

Drug development begins with the identification of new substances that show anti-cancer activity in research laboratories. Following extensive laboratory testing, clinical trials are done to establish whether or not these substances are effective at fighting cancer in people. The purpose of clinical trials is to identify new agents that will improve survival or quality of life more than other currently available treatment options.

Clinical trials of new drugs are done in a series of phases, each with a specific purpose. If the drug is safe and provides benefit in an early phase trial, it is further tested in subsequent phases:

- **Phase 1**: the drug is tested for the first time in people to establish safety, tolerability, dosage, and treatment schedule for subsequent studies.
- **Phase 2**: the drug is tested in more people to determine efficacy, safety, and side effects.
- **Phase 3**: the drug is tested in a larger group of people to determine whether or not the new drug is more effective than existing treatments. Side effects and safety also are monitored.
- **Phase 4**: after approval by the United States Food and Drug Administration (FDA), the drug is available for treatment in the general population and further monitored for safety, efficacy, and long-term side effects.

During phases 1 to 3, the drugs are available only to patients who participate in the clinical trial. In phase 4, the drugs are commercially available through drug stores and specialty pharmacies. Clinical trials are available at major medical centers, but are increasingly becoming available at smaller community medical centers due to the expansion of hospital networks. A list of all clinical trials available for lung cancer patients is provided on the Internet site of the National Cancer Institute (http://www.cancer.gov/clinicaltrials/search). The treating oncologist may recommend trials that are available locally as well as at regional medical centers.

Sometimes new drugs that demonstrate a major increase in efficacy compared with older therapies are granted FDA Fast Track Status, and the FDA expedites the availability of these new treatments to patients who have limited options. Drugs with Fast Track Status are available only in clinical trials but may move through the clinical trial process and become widely available more quickly. Certain targeted therapies have shown such great efficacy and tolerability that they have moved from the phase 1 “first in human trials” to FDA approval in four years or less.
Targeted Therapy

Chemotherapy drugs are effective because they kill cancer cells that multiply rapidly. However, many normal cells also multiply rapidly, such as cells of the digestive tract, hair follicles, and blood. When these normal cells are affected by chemotherapy drugs, undesirable side effects occur. Targeted therapy includes newer drugs that interfere with specific aspects of cancer cells, avoiding damage to normal cells. Targeted therapy consists of either monoclonal antibodies (names ending in “-ab”) that target the outside surface of the cancer cell or small molecules (names ending in “-ib”) that target the inside of the cancer cell.

As genetic research advances, great strides are being taken to better understand the molecular make-up of tumors, and to determine the mechanisms which drive tumor growth, development, and spread to other organs. The wider availability of full genome sequencing of tumor DNA is opening up the opportunity for truly personalized medicine, in which therapies are targeted to the specific genetic make-up of an individuals’ tumor. Genome sequencing offers the opportunity to identify rare mutations and then design a treatment plan to block the exact mechanism that is making the cancer grow. Examples of well-studied mutations that are common in lung cancer are EGFR mutation, EML4-ALK rearrangement and KRAS mutation. Newer targets being researched in lung cancer include ROS1, BRAF, HER2, MET, PIK3CA and RET. Several drugs used to target these mutations have been approved by the FDA for either lung cancer or other types of cancer, while many of the novel agents listed below are available only through clinical trials.

Monoclonal Antibodies

Monoclonal antibodies are proteins that attach to receptors on the cell surface. The cell surface receptors may be stimulated by proteins, and this may start a controlled series of reactions inside the cell that may increase cellular growth and development. The normal cellular controls are absent in malignant cells, and cellular replication proceeds uncontrolled. Antibodies are normally produced by the immune system to fight infections caused by bacteria or viruses, and the body produces specific antibodies for each type of infectious agent (antigen) to which the body is exposed. Identification of tumor specific antigens allows novel drugs to use the immune response to recognize and fight cancer cells. The class of drugs known as monoclonal antibodies are produced in a laboratory and are designed to bind with a very specific target, such as a cell surface receptor or other defect unique to cancer cells.

Monoclonal antibodies can fight cancer cells by:

- Turning off the series of reactions in the cells by blocking the receptors,
- Targeting specific defects in the cancer cells or labeling the cancer cells, making them more vulnerable to destruction by the body’s own immune system, or delivering other drugs or substances directly to the cancer cells.
Trastuzumab is a monoclonal antibody that targets HER2 overexpression. It has been used in HER2 positive breast cancer (received FDA approval for this application in 1998), and is now being evaluated in lung cancers with the same mutation. Common side effects include nausea, vomiting, loss of appetite, fatigue and muscle or joint aches. Cardiac toxicity can be a serious complication, and warrants close monitoring. Allergic reactions may occur during the infusion of this drug. If used in combination with chemotherapy it may contribute to decreased white blood cell count and increased risk of infection.

Cetuximab is a monoclonal antibody that binds to and blocks signaling of the EGFR receptor. Although not yet FDA approved for use in lung cancer, it is currently approved for use in certain head and neck as well as colorectal cancers. Side effects include potential for allergic reactions during infusion, as well as rash, fatigue, diarrhea, and electrolyte imbalances. If used in combination with other EGFR targeted therapies significant rash and/or diarrhea may occur.

Seribantumab (MM-121) is a monoclonal antibody designed to target ErBb3 in heregulin positive NSCLC. Heregulin positive cancers tend to evade the effects of anti-cancer therapies and progress more quickly than heregulin negative cancers. Up to half of lung cancers are heregulin positive. Seribantumab was granted fast track status by the FDA in July 2016 for heregulin positive lung cancer that has progressed on immunotherapy. Efficacy and side effects are being evaluated in combination with standard of care chemotherapy through the SHERLOC trial.

Small Molecules

Small molecule drugs enter the cell and block the sequence of reactions that cause cellular proliferation. By blocking this sequence of reactions in cancer cells, the small molecule drugs kill the cancer cells and slow or stop tumor growth. In normal cells, tyrosine kinase enzymes activate a phosphorylation cascade that regulates signals sent to the cell nucleus and governs the timing of cellular proliferation, differentiation, and programmed cell death (apoptosis). In malignant cells, this communication cascade may be switched on permanently, resulting in unregulated cellular proliferation and tumor growth. Tyrosine kinase inhibitors are small molecule drugs that interfere with this sequence of reactions, stopping cell proliferation and causing cell death. New tyrosine kinase inhibitors continue to be studied for use in lung cancer, and several are now commercially available for patients with specific, targetable mutations in tumor DNA. During treatment with small molecules the cancer cells may develop additional mutations that confer resistance to first line therapy. Identification of second and third-line therapies that continue to exploit the underlying driver mutation but also block resistance mutations has become increasingly important. EGFR and ALK are two well established therapeutic targets for small molecule inhibitors. However, multiple newer targets continue to be identified, offering patients a chance at treating their disease while maintaining better quality of life with fewer side effects than they might have with chemotherapy.
Chapter 6: Clinical Trials and Emerging Therapies for Lung Cancer

EGFR inhibitors

ASP8273 is a third generation Epidermal Growth Factor Receptor (EGFR) pathway inhibitor with activity against the T790m resistance mutation. Over 60% of patients with EGFR mutation will develop a T790m resistance mutation contributing to failure of first-line EGFR inhibitor therapy. ASP8273 selectively inhibits mutant forms of EGFR, which means it may be better tolerated than other non-selective agents. Common side effects included diarrhea, nausea, vomiting, decreased platelet count and rash. Safety and efficacy continue to be evaluated in clinical trials, however, early data suggest response in up to 80% of treated patients.5

EGF816 is a third generation EGFR inhibitor with activity against exon 19 deletion, L858R and T790m mutations. Common side effects included rash, diarrhea, itching, mouth soreness, and fatigue. Response rate in the Phase 1 trial was 44%, with median response lasting 9.2 months.6 Currently this drug is available only through clinical trials.

Olmutinib (BI 1482694), a third-generation small molecule is being evaluated for use in patients with an EGFR mutation who have developed the T790m mutation following initial EGFR TKI therapy. Over half of patients (54%) responded to therapy in early trials, and their response lasted for approximately 8.3 months.7,8 Because Olmutinib spares normal EGFR, the drug is well tolerated with fewer side effects compared to first and second generation EGFR targeted therapies. Currently it is approved in South Korea, but is available in the US only through clinical trials.

PF-06747775 is a third generation EGFR inhibitor targeted against the T790m resistance mutation. It selects for mutant EGFR rather than wild type, so the side effect profile is more tolerable than with non-selective EGFR inhibitors. Safety and efficacy continue to be evaluated through phase 2 clinical trials.9

ALK inhibitors

Brigatinib (AP-26113) is an ALK inhibitor that is being evaluated for use both in the first line as well as second line settings for patients whose tumors harbor an EML4-ALK rearrangement. Phase 1/2 data were promising, with a greater than 70% response rate.10 Like several other second and third generation ALK inhibitors it also showed anti-cancer activity in the brain, which was exciting as ALK+ NSCLC tends to spread to the brain. Respiratory changes were seen in a small percentage of patients within the first 7 days of dosing, additional research is being done to further evaluate this phenomenon. This compound is tolerated quite well, with mild side effects including diarrhea, nausea, vomiting, and fatigue. Brigatinib has now moved into phase 3 testing, and remains available only through clinical trials.
Lorlatinib is a selective ALK-inhibitor that has shown activity against both initial and resistance mechanisms. In Phase 1 trials it demonstrated a 40% response rate, including activity in patients who had developed resistance mutations to prior ALK targeted therapies. In addition, it was effective in treating brain lesions. Common side effects included elevated cholesterol levels and peripheral neuropathy. It continues to be studied in Phase 2 clinical trials, and is only available through enrollment into a clinical trial.

Entrectinib is a targeted therapy with activity against ALK, ROS1 and NTRK. In the phase 1 trial 57% of ALK positive patients responded to treatment, and showed activity in the brain. Common side effects were mild, and included fatigue, taste changes, constipation, diarrhea, dizziness, paresthesia, myalgia and weight gain. It continues to be studied in phase 2 clinical trials, and is only available through enrollment into a clinical trial.

X-396 is a potent ALK inhibitor with anti-cancer activity against both treatment naïve and tumors that developed resistance to first line therapy with Crizotinib. In the phase 1 trial over 80% of patients responded to therapy, with observed activity in the brain. Response lasted for a median duration of more than 20 weeks with some responses lasting for over 50 weeks. Common side effects included rash, fatigue, nausea, vomiting and swelling. X-396 continues to be studied in phase 2 clinical trials, and is only available through enrollment into a clinical trial.

TSR-011 is an ALK inhibitor with activity against TRK as well. Data from the phase 1 trial shows that it has activity, but overall response rates were difficult to estimate due to small sample size of dose cohorts. Common side effects include fatigue, diarrhea, heart rhythm changes, headache, decreased appetite, vomiting and constipation. The safety and efficacy of TSR-011 continue to be evaluated in phase 2 clinical trials.

**ROS-1 Inhibitors**

Cabozantinib is a multi-kinase inhibitor with activity against several cell signaling targets including ROS-1 rearrangement. It is being evaluated in lung cancer following progression on Crizotinib. In particular, it has shown efficacy against the G2032R and L2026M resistance mutations found in ROS-1 rearranged tumors. Safety and efficacy of Cabozantinib continue to be evaluated in lung cancer, but common side effects when used in other types of cancer included nausea, diarrhea, fatigue, mouth sores, and hand-foot syndrome (redness, pain, tingling and numbness to hands and feet).

Ceritinib has been shown to have activity in pre-clinical studies for lung cancer tumors with ROS-1 rearrangement. Case studies are available that show response in a small number of patients. The available pre-clinical data also supports its use in patients who have progressed on Crizotinib. Particularly if they have developed the G2032R resistance mutation. Although efficacy data continues to be collected through phase 2 clinical trials, safety data can be conferred from its use in patients with an ALK rearrangement. Common
side effects include diarrhea, nausea, vomiting, increased liver function enzymes and low phosphate levels.\textsuperscript{18}

The ROS1 target is conformationally quite similar to that of ALK, thus in addition to Ceritinib both Lorlatinib and Entrectinib are also being evaluated for efficacy against ROS1 in phase 2 trials.

**BRAF Inhibitors**

Dabrafenib both as a single agent and with the addition of Trametinib is being evaluated for a subset of BRAF mutant lung cancer patients with the V600E BRAF mutation. The V600E mutation is present in approximately half of all BRAF mutant lung cancers.\textsuperscript{19} Trametinib is a MEK inhibitor which interferes with the cell signaling cascade. These drugs first showed promise in metastatic melanoma patients with the same mutation. The combination showed increased efficacy 33\% response rate with Dabrafenib alone, and 63\% response rate with Dabrafenib and Trametinib together.\textsuperscript{20} Common side effects included fever, fatigue, low white blood cell count, anemia, and low salt level.\textsuperscript{21} An unusual side effect that is unique to BRAF inhibition is the development of eruptive squamous cell carcinomas.\textsuperscript{22} Thus, patients should be evaluated by a dermatologist in the event of any skin changes or new lesions. Dabrafenib and Trametinib continue to be studied, and remain available through Phase 2 clinical trials.

Vemurafenib has also demonstrated activity in BRAF V600E mutation positive lung cancer patients. In phase 1 testing 42\% of patients responded, and preliminary 12 month survival was 66\%.\textsuperscript{23} Side effects included rash, fatigue and arthralgia. Vemurafinib continues to be studied in clinical trials as both a single agent and in combination with other agents.\textsuperscript{24}

LGX818 is a new BRAF inhibitor that is being evaluated both as monotherapy in an open-label, and in combination with the MEK inhibitor MEK162. A triplet therapy with MEK162 and LEE011 is also being considered in early phase clinical trials.\textsuperscript{25} Because these compounds are in early stages of clinical trial evaluation little safety, efficacy and response data are available. However, pre-clinical data shows that these agents and combinations show promising activity in the BRAF mutant lung cancer patient population.\textsuperscript{26}

**MEK inhibitor**

Selumetinib is a small molecule drug that has been studied in early phase clinical trials. It inhibits the mitogen-activated protein kinases MEK-1 and MEK-2. The MEK pathway is thought to be a potential therapeutic target for KRAS positive NSCLC, which are often resistant to standard chemotherapy. It stops cellular proliferation and induces apoptosis in some cell lines.\textsuperscript{27} Common side effects include rash, diarrhea, nausea, vomiting, hypertension, visual disturbance, and decreased liver function. It has been evaluated in combination with chemotherapy as well as other EGFR targeted therapies and unfortunately has not shown significant benefit in terms of progression free or overall survival benefit.
compared to standard chemotherapy. However, it continues to be evaluated in combination with immunotherapy in ongoing clinical trials.

Trametinib is being evaluated both as a single agent and in combination with other targeted therapies as well as combined with traditional standard of care chemotherapies. It showed similar efficacy to docetaxel in the second line treatment setting. Common side effects include rash, diarrhea, and retinal changes. It continues to be studied in phase 2 clinical trials, and remains available through clinical trials only.

Bimetinib (MEK162) is being evaluated in combination with other therapeutic agents for lung cancer, including standard of care chemotherapy agents as well as other targeted therapies. Common side effects include diarrhea, fatigue, elevated lipase levels, and rash. It continues to be evaluated in phase 1 clinical trials, and remains available through clinical trials only.

Additional Small Molecule Inhibitors

Multiple other targets continue to be discovered for NSCLC. These include HER2, RET, NTRK-1, PI3Ca, and MAP2K1. Numerous drugs are currently being investigated that show activity against one or more of these targets, including Cabozantanib, Alectinib, Apatinib, Vandetanib, Ponatinib, Lenvatinib, Selumetinib, Cobimetinib. Interestingly, many of these drugs have more than one intra-cellular target, and are being evaluated for application in different types of cancer as well as potentially being useful for multiple different tumor mutations. As the science of tumor genetic sequencing progresses more drug-gene targets will be established in an effort to truly personalize treatment to the genetic fingerprint of an individual patient’s cancer, with continued improvement in treatment options and therapeutic outcomes for lung cancer patients.

Immunotherapy

Cancers develop and spread in part because they evade detection by the immune system. The goal of immunotherapy is to make cancer cells recognized as abnormal or “non-self” by the immune system, enabling natural immune defense mechanisms to eliminate the cancer. With immunotherapy, side effects are typically mild because the drugs affect only certain types of cells, and they use the body’s own defenses (not cytotoxic drugs) to kill cancer cells. However, in some cases the immune system may be over-engaged, creating auto-immune inflammatory side effects. These can be severe, and may require immune suppressant medications to control.

Several antibodies are currently being evaluated that target certain immune checkpoints that have been shown to play a role in cell signaling and driving cancer growth. Some of the most promising developments in treating lung cancer have been seen in trials evaluating the Programmed Death 1 (PD-1) receptor pathway, including Opdivo (Nivolumab), Keytruda (Pembrolizumab, formerly Lambrolizumab), Atezolizumab (MPDL3280A), and Durvalumab.
Currently both Nivolumab and Pembrolizumab are approved for second line treatment of NSCLC. Pembrolizumab has also demonstrated efficacy in the first line setting. Although it is not yet FDA approved for first line treatment, it is being reviewed by the FDA for this additional indication. Atezolizumab and Durvalumab continue to be evaluated in NSCLC and show potential similar to the two currently approved drugs.

Immunotherapy is a type of targeted therapy that utilizes key receptors in the immune recognition process. The PD-1 receptor is found on immune cells (T cells), and when activated, it can suppress the ability of the immune system to recognize and attack cancer cells. Similarly, PD-L1 is the ligand to which PD-1 binds on the surface of the tumor cell. By blocking these receptor sites with targeted Anti-PD-1 or Anti-PD-L1 antibodies, it is possible to increase the body’s own defenses against cancer. This change to cell signaling enhances the immune system so that it can recognize and attack cancer cells.

Data on efficacy of these drugs continues to emerge, but they appear to be effective in 20% or more of patients, in some cases offering complete response and eradicating evidence of the cancer. At this time it appears that expression of PD1 marker on the cell surface is correlated with higher response rates. These drugs have a very different side effect profile than traditional chemotherapy drugs, and are typically well tolerated. However, because these medications increase the activity of the immune system, it is possible for the immune system to attack healthy cells along with cancer cells. Side effects are remarkably mild, but rare severe drug toxicities have occurred. Adverse effects commonly manifest as a result of an inflammatory response, and can occur nearly anywhere in the body – skin (rash), eyes (iritis/uveitis), colon (colitis/diarrhea), lungs (pneumonitis), liver (hepatitis), and kidneys (nephritis). Due to the inflammatory nature of the side effects, steroids are used to control and reverse these inflammatory-mediated reactions. At this time administration of these drugs to people with auto-immune conditions is prohibited, as the reaction of the compromised immune system is unclear and such exposure poses undue risk to patients.

Ipilimumab and Tremelimumab are monoclonal antibodies that inhibit the cytotoxic T-lymphocyte-associated protein 4 (CTLA-4) pathway. Although these have been used extensively in the treatment of melanoma, they are now being evaluated in NSCLC, typically in combination with the Anti-PD1 class of drugs. They have a similar side effect profile to the Anti-PD1 antibodies, including rash, diarrhea/colitis, hepatitis, iritis/uveitis, hormonal changes and pneumonitis. However, side effects tend to be more common with Anti-CTLA-4 drugs compared to Anti PD-1 and Anti-PD-L1 compounds.

Vaccines

Vaccines are also being used to treat lung cancer and as maintenance therapy with the goal of decreasing or preventing the risk of recurrence. Analogous to vaccines that may prevent the spread of viruses, cancer vaccines stimulate the immune system to identify and attack cancer cells without damaging normal cells.
Belagenpumatucel-L (Lucanix®) currently is being studied for people with stage III and IV NSCLC. It is given as a series of monthly injections for 12 months. Although a positive effect was seen in early studies, ultimately the vaccine did not provide survival benefit over placebo. However, the data suggested a survival benefit if the vaccine was started within 12 weeks of conclusion of chemotherapy, and if the patient had received prior radiation. Common side effects include injection site reaction and flu-like symptoms.  

Tecemotide (Stimuvax®) was studied in patients with inoperable stage III and IV NSCLC. It targets the Mucin 1 (MUC1) protein on the surface of cancer cells. The MUC1 protein is a good target because overexpression of this protein in cancer cells may cause decreased apoptosis, decreased immune function, and increased resistance to chemotherapeutic agents. Final analysis of a large phase 3 trial did not yield overall survival benefit, but there was an over 10 month improvement in survival in the subset of patients treated with concurrent chemotherapy and radiation, compared to those who received their therapies sequentially. Common side effects include injection site reaction, nausea, vomiting, diarrhea, and flu-like symptoms.  

TG4010 is targeted immunotherapy based on a pox virus (the Modified Vaccinia Ankara virus) that codes for the MUC1 tumor-associated antigen and interleukin-2. TG4010 has been assessed in combination with first-line chemotherapy in advanced NSCLC and has shown an improvement in progression-free survival. Common side effects include injection site reaction and flu-like symptoms. TG4010 continues to be evaluated in phase 3 clinical trials.  

BI 1361849 (CV9202) is a vaccine that is made up of six mRNAs that code for six different NSCLC-associated antigens. A phase 1 trial demonstrated safety and tolerability of the compound, as well as an enhanced anti-tumor effect when combined with radiation. Collection of survival data remains ongoing. The most common side effects were injection site reactions and mild to moderate flu-like symptoms. As it is thought that this compound may increase tumor infiltrating lymphocytes, a trial combining it with an immunotherapeutic agent targeting Anti-PD-1 is currently enrolling patients.  

Chemotherapy  

Although much research is focusing on new approaches to lung cancer treatment, research also is being done to develop new drugs for chemotherapy or improve existing chemotherapy regimens. Combination therapy has long been the hallmark of cancer treatment. As promising new agents are identified, they are evaluated in clinical trials in an effort to identify novel treatment modalities that will improve quality of life and prolong survival. Multiple trials evaluating the addition of small molecules, monoclonal antibodies, as well as immunotherapy are currently underway.  

Amrubicin is approved by the FDA for use in treating breast cancer, and has been investigated for use in treating both small cell and non-small cell lung cancer. It did not
provide survival benefit when compared to topotecan in second line treatment for small cell lung cancer.\textsuperscript{48} It is an anthracycline, a highly effective class of chemotherapy drugs that has a high risk of cardiac toxicity (damage to the heart). However, amrubicin does not cause the same amount of cardiac toxicity observed with other anthracyclines, even at high doses.\textsuperscript{49} Common side effects include decreased bone marrow function (anemia, neutropenia, and low platelet counts).

**Maintenance Therapy**

Maintenance therapy can be given to patients in remission, or to prevent relapse of cancer. Erlotinib (Tarceva®) was approved by the FDA in 2010 as a maintenance therapy for NSCLC patients who completed at least four cycles of platinum-based therapy, and who have disease that has not progressed.\textsuperscript{50} Pemetrexed (Alimta®) was approved by the FDA in 2008 as a maintenance therapy for patients with non-squamous NSCLC who completed at least four cycles of platinum-based therapy, and who have disease that has not progressed. Bevacizumab (Avastin®) has not been approved by the FDA for maintenance treatment in NSCLC, but it frequently is continued as a single agent after being used in combination with other chemotherapy drugs in the initial or induction treatment.

**Chemoprevention**

Multiple studies have been conducted in an effort to identify compounds that might prevent the development of lung cancer. Unfortunately, to date none have been identified that have demonstrated a dramatic decrease in cancer rates.\textsuperscript{51} Antioxidants and anti-inflammatory drugs like COX-2 inhibitors did not ultimately show a decreased cancer incidence, but aspirin seemed to slightly decrease risk in several studies, particularly in those at highest risk for developing lung cancer.\textsuperscript{52} A better understanding of features of pre-malignant lesions continues to develop, and a personalized “cocktail” may ultimately offer the best protection against developing lung cancer in high risk individuals.\textsuperscript{53}

Pioglitazone hydrochloride (Actos®), a drug used in treating type 2 diabetes mellitus, is being evaluated as a drug that may slow or prevent the growth of tumors in patients with NSCLC. Currently it is being evaluated in patients with a smoking history who are at risk for developing lung cancer. A trial considering it in patients with stage IA through IIIA NSCLC was terminated early due to low enrollment. However, Pioglitazone is not without side effects. Cardiotoxicity has been noted, as well as the potential risk for developing bladder cancer.\textsuperscript{54} Additional information is needed to better understand the risks and benefits of potential long term use as a protective agent.

**Lung Cancer Screening Programs**

Because 1 in 9 smokers will go on to develop lung cancer\textsuperscript{55}, avoiding exposure to tobacco smoke and smoking cessation remain the best defense against lung cancer. See Chapter 11,
How to Quit Smoking Confidently and Successfully. However, novel screening algorithms are being developed for use of low-dose screening CT scans in order to identify both those individuals at highest risk for lung cancer, as well as to identify cancers in an early, asymptomatic, surgically resectable and thus more treatable stage. The best lung cancer screening programs are comprehensive, and include the services of pulmonary experts, as well as oncologists and counselors who can educate patients regarding their risk of developing cancer as well as interpret and appropriately act on any screening test results.

Conclusion

Lung cancer is a devastating diagnosis, but research is improving the options for treatment of this disease. Chemotherapy is the mainstay of treatment for most advanced lung cancers. New targeted therapies and immunotherapies are changing the treatment landscape for lung cancer, with several new drugs demonstrating remarkable improvement in patient outcomes in terms of both progression free and overall survival. Additional novel agents used both alone and in combination with existing agents are being studied in clinical trials, with the goal of further improving patient outcomes and survival. More therapies will become available in the near future. With advances in lung cancer treatment, patients will benefit with improved tolerance and response to therapy, such that lung cancer may well evolve to a chronic disease such that even if it remains incurable, it may be treated and managed for many years.

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Supportive Care

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Introduction

Advances in early detection and the development of new treatment options have increased survival rates for lung cancer patients over the last decade. However, many of these improvements are associated with long-term side effects during the course of the disease. It is important to address the longitudinal effects of treatment and recognize the need for supportive care interventions for patients. Many treatment options available in standard care or clinical trials are accompanied by known side effects. Advances in supportive care have changed the cancer experience for many patients. Supportive care is a valuable part of the success of treatment and helps to provide positive outcomes. As a result, practitioners are better prepared to address and prevent cancer-related symptoms.

Supportive care is a term that refers to treatment that aims to decrease or eliminate symptoms associated with cancer. The goal is to maximize comfort, minimize suffering, and ensure the highest quality of life. Supportive care focuses on treating cancer-related symptoms, preventing and managing treatment-related side effects, recognizing and supporting psychosocial distress, and helping to develop strategies for improving quality of life. Comprehensive supportive care may address symptoms that occur at diagnosis and during or after treatment.

Being diagnosed with lung cancer is a life changing event that can have a profound effect on the physical, emotional, and psychosocial aspects of one’s well-being. There are many symptoms and side effects associated with lung cancer diagnosis and treatment. These symptoms can interfere with the ability to function and perform daily activities, decreasing the patient’s quality of life, especially if symptoms are ignored and go untreated. Lung cancer patients have more unmet supportive care needs than patients with other cancers. Lung cancer is often associated with a heavy disease burden and patients can derive benefit from supportive care interventions, thus limiting impact. Supportive care interventions can improve well-being and survival for cancer patients. Intervening early may decrease unnecessary suffering and enable patients to feel strong enough to be active participants in their own cancer care. The goal of supportive care is to
provide patients with the best quality of life throughout the cancer experience, enabling them to perform daily activities and engage in activities that bring them joy and happiness.

Supportive care is important throughout the continuum of cancer care. Supportive care needs may change during the course of the disease and assessment, including diagnosis, treatment, survivorship, and end of life. People living with cancer may experience varied symptoms during the course of the disease, such as more psychological concerns and symptoms at the time of diagnosis than at later stages of treatment. However, physical symptoms may become an immediate concern during treatment. As the disease and physical symptoms progress, patients may experience difficulties in coping with the situation. Patients with advanced cancer or disease progression must address a change or deterioration of physical health, resulting in psychological and social concerns. The management of these symptoms and psychological distress is important to optimize quality of life.

Symptom Management

Multidisciplinary healthcare teams provide comprehensive assessment and consultation for lung cancer patients. The teams are integral to ensure a holistic treatment approach, treating the whole person and not just the cancer itself. The primary treatment team includes a physician (medical oncologist, radiation oncologist, or thoracic surgeon, depending on the course of treatment) and a primary nurse. As supportive care needs emerge, a patient may be referred to other members of the team, such as social workers, psychiatrists, palliative care/supportive care clinicians, or dietitians, to make further assessments and supportive care recommendations. The most important member of the treatment team is the patient. Many of the symptoms and side effects associated with lung cancer diagnosis are subjective and require self-reporting and monitoring. Open communication with clinicians about any symptoms or side effects makes the patient a partner in the care and helps the healthcare team understand and recognize the onset of side effects. A comprehensive supportive care plan with the healthcare team enables the highest possible mental, emotional, and physical well-being. The goal includes controlling symptoms related to the lung cancer and treatment, and concurrently providing psychosocial care to improve quality of life. Most symptoms can be effectively controlled and managed, and new supportive care treatments are being developed.

The most important member of the treatment team is the patient.

There are many side effects associated with lung cancer and treatment. Symptoms and side effects vary between patients and treatments during the course of the disease. Effectively communicating any changes experienced can prevent unnecessary suffering or interruption of treatment. With the growing research and knowledge of these side effects, medications and self-help strategies can be recommended to help prevent symptoms before they occur. However, if
new symptoms arise, effective treatments can be prescribed to help control them. It is important to know that symptoms can be managed successfully if they are addressed and treated early.

Patients, family members, and members of the health care team should openly and honestly discuss expectations before the start of each new therapy. Having an open dialogue about treatment goals and an understanding about the potential side effects can ease distress and anxiety. Patients should ask questions and gather as much information as possible to help them assess whether the benefits of treatment outweigh the potential effect on their quality of life.

Some sample questions include:

- What are the reported side effects associated with this treatment?
- How often do patients experience these side effects?
- How are side effects managed?
- Will I still be able to do the activities that I value (i.e. golfing, running, traveling, swimming, and knitting)?
- Do the benefits of the treatment or specific drug outweigh the risk of side effects?

Asking these questions can help in the decision about treatment and better prepare the patient recognize and handle when the side effect occurs. While the side effect profiles for standard of care treatment regimens are well documented, the side effect profiles for clinical research trials may be less known and depending on the phase of the trial side effects may be unknown. When participating in a clinical trial, it is of great importance to learn about the side effects that previous patients have experienced while on the experimental regimen. It is also important to also accurately document and report any side effects you may experience while on a trial. Preparing for making a treatment decision is an important time for patients to relay their value system to the healthcare team. Some patients value their physical appearance, and the loss of hair during treatment would have a major negative effect on their self-image and social activity level. Knowing this, the clinician may be able to discuss some treatment options with minimal or no hair loss.

**Communicating Symptoms**

Communication is a vital part of symptom management. Symptom documentation in a journal is an excellent way for patients to participate in their care and should be an integral part of the cancer experience. Documenting the onset of new symptoms and being able to effectively communicate this information can have a major effect the success of treatment (Figure 1). Daily symptom tracking, especially while receiving treatment, helps patients identify any changes in their physical, psychological, and emotional health. Maintaining this crucial information can help assess and manage the supportive care needs of the patient. The ability to reference and chart the progress of specific issues enables the patient to have an open dialogue with the team. Furthermore, keeping a journal is important in self-help strategies. When managing fatigue, a patient can refer to the journal and identify periods during
the day of both high and low energy, and then try to accomplish essential tasks during periods of high energy.

In this chapter, we focus on the physical and psychosocial symptoms associated with lung cancer and identify supportive care strategies to improve quality of life. Information provided can help patients be aware of potential symptoms and recognize the early onset of symptoms. Patients can better tolerate treatment by working quickly to address any symptoms. The goal is to openly communicate about any symptoms or changes in function to ensure the best quality of life and active participation in all decisions during and after treatment.

The Changing Role of Palliative and Supportive Care Services

The word palliative means to relieve from suffering. The field of palliative care had previously focused on care related to end of life. There has been an increased understanding of the importance of palliative care services being integrated into all aspects of cancer care. There has been a new focus on the value of services being provided through diagnosis, treatment, survivorship, and later increased levels of needs at the end of life. Palliative care services should be integrated into every aspect of comprehensive care.

Palliative care focuses on the management of pain and other distressing symptoms. The goal is to prevent and relieve symptoms to support quality of life. Services can be delivered concurrently with life-prolonging treatments, not just end of life care. For advanced stage lung cancer patients, early palliative care can cause major improvements in quality of life, decreased psychological symptoms, and survival benefits. There is important value to providing palliative care throughout the continuum of care.

Physical Symptoms Associated with Lung Cancer

**Fatigue**

Fatigue is among the most common problems experienced by patients, occurring in approximately 90% patients receiving treatment. Fatigue is disruptive and debilitating because it affects all aspects of life. Some patients report that fatigue is worse than nausea or pain that can be controlled with medications. Persistent fatigue can negatively affect quality of life because patients may have less energy to perform typical daily activities and activities they value.

**Causes and Assessment**

Fatigue is the overall feeling of being tired physically, mentally, and emotionally. Patients may describe fatigue as general weakness, persistent lack of energy, exhaustion, lack of motivation, and inability to concentrate. Contributing factors to fatigue include pain, anemia, psychological distress, sleep disturbance, nutritional deficiency, prescription medications, and cancer treatment. Chemotherapy agents may cause changes in blood count levels. Platinum-based chemotherapy agents, taxanes, and pemetrexed may cause
anemia and fatigue symptoms in lung cancer patients. Fatigue can linger for 1 to 7 years after cancer treatment has been completed. A change in breathing capacity may cause fatigue. For those who have undergone surgery, breathing capacity could be impaired and can lead to fatigue and lack of energy.

Fatigue could be caused by an underlying psychosocial issue. Depression and fatigue may be concurrent symptoms, and an assessment may be conducted to determine the current level of psychological distress. Sleep disturbance occurs in 30% to 75% of cancer patients, ranging from insomnia (lack of sleep) to hypersomnia (too much sleep). Some patients frequently wake up during the night or have difficulty falling asleep, and both can lead to fatigue.

New medications or the interactions between several medications may cause fatigue. The health-care team can evaluate current medications and may need to adjust the dosage, switch to an alternative medication, or recommend the discontinuation of a certain medication. Some of the common prescriptions that are associated with fatigue include antidepressants, sleep medication, and pain medication (analgesics).

Poor nutrition or changes in eating habits can contribute to fatigue and lack of energy. The body requires balanced nutrition including good carbohydrates, proteins, fats, vitamins, minerals, and fluids. When there is an imbalance, the body may have difficulty producing the necessary energy to function properly. Cancer patients often experience changes in their nutrition and levels of nutrients. These deficiencies could be caused by changes in metabolism, poor appetite, nausea, vomiting, or diarrhea.

Fatigue level can vary from patient to patient and can fluctuate throughout the course of the cancer. Fatigue is subjective, and it is important that patients recognize any changes in energy level and discuss these changes with the healthcare team. Clinicians may assess the level of fatigue, the underlying causes, and contributing factors. Blood tests may determine that anemia is the primary cause of the fatigue. After careful evaluation, the healthcare team can help determine the level to which fatigue is interfering with function and make appropriate recommendations.

Pharmaceutical interventions may be recommended after the underlying causes are identified. If insomnia is the cause, a sleep aid or anti-anxiety medication might be prescribed. Fatigue can persist after active cancer treatment is completed, and continued assessment is important.

**Strategies for Management of Cancer-related Fatigue**

By understanding and monitoring fatigue, patients can reduce distress and better cope with the disease. While on active treatment, daily self-monitoring of fatigue is important, and having a symptom journal may enable patients to chart levels of fatigue, activity
patterns, and potential causes. The journal may provide important detailed information for discussion with the healthcare team. Questions for patients may include:

- On a scale of 0 (no fatigue) to 10 (worst fatigue ever experienced), what is the level of fatigue today?
- When did the fatigue begin?
- How has fatigue progressed since onset?
- What makes the fatigue worse?
- What makes the fatigue better?

Self-help techniques that may help with fatigue include energy conservation, a technique that focuses on the deliberate management of energy to avoid depletion. Patients can prioritize important activities and pace themselves throughout the day. Energy conservation also includes eliminating or delegating any nonessential tasks. Patients can seek the assistance of their support system, including family, friends, and neighbors, to help with these nonessential activities.

Referencing the symptom journal can help patients identify patterns of peaks in energy levels. These peaks provide an opportunity to accomplish tasks of value. For example, if taking a walk is important, this may be done at times of increased energy during the day. Increasing physical activity may boost energy levels. Sleep disturbance may be alleviated with increased physical activity and limiting caffeine and naps late in the day. Patients participating in moderate activity may have better outcomes of cancer care and may experience fewer side effects. In some cases, psychosocial interventions, nutritional consultation, and cognitive therapy are useful tools to decrease the effects of fatigue. Nutritional assessment and consultation with a dietitian can help ensure that patients are getting the proper balance of nutrients, hydration, and electrolytes.

Fatigue symptoms usually decrease, and energy levels improve, after treatment has been completed, but some patients experience prolonged fatigue. It is important that intervention begins early so that fatigue does not affect function, increase distress, and impair the ability to cope with the disease and treatment.

Gastrointestinal (GI) Symptoms Associated with Lung Cancer

### Nausea and Vomiting

Chemotherapy-induced nausea and vomiting are often associated with the onset of treatment, but are not caused by all chemotherapy agents. Nausea and vomiting can have a major effect on quality of life. Uncontrolled nausea and vomiting will decrease quality of life and may cause nutritional deficiencies, metabolic imbalances, decline in functional ability, and withdrawal from therapy. There have been major advances that effectively
control and prevent nausea and vomiting. Antiemetic drugs prevent nausea and vomiting and are frequently given to patients receiving chemotherapy.

The healthcare team can estimate the type of symptoms experienced from the class of chemotherapy drug, dosage of radiation, or surgery. Nausea and vomiting are classified as acute, delayed, anticipatory, breakthrough, and refractory. Acute nausea and vomiting occur within 24 hours after treatment. Delayed nausea and vomiting occur after 24 hours following treatment, typically within 48 to 72 hours after treatment, lasting up to a week, and are likely to occur with chemotherapy agents such as cisplatin and carboplatin. Anticipatory nausea and vomiting, triggered by thoughts of starting a new cycle of treatment, may occur in 20% patients. Breakthrough nausea and vomiting occur when anti-nausea medications fail, and the healthcare team may increase the dosage or prescribe an alternative antiemetic medication. It is easier to prevent nausea and vomiting from occurring than to control it, so clinicians often prescribe antiemetic medications prior to the start of the treatment cycle. Common antiemetics include ondansetron, palonosetron, dolasetron, prochlorperazine, and promethazine, and drug selection is based on the treatment regimen and side effect profile. These medications come in liquid, tablet, and suppository forms. In some cases, the antiemetic is given concurrently with chemotherapy infusion.

Depending on the treatment, the treatment team may recommend that the patient continue taking the medication for several days.

**Strategies to Manage Nausea and Vomiting**

The risk of developing chemotherapy-induced nausea and vomiting can often be predicted based on the drug regimen, so it is important to communicate the symptoms, if any, prior to the start of each new therapy. It is important to relay any change or breakthrough nausea experienced. If this occurs, there are several different medications that can be prescribed. Antiemetic medication can be prescribed to alleviate anticipatory nausea. In addition, behavioral therapy or systematic desensitization can be successful to decrease anticipatory nausea. It is important that the patient stay hydrated and have increased fluid intake (small amounts frequently) because dehydration can make symptoms worse. In addition, breathing exercises and relaxation are important ways to alleviate symptoms.

**Constipation**

Constipation can be uncomfortable and accompanied by abdominal discomfort and cramping. It can be caused by physical weakness, changes in appetite, decreased activity, and medications such as pain medications. Constipation may be relieved by relaxation, increased physical activity, and altered diet including an increase in fluids, vegetables, fruits, and fiber. If symptoms persist, discussion with the healthcare team may be helpful. Maintaining a journal of symptoms can provide useful information, including duration of the constipation and alleviating factors, to help develop a treatment plan. Before taking herbal
supplements, laxatives, or stool softeners, the patient should check with the healthcare team to ensure these nonprescription medications will not interact with any treatment medications.

Weight loss may progress during the disease and may be distressing because it can be easily seen. The causes of continued weight loss can include a metabolic reaction to the cancer; difficulty swallowing because of persistent cough, dyspnea, or radiation-induced esophagitis; depression; and side effects of treatment including poor appetite, mouth sores, nausea, vomiting, difficulty swallowing, sore throat, dry mouth, or a change in taste sensation.

The most serious and distressing form of cancer-related weight loss and weakness is cancer cachexia. The patient loses body fat and lean muscle mass. Although weight loss can be a symptom associated with all stages of lung cancer, cancer cachexia is associated with advanced or metastatic lung cancer.

The healthcare team checks a patient’s weight at each follow-up visit, and the patient should also monitor changes in weight. If weight loss is substantial and intervention is needed, an appetite stimulant might be prescribed, such as megestrol, dexamethasone, or prednisone. When the loss of muscle mass has occurred, an anabolic steroid might be prescribed.

It is important to maintain a healthy, balanced diet. With weight loss during treatment, eating foods to “bulk up” may not address muscle loss because high caloric foods may cause weight gained from fat. It is essential that a balanced diet is consumed, rich in vitamins, minerals, proteins, and carbohydrates.

Consulting with a nutritionist or registered dietitian can be helpful to develop a diet that meets the patient’s individualized needs. Earlier determination of the cause of weight loss may provide a better result. If the weight loss is caused by difficulty in swallowing, nausea, vomiting, or mouth sores, it is imperative that the underlying causes are addressed. Although patients might not feel like eating, it is important to keep up their energy and strength. Maintaining healthy nutrition while undergoing treatment can help boost the immune system and help the patient tolerate treatment.

Weight gain - Patients may experience weight gain during treatment because of prescribed medications, such as steroids, including prednisone that may cause increased appetite and weight gain. In addition, some medications may cause fluid retention. Weight gain should be discussed with the healthcare team, and a nutritional consultation may be necessary. See Chapter 8: Nutrition in the Patient with Lung Cancer.
Chapter 7: Supportive Care

Respiratory Symptoms of Lung Cancer

Cough

Cough is a very common symptom of lung cancer. Persistent cough may be an early symptom that may lead to a lung cancer diagnosis and may be a troubling symptom throughout the disease course, interfering with speech, eating, and sleeping. Coughing is a natural response to irritation of the airways, and it is the body’s way of clearing out the airways to eliminate any foreign substance. Cough may be dry or productive. Dry cough can be caused by allergies, inhalation of irritants, sore throat, asthma, or sinusitis. Productive cough, which is the coughing up of phlegm (mucus), is a result of chest congestion or excess fluid in the lungs, and may be caused by the common cold, pneumonia, flu, or bronchitis. It is important to note if the phlegm (mucus) is blood streaked (hemoptysis). While hemoptysis is common in lung cancer, the frequency and quantity of blood should be communicated to the treatment team to determine its acute or chronic nature.

The development of a cough that interferes with normal activities should be reported. Recognizing and intervening early can help to decrease unnecessary suffering. Tumors can also partially block or completely block airways and could be the primary cause of a cough and infection. If infection occurs, antibiotics may be prescribed or a procedure may be done to unblock the airways. The healthcare team may evaluate symptoms and recommend a cough suppressant to help alleviate symptoms. Although mild nonprescription cough suppressants are available, persistent symptoms that interfere with daily life may be treated with bronchodilators or opiate drugs.

Difficulty Breathing (Dyspnea)

Dyspnea is labored, difficult breathing, often leading to discomfort. It may be felt as fast, shallow breathing, chest tightness or pressure, suffocation, and shortness of breath. Patients may say, “I feel like I cannot catch my breath.” Dyspnea may be associated with other respiratory conditions such as asthma, chronic obstructive pulmonary disorder, or emphysema. Dyspnea may be present at rest and increased during physical exertion. Dyspnea may evoke anxiety that may worsen other symptoms. The monitoring of respiratory symptoms is important for maintaining quality of life.

Causes of dyspnea include infection, accumulation of fluid in or around the lungs (pleural effusion), or recent surgery. It is important to discuss the onset of these symptoms with a member of the healthcare team. The treatments may vary and could include supplemental oxygen or prescribed medications such as steroids or bronchodilators. If dyspnea is related to a pleural effusion, surgery (pleurodesis) may be an option to remove the excess fluid. Approximately 50% to 70% patients with a pleural effusion experience dyspnea. Recent studies show that pharmacological interventions such as opioids may provide relief for patients. Self-help strategies can be helpful, including: controlled breathing, coping skill training, focused abdominal breathing, meditation, and relaxation techniques.
Other Symptoms of Lung Cancer

**Skin Conditions**

A rash is a noticeable change in skin color, texture, and appearance. It may be localized to a part of the body or may affect the entire body. Rashes can cause discomfort and affect appearance and self-esteem. Skin inflammation and rash may be a side effect of some chemotherapy agents, and these rashes can be mild to severe, affecting the face, scalp, neck, and back. The irritation is characterized by redness and may resemble acne, which can be uncomfortable. The healthcare team should be informed of a rash.

Treatment may include antibiotics and topical creams. If symptoms become severe, the chemotherapy drug may be changed or discontinued until symptoms resolve. Self-help strategies to control and manage treatment-related skin irritation include avoiding the sun and ultraviolet light, avoiding hot showers, staying hydrated, and using fragrance-free and sensitive skin products.

**Changes in Blood Cell Counts (Anemia and Neutropenia)**

Chemotherapy and radiation can cause myelosuppression, which is suppression of the bone marrow, resulting in low blood cell count levels. Red blood cells carry oxygen throughout the body.

Anemia (low red blood cell count) may occur as a result of cancer or chemotherapy, resulting in fatigue and weakness. After evaluation to determine the cause of the anemia, patients may be prescribed medications, such as epoetin or darbepoetin, or a transfusion of packed red blood cells.

White blood cells help to fight infection, and neutropenia (low white blood cell count) is a risk factor for the development of infection in cancer patients. Fever is an early sign of infection, and it is important to report any elevated body temperature. Elevated temperature (> 100°F) could indicate infection and should be monitored closely. Additional signs of infection include chills, pain, swelling, redness at an incision site, mouth sores, and diarrhea. If patients experience any of these symptoms, they should immediately contact their treatment team. In many cases, antibiotics may be prescribed. It is especially important to report any fever or other symptoms when patients are participating in clinical research trials.

Effective strategies to prevent and manage infections in neutropenic cancer patients have led to better outcomes. Medications that may prevent blood counts from dropping include filgrastim and pegfilgrastim.

**Cancer-Related Pain**

Pain is a frequent and distressing symptom associated with lung cancer. Pain is the most common cause of disability and associated with
sleep disturbances, anxiety and dyspnea, all impacting quality of life when not controlled. The patient may experience pain as a result of cancer pressure on a nerve, spread to the bone, or treatment. Pain is subjective and pain tolerance varies.

The National Comprehensive Cancer Network NCCN defines cancer pain as a sensory and emotional response associated with actual or potential tissue damage. Reporting pain early and referral to supportive cancer services are crucial for the management of any pain. Pain is experienced in 25% newly diagnosed patients, 33% patients undergoing treatment, and 75% patients with advanced stage disease.

In most patients, cancer pain can be controlled with prescribed medication and behavioral strategies. However, unrelieved pain may have a major negative effect on the quality of life, and pain can inhibit normal activities. Chronic pain robs patients of comfort and affects motivation, social interactions, and activities.

Early treatment of pain is preferred. A comprehensive assessment may provide a detailed description to ensure effective management. Pain levels are self-reported, and analog scales are used by clinicians.

Patients can assess the level of pain by asking the following questions:

- On a scale of 0 to 10 (0, no pain; 10, the worst pain ever experienced), what is the current level of pain?
- Where is the pain located?
- How does it feel or how can the pain be described (i.e. aching, stabbing, dull)?
- When does relief occur and how long does it last?
- What activities make the pain worse?
- What activities are being avoided because of the pain?

The pain scale is an effective way to describe the magnitude of pain experienced (mild, 1 to 3; moderate, 4 to 6; severe, 7 to 10). There also are non-verbal cues, such as body language and facial expressions that family members can use to be aware of the pain level experienced by a patient. Treatment can be tailored and individualized. Medications can cause new side effects or can make existing side effects worse, so the goal is to minimize the pain experienced and limit the potential side effects of pain medications. It is important to openly discuss expectations and goals associated with symptom management.

Neuropathic pain is a chronic, often debilitating, condition affecting many cancer patients. Signs and symptoms can vary from patient to patient. Cancer patients experience neuropathic pain as a result of nerve compression by the tumor or neurotoxicity of chemotherapy agents. Chemotherapy-induced peripheral neuropathy is a subset of cancer neuropathic syndromes. When chemotherapy-induced peripheral neuropathy is present, treatment is stopped and time is allowed for nerves to recover. Stopping anti-tumor treatment is a difficult decision. Patients and
providers must weigh the potential benefits of treatment against the devastating short- and long-term impairment. Neuropathy can be a major cause of symptom distress. It can produce high levels of pain, numbness, burning sensations, discomfort, sensorimotor dysfunction, and interference with daily activities.

**Strategies for Pain Management**

After a thorough evaluation, interventions can help decrease pain. Pain relieving medications (analgesics) include non-opioids such as naproxen, ibuprofen, aspirin, nonsteroidal anti-inflammatory drugs (NSAID), and acetaminophen. Acetaminophen is an analgesic and antipyretic but not an anti-inflammatory drug, and may be cautioned for those with compromised liver and kidney function. These medications are suggested for mild pain. Opioids frequently are prescribed for moderate pain, and these include hydrocodone, codeine, oxycodone, propoxyphene, or tramadol. If pain is severe, stronger opioids are prescribed, such as morphine, oxycodone, or fentanyl. Pain medications come in varied forms and delivery systems (tablets, liquid, patches, suppositories, and injections). For patients with difficulty swallowing, a liquid may be prescribed.

Opioids can cause new side effects or can make existing side effects worse. Opioids cause constipation, nausea, and skin itchiness (pruritis). Pruritis occurs in 10% to 50% of patients taking opioids. Some symptoms can be anticipated and measures can be taken for prevention. Opioid-induced constipation can be treated with stool softeners or dietary changes and increased fluid intake. Severe pain may be relieved with interventional therapies, including nerve blocks or an injection between vertebrae. It is important to report side effects promptly to the healthcare team. Maintaining information in the symptom journal about pain provides important information that the treatment team can use to help relieve pain.

**Self-Help Strategies and Behavioral Interventions**

Complementary and alternative medicine strategies or integrative techniques can be used to help alleviate cancer-related pain, including meditation, yoga, acupuncture, and massage. Many patients do not report all levels of pain experienced because they feel that pain is a normal effect of cancer, they fear becoming addicted to pain medication, or they fear side effects. For those who have concerns about medication, these techniques can be powerful because they focus on the mind-body relationship and help the body relax, which has benefits far beyond pain control.

Pain can be controlled by cognitive techniques such as guided imagery (for example, in a state of relaxation, think about a positive image that evokes a sense of calm, such as a walk on the beach), hypnosis, distraction, or behavioral techniques such as activity pacing, behavioral goal setting, and relaxation. Biofeedback may cause voluntary relaxation of muscles. The benefits of massage include reduction in pain, anxiety, fatigue, and nausea.
Psychological Symptoms Associated with Lung Cancer

The diagnosis of lung cancer is a stressful and life changing event for the patient and entire family, with psychological, social, and emotional challenges. Patients describe having to find a new sense of “normal” because the disease has such far reaching effects on all aspects of daily life. This life threatening illness can have severe effects on psychological health.

The stress associated with cancer can manifest physically and psychologically. Although the psychological changes may be more difficult to recognize, they are just as important and should be addressed. It is very common to have emotional and psychological distress in cancer patients. It may occur immediately after diagnosis and throughout treatment, and may worsen as the condition deteriorates. Many of the drugs used in cancer treatment can affect the balance of chemicals in the brain and contribute to changes in behavior, mood, sleep patterns, and anxiety levels.

Psychological distress may cause a lack of motivation to engage in meaningful activities, a reduction in cognitive and social functioning, and an overall increased level of fatigue. It is important that an open discussion occurs with the healthcare team about all aspects of the treatment, and activities that are meaningful to the patient are identified. If treatment and side effects prevent the patient from engaging in these activities, psychological distress levels and coping ability can be drastically affected. Depression is especially common in lung cancer patients, and those receiving a lung cancer diagnosis may experience higher levels of distress compared with other cancer diagnoses, in part because of the advanced stage of the cancer at diagnosis and the heavy burden of symptoms frequently associated with lung cancer.

Functional impairment, which is the inability to carry out functional activities, is the most important risk factor for the development of depression. For every increment of physical impairment, the risk of depression is increased by 41% because the patient can no longer perform the same level of activities as before diagnosis or treatment. Patients must rely on others, and this loss of independence can lead to distress and depression.

A cancer diagnosis generates feelings of sadness, anger, anxiety, and fear. Patients and families struggle with quickly having to define, put into context, comprehend, and make important decisions. The initial adaptation to a diagnosis can be influenced by pre-existing psychological factors. Patients who have a past history of depressive disorders (diagnosed or undiagnosed) should be carefully monitored throughout the cancer course, because the events associated with the diagnosis serve as triggers for depression. A history of depressive disorders can be worsened or aggravated by the cancer course. People deal with their diagnosis in the context of their social environment, and the social support system can positively or negatively influence how a patient copes with the illness.

A cancer diagnosis and treatment may cause cognitive changes. “Chemo-brain” is a term often used to describe a group of symptoms related to effects of cancer treatment. Symptoms include...
levels of forgetfulness, difficulty concentrating, and difficulty with multitasking. This can become a very distressing and lingering symptom.

There may be unmet psychological burdens experienced in tobacco-related disease, including elements of blame or guilt that patients place on themselves. This can severely affect coping ability and the seeking of supportive services. Early assessment and treatment of these symptoms are crucial for maintaining quality of life. There are treatments and strategies that can help patients better cope throughout the cancer course.

Distress

The overall psychological burden of the cancer experience is referred to as distress. Distress is a multi-factorial emotional, psychological, social, and spiritual experience that can interfere with the ability to cope with a cancer diagnosis and treatment. The prevalence of distress varies by cancer type and ranges from 35% to 43% in lung cancer. There are many symptoms of cancer-related distress. Patients can feel general denial, sadness, anger, fear, or vulnerability. These feelings are normal responses to coping with the disease. This generalized distress can progress to more severe depression and anxiety, and cause an inability to cope with daily life.

Distress can affect quality of life during the entire course of the illness. Many (25% to 40%) cancer survivors continue to suffer from sadness, often severe enough to require intervention. The end of treatment can also be a time of heightened distress because there is uncertainty about cancer recurrence. Furthermore, responsibilities that are often placed on hold during treatment must now be addressed. In addition, the patient may face the loss of a strong support system because of decreased contact with members of treatment team, family, or friends.

Psychological issues often are unreported for many reasons, including the general stigma about psychological issues or feeling that symptoms are expected. Although there are varied levels of distress, mild symptoms may affect normal daily activities, and this should be discussed with the healthcare team. Mild distress includes fear, uncertainty, worry, sadness, poor sleep, poor concentration, or thinking much about the illness. Mild distress can become severe, so it is important to evaluate distress levels frequently, identify distress early, and intervene. Early evaluation and screening can lead to timely management of distress and minimize interference with daily activities. Distress may be unrecognized and only 10% patients receive support for distress.

Assessment and Strategies for Self-Help

The National Comprehensive Cancer Network (NCCN) recommends screening all cancer patients for psychological distress at each follow-up visit. The Distress Thermometer is a standardized survey frequently used to measure and evaluate distress. The Distress Thermometer quantifies stress on a scale from 0 to 10 (0, no distress; 10,
Chapter 7: Supportive Care

extreme distress), based on the answer to the question, “How is your level of distress today?” or “How is your level of distress been during the past week?” The Distress Thermometer may be accompanied by a 38-item problem list, which may identify problems in five different categories: practical, family, emotional, physical, and spiritual or religious. Greater distress is associated with negative outcomes, including non-adherence to treatment recommendations, poor satisfaction with overall care, and decreased quality of life.

The healthcare team may include professionals who are experts in psycho-oncology, including social workers, chaplains, palliative care specialists, psychologists, and psychiatrists. Experts in this field can assess and provide critical support for patients and their families. A patient’s coping style and perceived social support are two important factors positively associated with adaption to distress. Social supports, community resources, and support groups may be helpful, including teleconference calls, personal counseling, and group meetings. The choice of resource is based on comfort level of the patient and availability of community resources, including individuals who have experience, and expressing emotions may help the patient and family cope with the disease.

Each individual may cope differently with each situation, frequently within the context of the individual’s social structure. A good support system may help patients openly discuss new symptoms and may help in the recognition of new or abnormal symptoms.

**Anxiety**

Anxiety is a normal response to a diagnosis of cancer, but it often is inadequately treated, can impede daily functioning and can have a substantial negative effect on quality of life. Anxiety can manifest as physical symptoms such as gastrointestinal disturbances, restlessness, sweats, palpitations, dyspnea, and panic attacks. It also can manifest as behavioral symptoms such as feelings of uneasiness, restlessness, loss of concentration, excessive intrusive thoughts, and seeking continual reassurance or comfort from outside. Some anxiety is normal, but persistent anxiety that disrupts daily functioning is termed maladaptive anxiety and requires intervention.

Anxiety can occur at any time in a patient’s cancer course, including the time of diagnosis, treatment, and survivorship, when anxiety may develop about the possibility of recurrent cancer. The healthcare team can assess symptoms and determine the primary causes of the anxiety. Anti-anxiety medication and antidepressants may be prescribed.

**Depression**

Depression may include sadness, lack of interest in normal activities, fatigue, and low energy. Reactive depressive symptoms, including denial and anger, may be a normal reaction to a stressful and unexpected event. These symptoms become problematic when they interfere with normal life and daily living. Depression is often under reported and undertreated. This may be attributable to the perceived stigma associated with the disease. The National Comprehensive Cancer Network (NCCN) reports the following symptoms
associated with depression: low mood, difficulty concentrating and remembering, irritability, loss of sexual interest, changes in emotions, loss of interest in social activities, changes in sleep, loss of energy and motivation, fatigue, anxiety, feelings of hopelessness, frequent or excessive worry, panic attacks, physical symptoms such as upset stomach, and increased interest in alcohol.21

There are antidepressant drugs, anti-anxiety medications, and self-help techniques that can help a patient cope. Cognitive behavioral therapies, relaxation, and improving problem solving skills may be useful. Cognitive behavioral therapy may improve coping and decrease psychological symptoms.21 Patients should be reassured that acknowledging psychological symptoms and talking with members of the healthcare team are not signs of weakness. Addressing symptoms and developing coping skills can have a positive effect on the cancer course and improve outcomes.

Conclusion

There are many side effects associated with a lung cancer diagnosis and treatment. These symptoms can negatively affect a patient’s well-being and quality of life. It is important to prepare for, identify, and recognize symptoms early and communicate about symptoms to decrease any unnecessary suffering or interruption in the course of treatment.

Supportive care is valuable to patients and families who must cope with lung cancer. Patients play an important role in understanding and profiling the symptoms associated with newer classes of therapies. Communication with the treatment team can help prevent and manage symptoms and help future patients by creating a side effect profile for each specific treatment. Clinicians continue to gain a better understanding of the prevalence of specific symptoms and are developing effective strategies to better manage lung cancer symptoms.

References

Nutrition in the Patient with Lung Cancer

Rhone M. Levin, M.Ed., R.D., C.S.O., L.D.

Introduction

Nutrition is important in cancer prevention, treatment, and survivorship. Food provides the building blocks needed by cells for protection, repair, and healing. The benefits of good nutrition during cancer treatment include improved quality of life and decreased frequency of side effects, complications, and treatment breaks.

Lung cancer treatment can create a burden of healing that can overwhelm even a healthy patient’s nutritional reserve. The cancer can affect appetite, digestion, and use of nutrients. Treatment regimens such as surgery, chemotherapy, and radiation can cause side effects that interfere with adequate nutritional intake. A patient’s nutritional status can deteriorate during the course of treatment. Decisions about treatment modality or chemotherapy medication may be determined based on general health performance status scores. Weight loss and decreased ability to eat adequately influence those performance scores and treatment options.

Many people begin lung cancer treatment already experiencing some decreased appetite (anorexia) and meal portion size. Anorexia may be noted as disinterest in usual favorite foods, a decrease in the enjoyable taste experienced with foods or beverages, and an early sense of fullness when eating (early satiety).

Among patients with advanced non-small cell lung cancer, 61% have been found to be malnourished. The effect of anorexia and early satiety is evidenced by decreased oral intake and increased weight loss. Malnutrition is associated with worse outcomes in patients treated for cancer, because nutritional deficiencies can decrease response to therapy, quality of life, and even survival. Taking action to improve nutritional status may improve strength, energy level, and protect quality of life.
The goal of nutrition in treatment is to keep the healing process moving as efficiently as possible. In this chapter, we review the factors in effect during lung cancer and treatment; the goals of nutrition and healing; the common barriers to eating and effective strategies to manage these barriers; and resources to use during treatment and into survivorship.

During recovery from cancer treatment, it is important to maintain muscle or “lean body mass” and preserve nutrition status. This will help maintain optimal health, quality of life, and allow you to participate in your usual activities. Muscle wasting can result in debilitation, decreased functional status, and decreased quality of life. Maintenance of good nutrition status during treatment may even improve response to cancer treatment.

For some people, the first sign of illness may be an unexpected or involuntary weight loss. Some people may have reacted to this weight loss and decreased interest in food with a happy exclamation, “Oh good - I’ve been trying to lose weight!” or “My doctor told me I should lose 20 pounds,” and patients may allow the weight loss to continue, believing that the process must eventually stop. However, weight loss with a diagnosis of lung cancer is different than intentional weight loss from dieting.

Involuntary weight loss may occur in 50% people with lung cancer, and even a weight loss of 5% may have an effect on health outcomes. Some involuntary muscle loss occurs when people feel ill, and cannot eat enough to maintain their weight. As skeletal muscle is lost, patients experience fatigue, lack of energy for daily activities, decreased ability to move with balance and safety, and decreased ability to cough and clear pulmonary secretions. As smooth muscle is lost, a person may have delayed stomach emptying and feel satiated or feel full; there may be decreased digestion associated with increased nausea as well as a loss of cardiovascular function associated with lightheadedness or dizziness.

Cancer cachexia is a syndrome that results in a progressive loss of muscle mass and leads to progressive functional impairment. It is associated with a lack of appetite and negative energy and protein balance. The best way to modify the effect of cachexia is to treat the cancer, and adequate nutrition is, once again, imperative to tolerate and continue the treatment. It is important to identify these symptoms early, called “pre-cachexia”, and act to treat the factors that are barriers to eating. Medications, such as appetite stimulants, may be helpful in managing cancer cachexia, and this option may be discussed with the physician.

Nutritional counseling which focuses on food choice and behaviors related to meals and snacks has been found to be effective in addressing lung cancer malnutrition and cachexia. Medical Nutrition Therapy, a technique used by Registered Dietitians, may help patients to increase protein and calorie intake, improve weight status, and protect quality of life in lung cancer patients undergoing treatment. Many cancer centers have specially trained Registered Dietitians who are dedicated to the nutritional care of cancer patients.
cancer center does not have an oncology dietitian, a referral may be obtained from the doctor or the Commission on Dietetic Registration to find a board certified specialist in oncology nutrition – who has the credential “C.S.O.”.

Nutrition and Healing

Each time a patient receives a treatment for cancer - surgery, chemotherapy, or radiation therapy – the body responds to the treatment with a process of healing. Healing requires nutrients, extra calories, and additional protein. People receiving treatment for lung cancer may use more calories than when they were not sick, this state of increased demand for calories and protein is termed “hyper-metabolic.”

The primary nutritional goal is to prevent or stabilize weight loss, and a secondary goal to regain lost weight. The importance of increasing calories is slightly greater than increasing grams of protein; if weight loss continues despite high protein intake, the protein will be utilized for calories and will not be available for structural repair. Therefore, caloric content should be considered in addition to protein intake. It is useful to have a general expectation of the amount of calories and protein per day needed, and this may be estimated by the oncology dietitian (Table 1).

<table>
<thead>
<tr>
<th>Body Weight (pounds)</th>
<th>Calories needed (cal/day)</th>
<th>Protein needed (gm/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>110</td>
<td>1500 – 1750</td>
<td>60 to 75</td>
</tr>
<tr>
<td>130</td>
<td>1750 – 2060</td>
<td>70 to 90</td>
</tr>
<tr>
<td>150</td>
<td>2050 – 2375</td>
<td>80 to 100</td>
</tr>
<tr>
<td>170</td>
<td>2300 – 2670</td>
<td>90 to 115</td>
</tr>
<tr>
<td>190</td>
<td>2575 – 3010</td>
<td>100 to 130</td>
</tr>
<tr>
<td>210</td>
<td>2850 – 3325</td>
<td>115 to 140</td>
</tr>
</tbody>
</table>

*Values estimated with the following equations:

- Calorie range per day during healing = [30 x body weight (kg) to 35 x body weight (kg)]
- Protein grams range per day during healing = [(1.2 to 1.5) x body weight (kg)]

One pound = approximately 2.21 kg

For overweight patients, the normal or ideal weight for the patient’s height is used in the calculations. Refer to a BMI chart to estimate a normal weight for height.

Higher protein intake may be contraindicated in patients with kidney or liver disease.

Weight variation of several pounds in a short period of time is likely due to hydration or fluid shifts.

Add an average of 250 extra calories per day to gain a pound in 2 weeks or 500 extra calories per day to gain a pound in 1 week.
Hydration or adequate fluid intake is important to feel well during treatment. Hydration is cumulative, and it can take several days to become dehydrated or to achieve adequate hydration. Fluid needs may be increased due to chemotherapy, fever, perspiration, diarrhea, use of oxygen, or the presence of chronic obstructive pulmonary disease (COPD). An early symptom of dehydration is fatigue or lack of energy. Mild chronic dehydration may also increase fatigue and contribute to constipation. A fluid deficit of 1% body weight may decrease metabolic function by 5%.12 Symptoms of dehydration include: Thirst, dry mouth, decreased urine output, concentrated or darker colored urine, decreased skin turgor, headache and dizziness.

Patients may consider tracking daily fluid intake to ensure adequate hydration. It helps to measure favorite cups and mugs to make it easier to estimate the volume of fluid consumed. It is best to drink fluids throughout the day, drinking half of their fluid requirements during the first half of the day. Some patients prefer to plan their fluid intake by the hour, and drink 1 cup per hour, during the day. Most liquids may be included as part of daily hydration, including milk, juice, smoothies, milkshakes, and soda. Caffeinated beverages may be included as part of daily fluid intake if caffeine consumption is less than 300 mg per day (the equivalent of 2 cups of coffee); caffeine may cause the stomach to empty faster and therefore may be dehydrating.

Many foods such as fruits, soups, gelatin, ice cream, and frozen desserts include absorbable fluid. Fluids intended for rehydration, called “sport drinks,” have a small amount of carbohydrates and electrolytes to help them absorb more effectively. Choices of fluids may be based on taste preference and variety to ensure adequacy. Daily fluid requirements may be estimated using the chart below (Table 2).

Table 2. Fluid Requirements During Healing in Patients Treated for Lung Cancer*

<table>
<thead>
<tr>
<th>Body weight (pounds)</th>
<th>Fluid needed (fluids ounces/day)</th>
<th>Fluid needed (cups/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>110</td>
<td>50</td>
<td>6 ¼</td>
</tr>
<tr>
<td>130</td>
<td>65</td>
<td>8 ¼</td>
</tr>
<tr>
<td>150</td>
<td>75</td>
<td>9 ½</td>
</tr>
<tr>
<td>170</td>
<td>85</td>
<td>10 ½</td>
</tr>
<tr>
<td>190</td>
<td>95</td>
<td>11 ½</td>
</tr>
<tr>
<td>210</td>
<td>105</td>
<td>13</td>
</tr>
</tbody>
</table>

*Fluid per day = [body weight (pounds) / 2.21] = average ounces.
You may need additional fluid if you are experiencing diarrhea, fever, or other increased fluid loss.
Information found on the television, in magazines and on the internet regarding “good nutrition” is most commonly focused on helping people reduce their risk for various diseases. However, the nutrition focus during lung cancer treatment is different, with the goal of getting enough calories and protein. Oncology specialists recommend that “all calories are good calories,” and the aim is to make eating as tolerable and interesting as possible, and remove any unnecessary diet restrictions.

Be Flexible

Cultural traditions and expectations regarding “what makes a meal” may need to be modified, such as changing expectations of eating three large meals a day, to planning six small meals instead. If simple foods are tolerated better, the patient may consider using non-traditional meal choices; such as pancakes for lunch and scrambled eggs at the evening meal. Although some worry about not eating enough at meals if they are snacking more often, snacking has been found to increase total intake without affecting meal intake, especially if snacks are timed approximately two hours before the next meal. A good quality snack may be created by combining any two of the following food groups: Breads /starches; Meats/nuts/beans/eggs; Milk/ dairy products; Fruits/vegetables (Table 3).

This technique provides a combination of carbohydrates, proteins, and fats. The goal for a good quality snack (or small meal) is about 250 calories and about 6 grams of protein. Some patients prefer to drink their calories when solid foods are difficult to eat. Beverages that contain calories and protein can be used as a snack by itself, or as a meal replacement.

Table 3. Examples of Good Quality Snacks

<table>
<thead>
<tr>
<th>Snack Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trail mix with nuts and dried fruit</td>
</tr>
<tr>
<td>Egg custard made with milk and eggs</td>
</tr>
<tr>
<td>Cheese and crackers</td>
</tr>
<tr>
<td>Chicken salad on a piece of toast</td>
</tr>
<tr>
<td>Yogurt (full fat) with fruit topping</td>
</tr>
<tr>
<td>Apple slices dipped in peanut butter</td>
</tr>
<tr>
<td>Cookies and milk</td>
</tr>
<tr>
<td>Smoothie made with orange sherbet and milk</td>
</tr>
</tbody>
</table>

Making Every Bite Count

Many foods and beverages are available in a full fat or high calorie option (for example choosing whole milk instead of skim milk). Some can be enhanced to maximize nutrient density by adding protein powders or calorie enhancers (for example adding Cream to a milkshake instead of milk). Using more fat in dishes may be
helpful for those who experience dyspnea (shortness of breath) because fat requires less oxygen in the digestion process, thus higher fat meals may minimize oxygen requirements. As appetite may decrease with cancer treatment, using more fat is an effective way to maximize caloric intake. Some people who have followed a low cholesterol diet must rediscover fat-containing foods. Monounsaturated fats or “heart healthy” fats may be emphasized, such as olive, nut, or fish oils, to achieve a higher caloric density. Some physicians will allow all fat containing foods during cancer treatment to aid in the taste and palatability of dishes.

Each teaspoon of oil, butter, or margarine contains 45 to 50 calories. By adding one teaspoon of fat to each meal and snack, caloric intake is increased by approximately 250 calories daily without having to eat a larger volume of food. Another strategy is to add one tablespoon of heavy cream to any milk-containing food or beverage, thus increasing the calorie content of that food by approximately 50 calories. These additions are almost invisible to the person who is trying to maximize caloric intake.

Diabetic Concerns

Many people who follow a diabetic diet which limits carbohydrate intake. Diabetic diets are often liberalized during cancer treatment to allow more carbohydrate content when appetite is decreased and meal size is reduced. Carbohydrate counting or substitution may help increase caloric intake. This may be a difficult idea for patients who may have followed their doctor’s advice for many years to avoid simple sugars and carbohydrate-rich foods. Many doctors also liberalize the blood glucose goals of patients during cancer treatment, and may consider using medication to manage blood glucose—not food restriction.

A common strategy for people with diabetes to maximize their oral intake is to have both low carbohydrate and regular carbohydrate foods available. If eating is minimal, the regular carbohydrate containing food item may be used. If consumption is close to usual portion sizes and frequency, the lower carbohydrate versions are used. An example with yogurt: choose a full carbohydrate version when it is the only food eaten for lunch, but choose a low sugar yogurt if it follows a sandwich and bowl of soup.

Be aware of the symptoms of low blood glucose in patients who take diabetic medications, as decreased oral intake while continuing to take diabetic medications may cause low blood sugar or hypoglycemic episodes. These symptoms may include lack of concentration, clammy sweats, shaking or tremors, changes in vision, lightheadedness, or dizziness. If any of these symptoms occur, the blood glucose level should be checked and if low, carbohydrates should be provided. Strategies to prevent hypoglycemic episodes include eating and drinking small amounts more frequently during the day; planning an evening snack before going to sleep; and discussing modifications of medication with the diabetes physician. Diabetic patients may also consider carrying glucose tablets or hard candy, and keeping some juice at home to drink if blood sugar drops.
Steroids may cause hyperglycemia. If blood sugars are elevated after steroids are provided, the preferred treatment is diabetic medication, and not food restriction.

**Vitamins and Mineral Supplements**

Vitamins, mineral, and other antioxidant supplements have been studied for many years. Several studies have examined the use of supplemental antioxidants in patients with advanced non-small cell lung cancer receiving chemotherapy. Most studies have not shown protective benefit of antioxidants during treatment, nor reduction in cytotoxic side effects. The VITAL Study (Vitamins and Lifestyle Study) determined that people at risk for developing lung cancer, particularly smokers, should not use beta carotene supplements, retinol or lutein supplements for disease prevention. The study found the longer people took the supplements, the more they increased their risk for lung cancer. Another study, focusing on the mineral selenium, found that people deficient in selenium benefited by supplementation, however; increased rate of lung cancer occurred in people taking selenium who were not deficient. Use of antioxidant nutrient supplementation (i.e. Vitamin C, Vitamin E, Selenium and others) are not recommended during radiation therapy or during alkylating chemotherapies. The Academy of Nutrition and Dietetics (formerly American Dietetic Association) Evidence Analysis library has graded and compared the nutrition research and is not currently recommending the use of any high-dose oral antioxidants at this time for cancer prevention nor during cancer treatment.

Studies are currently underway to evaluate the impact of omega-3 fatty acids (fish oils) and physical activity as an intervention useful for interrupting the pre-cachexia syndrome, through their anti-inflammatory effects. Omega-3 oils can be found in fish such as salmon, halibut, fresh tuna, as well as flax seed and walnuts.

The best approach for nutrient supplementation should be individualized to each person’s background, genetic profile, lab tests, and cancer risk. Blood tests can be done to assess current levels of nutrients and potential advisability of supplementation. Recommendations about supplements may be discussed with the physician or oncology dietitian.

**Managing Side Effects and Complications**

Early identification and active intervention for side effects is important to protect quality of life. A large component of cancer treatment is geared to managing symptoms and side effects. Effective use of medication may facilitate symptom control and side effect management. The patient may speak with the health care team members about medications that may help control symptoms. Nutritional intervention may focus on lifestyle changes and behavior modification to address symptoms or side effects.
Some patients with lung cancer may have anorexia (loss of appetite), but maintaining adequate food and fluid intake are important for health maintenance and healing. How does a patient eat if there is no appetite or hunger? Anorexia may be very difficult to address because the patient may not feel hungry, even though the body shows signs of hunger including weakness, fatigue, exhaustion, excessive sleeping, and inability to concentrate.

Anorexia may be described as a “searching for foods that interest the taste buds” or “not being able to find something that sounds good.” Other people describe the feeling as “just not ever hungry”. Early satiety is often described as “feeling full after only a few bites”. The disinterest in meals can result in a stressful cycle of forced eating, and in severe cases, people may state that they “would rather spit food out than swallow it” or “the food balls up in the mouth, and they just can’t swallow it.”

This starvation mode can be interrupted in a purposeful way. One well tolerated approach is to transition from several large meals each day to smaller, more frequent meals and snacks. By eating and drinking frequently, creating scheduled snacking times (even small amounts), can provide fuel adequate to improve weakness and fatigue. The anorectic patient should consciously think about eating to provide vital nourishment to the muscles and immune system, and should not expect appetite or hunger to drive eating. In other words “don’t wait to feel hungry—eat because it is time to eat”. If the anorexia is severe, appetite stimulant medications may be considered.

If the patient plans to eat and drink every 2 to 3 hours during the day, portion size may be much smaller. For those who cannot eat much, it is adequate to snack on very small portions every 30 to 60 minutes, for example: 2 ounces of a milkshake taken each hour provides at least 1500 calories over a day. These small amounts are not overwhelming and they may add up during the day to provide sufficient calories, protein, and fluid. Some patients use a kitchen timer, cell phone alarm, or watch to remind them to eat. Avoid asking the patient “Are you hungry?” or “What do you want to eat?” Instead, try asking “What could you eat (or drink) right now?”

A frustrating feature of anorexia is the inability to think of foods that are enjoyable. When the anorexic patient thinks of something that may be enjoyable, interest in the food disappears before the food is available. Appetite is quickly “switched off like a light,” and smelling the item during cooking can make it impossible to take a single bite of the dish. This frustration may be managed by reminding patients and families that food preparation is a team effort. The goal of the family is to help provide food options, and the patient tries to approach eating and drinking. The patient makes the ultimate decision about eating or drinking.

Anorectic patients may be unable to eat a food repeatedly or tolerate leftovers. Therefore, it is advisable to rotate through items and make small batches. Food may be served to the
patient frequently, almost as a “surprise”. Consider keeping a record of foods and beverages that taste good or sometimes are tolerable, which may depend on the day of the treatment cycle, fatigue, or other factors. If the food does not taste good, the patient should just try another type of food. Creating a list of tolerable foods reassures the patient that some foods are acceptable and appealing, and may help stimulate ideas for other food choices. Many people experiencing anorexia for solid food still feel thirst, and can use nutritious beverages to provide calories, protein as well as fluid.

Taste alterations may be the side effect of the cancer itself, the chemotherapy regimen, infection, or certain medications. Most taste changes develop and dissipate depending on the timing of the treatments. Taste changes may limit appetite but may be managed as follows: (1) “cardboard” taste may be improved by adding more flavor; (2) metallic taste is managed by using bland flavors; (3) salty taste is controlled by choosing low salt foods; and (4) sickly sweet taste is improved by choosing low sugar foods. Specific suggestions may be helpful in managing taste changes (Table 4).

<table>
<thead>
<tr>
<th>Table 4. Specific Suggestions for Managing Taste Changes in Patients with Lung Cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Identify flavors that come through as “true” or accurate; consider similar foods to develop a greater number of tolerated food items.</td>
</tr>
<tr>
<td>2. If tart or sour flavors are appealing, use a small glass of fruit juice or lemonade to drink when eating, to refresh the taste buds. Add a small dish of fruit at each meal.</td>
</tr>
<tr>
<td>3. Limit excessively sweet taste by using homemade foods and beverages that are made with less sugar, or add milk or plain yogurt to high calorie beverages to decrease sweetness. Water down juices or pour over ice to reduce the sweetness of juices.</td>
</tr>
<tr>
<td>4. Limit excessively salty taste by choosing low salt foods or cook homemade meals without salt.</td>
</tr>
<tr>
<td>5. Marinate foods with tangy or vinegar flavors. Use strong flavored sauces or toppings such as barbeque sauce or salad dressings.</td>
</tr>
<tr>
<td>6. If red meat is unappealing, use alternative protein source such as chicken, fish, meat salads, eggs, beans, nuts, or cheese.</td>
</tr>
<tr>
<td>7. Try a pickle or pickled vegetable at meals to excite the taste buds. Add flavor with brown sugar, maple syrup, honey, cinnamon, jams, berries, and dried fruits.</td>
</tr>
<tr>
<td>8. Season tasteless foods with ketchup, hot sauce, Tabasco, vinegars, mustards, hot peppers spices and herbs. Use gravies and sauces to enhance flavors.</td>
</tr>
<tr>
<td>9. Drink beverages and soups with a straw, perhaps from cup with a lid, so the patient does not see, smell, or taste much of the liquid.</td>
</tr>
<tr>
<td>10. Use cold plates and cold foods to reduce exposure to food odor.</td>
</tr>
<tr>
<td>11. Add a slice of lemon, orange or cucumber to flavor water.</td>
</tr>
<tr>
<td>12. Examine the mouth for red or white patches that may indicate an infection, and report any signs of thrush to the doctor.</td>
</tr>
<tr>
<td>13. Clean the mouth and tongue after each meal.</td>
</tr>
<tr>
<td>14. Use sugar-free mints, candies, and gums to refresh the mouth.</td>
</tr>
<tr>
<td>15. Metallic taste may be reduced with plastic cutlery.</td>
</tr>
</tbody>
</table>
Nausea and Vomiting

Nausea and vomiting are common side effects of many chemotherapy regimens. Most cancer centers use medication routinely to minimize nausea or vomiting. It may be helpful to maintain a record each day of a treatment cycle that nausea occurs, including the time of day and factors that influence the nausea. Distinguish and note whether what triggers or affects the nausea or queasiness. This may help the health care team identify whether nausea is anticipatory, acute, delayed, or breakthrough. Each of these types of nausea may be treated differently with medication and behavioral strategies. (Table 5)

Table 5. Specific Suggestions for Managing Nausea and Vomiting in Patients with Lung Cancer

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Eat and drink small volumes at frequent intervals throughout the day. Imagine “trickling” the food and beverages through the digestive tract. For some people, nausea is worse when the stomach is empty or when they become hungry.</td>
</tr>
<tr>
<td>2.</td>
<td>Identify good times of day to eat, and eat more calories and protein foods at those times.</td>
</tr>
<tr>
<td>3.</td>
<td>Choose foods that are easy to digest and move quickly out of the stomach.</td>
</tr>
<tr>
<td>5.</td>
<td>Clear liquids digest rapidly: broth based soups, juice, soda, gelatin, Popsicles.</td>
</tr>
<tr>
<td>6.</td>
<td>Sour and tart flavors help decrease nausea. Use lemon with food, or put an orange or lemon slice in a cup of ice water. Some people like pickles or pickled foods with their meal.</td>
</tr>
<tr>
<td>7.</td>
<td>Use cold plates to decrease exposure to odors. Avoid being around cooking odors.</td>
</tr>
<tr>
<td>8.</td>
<td>Foods and beverages made with ginger are a natural way to soothe the stomach: ginger tea, ginger snaps, ginger ale, ginger candies.</td>
</tr>
<tr>
<td>9.</td>
<td>Avoid foods that are greasy, fried, pungent, or strongly spiced.</td>
</tr>
<tr>
<td>10.</td>
<td>Review medication use with your medical provider: Optimize use of anti-nausea medications, and address reflux, and constipation.</td>
</tr>
</tbody>
</table>

Other

Mucositis is a painful inflammation and ulceration of the mucous membranes of the mouth and digestive tract that may be a complication of chemotherapy or radiation therapy. Oral mucositis (“mouth sores”) may cause difficulties with eating, including chewing solid food and drinking hot or acidic beverages. Radiation esophagitis is an inflammation of the esophagus after radiation therapy that may cause painful swallowing. Nutritional modifications may be helpful in minimizing symptoms and nutritional deficiencies resulting from these conditions (Table 6). Fatigue and food safety are additional issues that warrant special considerations. (Table 7 and 8)
Table 6. Specific Suggestions for Managing Mucositis and Radiation Esophagitis in Patients with Lung Cancer

<p>| | |</p>
<table>
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<tbody>
<tr>
<td>1.</td>
<td>Eat small, frequent meals throughout the day. Schedule eating and drinking at least every 2 to 3 hours.</td>
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<tr>
<td>2.</td>
<td>Keep a record of the amount of fluid intake to avoid dehydration, especially if there is pain with swallowing.</td>
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<tr>
<td>3.</td>
<td>Choose soft, moist, foods that are easy to eat. Cut food into small portions and chew carefully.</td>
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<tr>
<td>4.</td>
<td>Chop, puree, or blend food into a soft or drinkable texture.</td>
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<tr>
<td>5.</td>
<td>Use high calorie beverages to maximize calorie intake between or after meals.</td>
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<tr>
<td>6.</td>
<td>Before eating, moisten food with gravy, bland sauces, or soups.</td>
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<tr>
<td>7.</td>
<td>Room temperature foods and liquids may cause less pain than those that are hot or cold.</td>
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<tr>
<td>8.</td>
<td>Avoid dry, scratchy, greasy, spicy, or acidic foods.</td>
</tr>
<tr>
<td>9.</td>
<td>Drink liquids with a large lumen straw to avoid contact with mouth ulcers.</td>
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<tr>
<td>10.</td>
<td>If swallowing causes pain, take pills with a spoonful of yogurt, apple sauce, or pudding.</td>
</tr>
<tr>
<td>11.</td>
<td>Talk with the doctor about medications that may numb or coat the mouth or esophagus. If food is caught in the esophagus, or a lump-like sensation is present after swallowing, reflux medication may be helpful.</td>
</tr>
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Table 7. Specific Suggestions for Managing Fatigue in Patients with Lung Cancer

<p>| | |</p>
<table>
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<tbody>
<tr>
<td>1.</td>
<td>Convenience foods or frozen meals are adequate if fatigue hinders meal preparation. Pick up a prepared meal at the grocery store, for example: a baked chicken, rolls, and potato salad.</td>
</tr>
<tr>
<td>2.</td>
<td>Schedule meals and snacks at frequent intervals to maximize the energy provided from food. Plan your larger meals for the time of day you have the most energy.</td>
</tr>
<tr>
<td>3.</td>
<td>Choose foods that are easy to chew and swallow. Soft and moist foods require less effort to eat.</td>
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<tr>
<td>4.</td>
<td>Use single serving containers, plastic cutlery, and paper plates to decrease cleanup. Organize your kitchen to keep common or tempting foods in easy reach.</td>
</tr>
<tr>
<td>5.</td>
<td>Select meals that are easy to prepare. All food is helpful, and there are no rules about what to eat during different parts of the day. A patient may have three meals a day made from breakfast foods (breakfast, oatmeal and juice; lunch, scrambled eggs and toast; dinner, pancakes with a glass of milk)</td>
</tr>
<tr>
<td>6.</td>
<td>Alternate beverages that have calories with water for fluids. A small glass of juice or milk with a meal will add to the nutritional value of the meal.</td>
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<tr>
<td>7.</td>
<td>If you are not able to eat much because you are fatigued: Use oral nutritional drinks as snacks or even as meal replacements. Many people find drinking is easier than eating.</td>
</tr>
<tr>
<td>8.</td>
<td>Keep a list of groceries and allow others to shop or prepare food for you. Give family and friends specific information of how to assist you: include preferences for brands and flavors.</td>
</tr>
<tr>
<td>9.</td>
<td>Balance rest with activity, talk with your doctor about a gentle exercise plan to prevent muscle loss.</td>
</tr>
</tbody>
</table>
Example menu:
Breakfast: Instant oatmeal made with whole milk, juice, coffee with cream
Snack: ¼ cup of Trail Mix, 6 oz. Yogurt
Lunch: 8 oz. can of Cream Soup, Peanut butter and Jelly sandwich, potato chips, Instant Ice Tea
Snack: Ice Cream Bar
Dinner: Baked chicken (already prepared at grocery store), Salad mix (bagged), Instant mashed potato, gravy (out of jar), green beans (canned), glass of chocolate milk
Snack: Graham crackers, Vanilla pudding (single serve container)

Table 8. Food Safety Suggestions for Patients with Lung Cancer *

| 1. | Safety practices are especially important when the immune system is weakened, such as during chemotherapy or periods of neutropenia. |
| 2. | Wash hands before food preparation and before eating. |
| 3. | Food preparation surfaces should be cleaned thoroughly with dish soap and water and allowed to air dry. |
| 4. | Promptly refrigerate leftovers. Do not let food sit on the counter to cool down before refrigeration. |
| 5. | Break up large batches of food into smaller containers so they cool quicker in the refrigerator. |
| 6. | Discard leftovers stored at room temperature more than 2 hours, and discard leftovers that are more than 2 days old. When in doubt, throw it out. |
| 7. | Keep cold food at 40°F (4.5°C) or cooler. |
| 8. | Thaw frozen foods in the refrigerator; do not thaw foods on the counter at room temperature. |
| 9. | If you thaw food in the microwave, cook it immediately to 185 ºF (85°C). |
| 10. | Avoid eating pink or undercooked meat. Cook raw meat to an internal temperature of 185 ºF (85°C). |
| 11. | Avoid cross contaminating foods and food contact surfaces with raw meats. |
| 12. | Use separate cutting boards for meat and produce. Use clean utensils and food platters. |
| 13. | Wash raw fruits and vegetables. Ask the doctor if you should use only cooked or canned fruits and vegetables. |
| 14. | Wash can lids before opening. |

* Based on general guidelines from the United States Food and Drug Administration

The National Cancer Institute (NCI) offers a comprehensive, free resource to patients undergoing cancer treatment regarding nutrition:

Eating Hints: Before, During and After Cancer Treatment.21 A free copy can be ordered at 1-800-4-CANCER (1-800-422-6237). It can be accessed online for free at:

http://www.cancer.gov/cancertopics/coping/eatinghints/page1

It is also available in Spanish. Other resources are available on the Internet site of the National Cancer Institute www.cancer.gov.
Chapter 8: Nutrition in the Patient with Lung Cancer

The American Cancer Society (ACS) offers a booklet: Nutrition for the Person with Cancer During Treatment: A Guide for Patients and Families. A free copy can be ordered at 1-800-227-2345. It is also available online at: http://www.cancer.org/acs/groups/cid/documents/webcontent/002903-pdf.pdf. It is also available in Spanish as well as other languages. Other resources are available on the Internet site of the American Cancer Society www.cancer.org.

The American Institute for Cancer Research (AICR) offers a comprehensive guide for nutrition and cancer prevention information. The 2nd Expert Report (Food, Nutrition, Physical Activity, and the Prevention of Cancer) includes reviews of thousands of nutrition and cancer studies, to help develop public policy and personal prevention recommendations. In addition, the AICR routinely updates recommendations for each cancer type, reviewing the most recent research and then combining it with previously reviewed data. The website http://www.aicr.org also offers updates on new research as it occurs, recipes and links to reputable resources.

The American Cancer Society offers a report and Internet link that provides recommendations for cancer survivorship, American Cancer Society guidelines on nutrition and physical activity for cancer prevention: Reducing the risk of cancer with healthy food choices and physical activity, and an overview of common nutritional concerns, Nutrition and Physical Activity During and After Cancer Treatment: Answers to Common Questions.

Another good resource can be found at www.cookforyourlife.org. An educational website that offers ideas and recipes for patients in cancer treatment as well as healthy recipes to assist survivors implement cancer prevention diet recommendations. It includes videos offering food preparation tips and cooking technique demonstrations.

References

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Integrative Medicine, Complementary Therapies, and Chinese Medicine in Lung Cancer

Misha Ruth Cohen, OMD, LAc

Introduction

The terms “integrative medicine” and “integrative oncology” are now widely accepted as the terminology to describe complementary therapies that are used as supportive treatment as part of multidisciplinary and interdisciplinary conventional cancer care.

The National Center for Complementary and Integrative Health (NCCIH) at the National Institutes of Health (NIH) redefined integrative medicine as integrative health. Integrative health is described as medicine that "combines mainstream medical therapies and complementary and alternative medicine therapies for which there is some high-quality scientific evidence of safety and effectiveness."

In the 2013 guidelines published in Chest on complementary therapies and integrative medicine for lung cancer, integrative oncology “refers to the study and use of complementary modalities that are not traditionally part of modern Western medical practices but can be used as adjuncts to mainstream medicine to control the symptoms associated with cancer and cancer treatment.”

Integrative medicine and complementary therapies in lung cancer may include Chinese medicine, Western herbal therapy, relaxation and visualization techniques, prayer, exercise, nutritional supplementation, and dietary therapy. In this chapter, the primary focus will be on Chinese medicine and related therapies that may be used in conjunction with other integrative medicine and Western medicine for supporting people diagnosed with lung cancer.
Chinese Medicine

In China and many parts of the United States today, people with various types of cancer seek out Chinese medicine in addition, or as an alternative, to Western medical treatment. In lung cancer, Chinese medicine is used primarily for supportive adjunctive care in conjunction with Western treatments of surgery, chemotherapy, and radiation therapy. When intensive Western treatments are being used, Chinese medicine can relieve negative side effects and improve the treatment outcome.

In 2007 and 2013, a multidisciplinary panel of experts in oncology and integrative medicine updated the guidelines and made recommendations on complementary therapies for use in lung cancer patients. These include acupuncture, massage therapy, mind-body modalities, nutrition, botanicals, and exercise.\(^1\)\(^-\)\(^2\) In the evidence-based clinical practice guidelines the American College of Chest Physicians (ACCP) panel recommended that all patients with lung cancer be asked specifically about the use of CAM and given counseling as it is important to minimize potential harm or delay in treatment. In addition, the panel concluded that mind-body modalities and massage therapy can decrease anxiety, mood disturbance, and chronic pain; acupuncture may help control pain and other side effects; and herbal products and other dietary supplements should be evaluated for side effects and potential interactions with chemotherapy and other medications.\(^1\)\(^-\)\(^3\)

In China, where Chinese medicine is used in conjunction with Western medicine in hospitals and clinics, men and women undergoing various treatments for cancer are offered the choice to use Chinese herbal medicine, acupuncture, Qi Gong, and exercise as adjunctive therapies to reduce side effects and increase the efficacy of the Western treatment. Extensive research about CAM is being done in Chinese hospitals and oncology settings in conjunction with Western research approaches and treatments.

Chinese medicine is a system of medicine that has been used for thousands of years in the treatment of health imbalances and disease. Therefore, there is a particular interest in exploring research about Chinese traditional medicine in cancer and treatment options.

Traditionally, Chinese medicine has relied on the following forms of treatment to prevent or remedy disease and disorders: herbal therapy, acupuncture, acupressure/massage, dietary therapy, and exercise and meditation (often in the form of Qi Gong). These therapies are used to help the body restore balance and harmony in the mind, body, and spirit, especially when the body is attacked by a disease causing “pernicious influence” or disrupted by internal imbalances.

There are three main areas of contrast between Western and Chinese medicine: general approach to symptoms and disease, approach to cancer, and synergy between Western and Chinese medicine.
The Western medicine approach includes the design of drugs and other therapies to treat a specific disease or disorder. In Western medicine, different people who have the same diagnosis might be prescribed the same drug to treat the problem.

In contrast, a symptom such as pain may be viewed as a symptom of several possible disorders and disharmonies affecting an individual’s mind, body, and spirit. Chinese medicine treatment focuses on identifying the underlying disharmony (diagnosis) and creating an individualized treatment suited to that diagnosis. This makes double-blind controlled studies difficult to create because each individual person in a study may be treated differently. However, it is sometimes possible for various types of rigorous research to be conducted.

Chinese medicine traditionally did not discuss viruses, bacteria, or cancer and did not view the immune system and disease resistance in the same way as Western medicine. Therefore, it has been difficult for Western physicians and researchers to understand that Chinese medicine treatments may attack these causes of disease.

The goals of treatment are often different in Chinese and Western medicine. Western medicine is usually designed as an “all or nothing” proposition — either the therapy cures the disease or does not. In contrast, Chinese medicine may produce healing in the mind, body, and spirit, even in the presence of persistent disease.

In the 21st century, Western scientific insights and Chinese treatment of the mind, body, and spirit have begun to overlap. There is no contradiction between the two systems. When clearly understood, they can strengthen and complement each other.

Traditional Chinese medicine treatments and Western therapies approach cancer treatment from different points of view. Although most
Chinese medicine should be evaluated on its own terms and in light of its own treatment goals and objectives, not in terms of treatment goals and objectives defined by Western medicine. In Western medicine, the focus is on eradicating illness after it appears in the body. In contrast, Chinese traditional medicine has a focus on disease prevention, accomplished by creating balance and harmony in the body’s various systems.

Studies that evaluate the efficacy of a treatment to prevent disease are difficult and take many years to complete. These studies are needed to fully understand the efficacy of Chinese medicine.

Chinese medicine and other therapies that might be used as alternative therapies are most commonly used in Asia as primary therapy in treating early stages of certain types of cancer, although not as primary treatment in lung cancer. However, most Western studies are designed to evaluate the effectiveness of Chinese medicine in treating very late stage cancers. Yet, this is frequently a stage when any treatment may be much less successful, harder to tolerate, or more difficult for patient compliance. The rationale for this research is that if it works in very late stages, then is it likely to work in earlier stages. However, in the traditional Chinese medicine literature, there is little indication that the recommended Chinese medicine therapies will stop cancer in a very late stage. Nevertheless, studies that focus on supportive treatment and palliative care in late stage disease may be helpful. Dismissing a treatment because it is not effective in very late stage cancer may deny scientists and practitioners the opportunity to study an effective treatment for early stage cancer.

Western medicine may be improved by the simultaneous use of traditional Chinese medicine therapies. In China, and in some centers in the West, people undergoing chemotherapy, surgery, and radiation therapy treatment have the choice to use Chinese medicine therapies as adjuncts to decrease side effects and increase the efficacy of Western medical treatment.

A recent meta-analysis that evaluated Chinese herbs in conjunction with platinum-based chemotherapy in non-small cell lung cancer concluded that Chinese herbal medicine based on Astragalus (a Chinese herb) may increase effectiveness of platinum-based chemotherapy when used in combination with the chemotherapy.

Herbal formulas based on the Chinese herb Ji Xue Teng (Spatholobus) may decrease bone marrow suppression and may enable continuation of chemotherapy treatments at a normal schedule. In mice, an extract of Spatholobus may stimulate the proliferation of bone marrow cells and relieve the bone marrow depression caused by chemotherapy.
Acupuncture is the art of inserting fine sterile metal needles into certain body or ear points to control the body’s energy flow. Acupuncture is painless and often accompanied with a sensation of heaviness, warmth, or movement of energy at the insertion point or along the energy channels. Acupuncture may relieve pain, rebalance energy, and heal symptoms. Electrostimulation also may be used with acupuncture for pain.

Western science has documented several mechanisms to explain how acupuncture works. Acupuncture may stimulate serotonin levels within the brain, resulting in a sense of well-being and pain relief. In addition, acupuncture has anti-inflammatory effects, which may help relieve symptoms and decrease inflammation. Acupuncture also may be effective in improving liver function, evidenced by improved liver function tests (transaminases).

Acupuncture and acupressure as adjunctive cancer treatment have been studied for postoperative nausea and vomiting, chemotherapy-related nausea and vomiting, and pain relief. An observational study of acupuncture in lung cancer showed significant improvements in pain, appetite, nausea, nervousness and well-being. Acupressure is a type of massage or touching therapy that uses the principles and theory of acupuncture and Chinese medicine. In acupressure, the same points as acupuncture are used on the body, but these are stimulated with finger or other pressure instead of inserting needles.

Several studies have evaluated acupuncture point Pericardium 6 (P6) for both acupuncture and acupressure in nausea and vomiting resulting from chemotherapy and surgery. When electroacupuncture was used for the prevention of postoperative nausea and vomiting, electrostimulation of acupuncture points or ondansetron was more effective than a placebo, with greater degree of patient satisfaction. However, electrostimulation of acupuncture points was more effective than ondansetron in controlling nausea. Stimulation of the acupuncture point P6 also may relieve pain, and electroacupuncture had better pain relief in the recovery room than either ondansetron or placebo. The 2013 ACCP guidelines recommend acupuncture and related techniques (with the caveat that the evidence is somewhat weak) in patients having nausea and vomiting from either chemotherapy or radiation therapy, as well as an adjunct treatment option as in patients with cancer related pain and peripheral neuropathy with inadequate control of symptoms.
Acupuncture Contraindications

Acupuncture may be contraindicated in patients with bleeding disorders. Careful evaluation of laboratory studies and patient response may be necessary for safe treatment.

People with allergies to metal should not use acupuncture. Some people with cancer have increased autoimmune reactions.

Rarely, some people develop “needle sickness” which is a temporary sense of faintness or lightheadedness and cannot tolerate acupuncture.

There are many forms of massage and bodywork that can be used by people diagnosed with lung cancer including acupressure, Tui Na (Qi Gong), shiatsu, Thai massage, deep tissue massage, and long stroke massage (including Esalen and Swedish). Several studies show improvement of symptoms in people with cancer who receive massage. In a study of 1290 people with cancer who received massage, symptom scores were decreased by 50%.

Several studies in the use of the acupuncture point Pericardium 6 (P6) in women with breast cancer showed that nausea and vomiting from chemotherapy may be decreased when used in conjunction with conventional drug treatments. Furthermore, a large clinical trial performed in several cancer centers concluded that acupressure was helpful at decreasing the amount and intensity of chemotherapy induced nausea and vomiting in women with breast cancer.

People with cancer are best treated by specially trained practitioners trained in oncology massage, who know which areas to avoid and which kind of bodywork is appropriate. Swollen areas, fractures, skin infections, or severe hematomas should not be massaged. Lumps and areas of swelling should be checked by a Western healthcare practitioner before massaging. It is best to seek medical advice before having therapeutic bodywork if the patient has phlebitis, thrombosis, varicose veins, severe acute back pain, or fever. This is especially important in immunocompromised individuals, including people having chemotherapy, patients with HIV infection, and others with low immunity. The Society for Oncology Massage states:
“Oncology massage does not try to “fix” anything and, unlike many massage modalities, is not a series of techniques or applied protocols. Rather, it is the ability of the therapist to recognize and safely work within clinically established guidelines, considering the patient’s unique circumstance… Oncology massage education for massage therapists is important for clinical safety and therapeutic benefit. Adaptations to massage therapy techniques may be indicated both during treatment and for the rest of a person’s life after treatment.”

There are many Chinese and Western herbs used by people with cancer. Herbs should be prescribed by a qualified certified practitioner of herbal medicine. In some states, where practitioners are licensed to practice acupuncture or naturopathic medicine and are also qualified to practice herbal medicine, that is a big plus. Licensure in many states does not include herbal medicine. Therefore, national certifying bodies, such as the National Commission on the Certification of Acupuncture and Oriental Medicine, which gives diplomas based on professional qualifications (example - graduation from a nationally accredited college) in conjunction with passing a rigorous examination. My opinion is that licensed practitioners are required to adhere to professional standards for safety and more likely to be safe (their licenses depend on it), and they often use formulas that are practitioner based which generally have a higher safety and authenticity profile of herbal formulations. This may also be true for diplomates in states without licensure that includes herbal medicine. The patient may inquire about the professional training of the practitioner and the types of herbs used.

The list of herbs used in adjunctive support for cancer treatment is growing. There are individual herbs such as Astragalus (Huang Qi), American Ginseng (Xi Yang Shen), Ganoderma Mushroom (Ling Zhi or Rei Shi), Maitake Mushroom, and Cordyceps (Dong Chong Xia Cao) that are used in cancer
supportive treatment. The type of herbs used may vary with the severity of the disease, type of disease, and treatment (chemotherapy, radiation, surgery, or immunotherapy).

Some herbs may be contraindicated with some types of chemotherapy and others may improve the effect of chemotherapy. Herbal formulas based on Astragalus may increase effectiveness of platinum-based chemotherapy. Furthermore, a large treatment effect was found when adding Astragalus-based herbal treatment to standard chemotherapy regimens for non-small cell lung cancer. Specifically, the Astragalus-based herbal treatment improves survival, increases tumor response, improves performance status, or reduces chemotherapy toxicity.

Formulas based on Ji Xue Teng (Spatholobus) are used to help support people with cancer during and after chemotherapy and radiation treatments. Anecdotal experience in our clinic suggests that a Spatholobus-based Chinese herbal formula designed by the author may help support patients undergoing cancer treatment (Marrow Plus®, Health Concerns, 8001 Capwell Drive, Oakland, CA 94621). Support includes improving levels of fatigue, improving blood counts and decreasing anemia and neutropenia, allowing for less side effects of medications, and importantly, increasing the ability of a person undergoing chemotherapy and radiation treatment to fulfill the treatment plan developed by the oncology team.

The use of Chinese medicine as part of lung cancer treatment may be optimized with practitioners who use traditional methods together with modern research practices. Western practitioners such as licensed naturopathic or integrative medical doctors may use CAM treatments that are evidence-based. Traditional herbal and dietary methods have been used for centuries, but newer technologies of nutritional supplementation and concentrated herb extracts should be studied for safety and efficacy.

There are conflicting opinions and evidence about the use of herbs and supplements together with chemotherapy and radiation therapy, particularly among oncologists and cancer researchers who may be more focused on ensuring proper chemotherapy and radiation therapy than on the herb or supplement program. Therefore, it is important to be aware of potential adverse interactions between drugs, herbs, and some supplements, and the practitioner should consider the most up-to-date information to ensure maximum safety and efficacy.

Practitioners of Chinese and herbal medicine may provide the patient’s Western physician, oncologist, pharmacist, or other healthcare provider with information about the individualized treatment. It is important to disclose all herbs and supplements proposed for a patient’s treatment to the oncology team for review before implementing the treatment.
plan. This is a prudent course of action for all practitioners who work with cancer patients, especially those undergoing intensive chemotherapeutic treatments.

Chinese medicine studies that emphasize the alleviation of side effects and improving Western treatment may be the most beneficial to pursue presently, in addition to studies about cancer prevention.

Herbal formulas and nutritional supplements may be manufactured to different standards of purity and quality, such as Good Manufacturing Practices (GMP) for food or pharmaceutical products. Pharmaceutical GMP standards are stricter than food standards, and this may be important for potency of a product. Furthermore, pharmaceutical GMP includes higher standards of testing for pesticides, toxins, bacteria, and molds, and proper identification of label ingredients. The GMP standards provide guidelines for the manufacturing site, methods of production, and quality control. Manufacturing guidelines vary from country to country. For example, Australian standards are among the strictest in the world, because Australian dietary and herbal supplements are subject to the same guidelines as pharmaceuticals, which is not the case in the United States, although there is a current move in that direction within the United States. The guidelines require attention to manufacturing processes including cleanliness of building and grounds, equipment maintenance, personnel and training, sanitation and hygiene, air and water purification, production, and documentation. It is advised that patients ask practitioners about the company that manufactures the herbs, including company location, formulas, and manufacturing standards, and defer taking herbal formulas or supplements until this information is available.

Companies can provide certificates of analysis for their products. A certificate of analysis is an authenticated document, issued by an appropriate authority that certifies the quality and purity of pharmaceuticals, animals, and plants being produced or exported. This certificate documents the formula for the ingredients, the amount of each raw material and ingredient, and the results of all the tests performed on a particular lot of the product. In some cases, albeit rare, herbs may be misidentified and added to formulas without proper authentication. Most cases of herbal toxicity are not caused by proper herbs given in the correct doses, but are caused by inclusion of the wrong herb or supplement in a formula. Therefore, herb identification and authenticity is an important aspect of herb manufacturing.

Dietary therapy is an important part of Chinese medicine and complementary and alternative medicine. In Chinese medicine, food therapy and diet are the first treatments given to people who are trying to stay well and remain in balance or who are experiencing illness. In Chinese thought, the digestion must be kept healthy or a
person can easily become ill. Food intake is very important to healthy digestion and assimilation of food. Therefore, anything that disrupts the function of the organs of digestion is injurious to the body’s energy.

Some of the concepts of Chinese medicine most important for digestion include eating at regular times and eating cooked foods. Chinese medicine theory considers that energy is required to warm the stomach to digest foods, and cold and raw foods may be injurious to the digestive energy and should be eaten sparingly; this is especially important for people who have been sick and have had stomach pain and nausea often due to cancer treatment. (The issue of raw or cooked food is controversial, and raw food advocates argue that cooking may destroy enzymes in food important to digestion.) Furthermore, Chinese medicine advocates eating foods that are in season and grown as close to home as possible, because these foods are fresher and have more food energy and more Qi. Herbs can be added to foods to increase food vitality, especially for specific health conditions.

While there are different approaches to food therapy currently used in the West, traditional methods that have been used in Chinese medicine are still used today. For example, we now know that the type and amount of carbohydrates in the diet is very important in maintaining good health. It is especially important to focus on the glycemic index of carbohydrates to improve insulin sensitivity. In our clinic we combine traditional methods with modern understandings of using food to promote health, including reducing cancer risk. This is discussed more fully in The New Chinese Medicine Handbook.13

Taking this in account, traditionally rice is the basic food used for healing in Chinese medicine, although other grains may be used including quinoa, barley, rye, and buckwheat. Some people will need to avoid grains with gluten, such as barley and rye, due to gluten sensitivity. Congee is a special grain porridge that is considered traditionally to be a very therapeutic food and used during chronic weakness diseases and convalescence from illnesses. When people diagnosed with lung cancer are being treated with chemotherapy, recovering from surgery, or having other debilitating treatments, congee is a good and easy option for nutrition and recovery. There are many varieties of congee suitable for different conditions and symptoms, and a Chinese medicine practitioner can provide recipes specific to the patient’s situation.

The basic method of making congee is to cook one cup of rice (or other grains) in seven to nine cups of filtered water for six to eight hours. This can be done overnight and it is ideal to use a slow cooker such as a crock pot or any cooking pot. Herbs and/or meat or vegetables are added as directed by the Chinese medicine practitioner for the patient’s specific condition. In our clinic, we highly recommend that the glycemic index and load of the grains be offset with using a substantial amount of protein and vegetables in order to have the best healing properties.
Traditional Chinese families serve congee to the whole family weekly with herbs such as *Ginseng, Dong Quai, Codonopsis, Red Dates, Ginger,* and *Astragalus.* *Astragalus* is good in immune tonic congee.

Soups are highly recommended in Chinese food therapy. Chicken soup is considered very healing by the Chinese, and many soups that are tonics are based on chicken broth. Congees may also use chicken broth as a base with specific herbs for the patient’s condition.

**Tips for Eating – For You and Your Family Members**

- Eat in a peaceful setting. Stop for half a minute to take a deep breath, switch gears if you need to, and slow down to really enjoy your food.
- Eat slowly enough to chew adequately.
- Eat with others whose company you enjoy.
- Eat plenty of lightly cooked (steamed or parboiled) fresh vegetables (not an excess of raw food), whole grains, beans, protein, and seaweeds. Eat one or more servings of steamed or cooked dark leafy greens daily, such as kale, collard greens, or broccoli (cruciferous veggies). These are very rich in nutrients.
- Eat a cooked meal in the morning, the cool part of the day. This is also an important time to include good quality protein for energy throughout the day.
- In the afternoon, the warm part of the day, you may include cooling foods, such as salad or fruit if desired, and protein to regulate blood sugar.
- In the evening, eat a lighter cooked meal no later than 3 hours before bed for sounder sleep.
- Some people feel better "grazing" or eating smaller meals throughout the day. This can be helpful to people who have small appetites and have trouble gaining weight. Eating frequent small meals is also less stressful on the heart. During chemotherapy treatment this is often very helpful to decrease nausea and stomach pain.
- Drink plenty of water, but not too much water with meals.
- Avoid eating junk food, processed food, sugar, and food with preservatives on a regular basis.
- Include organic foods and home cooked foods as much as possible.
- Soups are quick and simple, nutritious, delicious, and easy to freeze and reheat.
Qi Gong: Exercise and Meditation

Chronic or life-threatening illness can make a person feel as if the body is beyond his or her control. Exercise and meditation can take control over quality of life and the vitality of the mind, body, and spirit. Exercise can help decrease stress and depression, strengthen the cardiovascular system, improve appetite, maintain muscle mass, improve and maintain digestion, and avoid constipation and/or diarrhea associated with medication.

Moderate exercise is recommended, starting with 20-minute periods, three times weekly. The benefits of exercising are extensive, and regular exercise is advised. However, stamina and tolerance for stress may ebb and flow during the course of disease and treatment. Therefore, break periods may be required, and exercise programs may be resumed when the patient has more energy and endurance.

In the general population, regular exercise that oxygenates the blood and tones the muscles helps people live longer, look younger, and think more clearly. Exercise also has emotional and spiritual benefits. In general, people with a normal stress response should get as much exercise as possible. However, patients who have lung cancer must evaluate the risks of exacerbating symptoms because of overexertion, and Qi Gong may be helpful in this situation.

Qi Gong is the traditional Chinese discipline that focuses on breathing and movement of Qi (“life force”) to increase physical harmony and strength and establish spiritual and emotional peace. There are numerous different schools of practice, some very vigorous (including martial arts) and others extremely gentle. Careful, relaxed breathing is the foundation of most Qi Gong movements.

The energy-conserving, Qi-channeling practice of Qi Gong is designed to keep a person healthy and fit without causing stress and exhaustion. Furthermore, patients who have excessive fatigue, shortness of breath, fluid retention, or neuropathy may be required to avoid strenuous exercise; in these situations, Qi Gong meditation and breathing exercises can become the primary way to obtain exercise.

The Chinese practice of Qi Gong may improve outcomes for people with cancer, including improved immune responses and decreased symptoms associated with cancer treatment. However, most studies are small and the evidence is varied. Qi Gong therapy may have an inhibitory effect on cancer growth, both in vitro and in vivo, but repeat studies are unavailable for confirmation. Furthermore, Qi Gong in cancer patients may improve quality of life and mood status and decrease inflammatory markers and side effects of cancer treatment.
Exercise: The Circle of Qi

This exercise was designed by Qi Gong master Larry Wong of San Francisco to circulate Qi throughout the body, replenish depleted Qi, and calm the Shen (spirit).

Sit on the floor cross-legged style or in a lotus position. If that is uncomfortable, you may stand up or lie down during these breathing routines.

Inhale to a count of four to eight, depending on comfort. There are two breathing techniques you can use, Buddha’s Breath and Taoist’s Breath.

For Buddha’s Breath, inhale, extending your belly as you fill it up with air from the bottom of your lungs upward; exhale by pushing the air out from the bottom of your lungs first, contracting the lower rib cage and abdominal muscles, and then the upper torso.

For Taoist’s Breath, inhale, contracting your abdomen; exhale, letting your abdomen relax outward. You may practice these breathing techniques on alternate days.

As you inhale, imagine the air and your Qi flowing evenly along the pathways of the channels.

Become aware of the air as it enters through your nostrils and moves down the center of your chest to a spot on your abdomen about 1 to 2 inches below the navel. This is the area of the body called the dan.

Now breathe out slowly and evenly, releasing the breath from the abdomen, up through the lungs, and out your slightly open mouth.

As you exhale, imagine that the Qi that was at the dan is moving down through your pelvis, through your crotch, and up your tailbone to your lower back.

Keep exhaling in a slow, steady, smooth stream that passes gently over your lips.

As you inhale again, follow the Qi as it moves up along your back to your shoulders.

Exhale and move the Qi up to the back of the head, over the top of your head, down your forehead, and returning to the nose.

At first it may be difficult to follow the flow of Qi through its cycle. Be patient and keep your breathing calm and your mind relaxed while focusing on your inhaling and exhaling.
References

Lung Cancer in People Who Have Never Smoked

Heather Wakelee, MD

Introduction

Lung cancer is the leading cause of cancer death for both men and women in the United States, and globally it is the leading cause of cancer death in men and the second leading cause in women.\(^1\) Smoking is the most common cause of lung cancer, but there are many people who have never smoked who develop lung cancer. Lung cancer in people who have never smoked is more common in Asia, especially women.\(^1\) The causes of lung cancer in people who have never smoked are not well understood. Lung cancer treatments can work differently in people who have never smoked.

People who have never smoked (“never-smokers”) are defined as people who have smoked < 100 cigarettes in their lifetime. The information about how many people develop cancer each year comes from cancer registries that have information about the type of cancer and age of the person, but no information may be available about smoking history. Therefore, it is unknown exactly how many people with lung cancer do or do not smoke. We can make estimates though about how many people with lung cancer have developed the disease without a smoking history.

Worldwide, approximately 15% to 20% of men with lung cancer, and 50% of women with lung cancer, are people who have never smoked.\(^1\) In the United States, approximately 1 in 10 men, and 1 in 5 women, with lung cancer are people who have never smoked.\(^2\) The number of men who have never smoked and who develop lung cancer each year is similar to the number of men who develop multiple myeloma, a cancer of the immune system. The number of women who have never smoked and who develop lung cancer each year is similar to the number of women who develop cervical cancer.
It is unknown whether the frequency of developing lung cancer is increasing in people who have never smoked. A study in Swedish construction workers who had never smoked showed an increased frequency of lung cancer in the 1990s compared with the 1970s. In the United States, more women who had never smoked died of lung cancer in the 1980s and 1990s than in the 1960s. However, there is no other evidence of an increased incidence of lung cancer in people who have never smoked, and some studies show no increase. These types of studies are difficult to do because we do not have smoking information available in the same databases that capture information about the number of patients who develop lung cancer. There is a sense among doctors who treat lung cancer that the number of people with lung cancer who have never smoked is increasing. Studies are being done to try to get a better answer to that question, but at this time it remains uncertain.

There are several known differences between lung cancer in smokers and people who have never smoked, including the specific type of cancer. Lung cancer in smokers frequently is often a type called “small cell lung cancer” or a form of “non-small cell lung cancer (NSCLC)” known as “squamous cell carcinoma”. Adenocarcinoma, a different type of NSCLC, is more common in people who have never smoked. However, people with a smoking history can also develop adenocarcinoma of the lung and those who have never smoked are rarely diagnosed with squamous cell lung cancer or small cell lung cancer. The only way to know what kind of lung cancer it is for sure is to have a biopsy that is examined by a pathology doctor.

It is also known that lung cancer in people from certain racial/ethnic groups is more often seen in never-smokers than in other racial groups. This is true for people of Asian ancestry and Hispanics. Most of the risk is seen in women. We know that the percentage of women with lung cancer who have never smoked is higher than the percentage of men with lung cancer who have never smoked. The reason for these differences is not known. People are looking at air pollution as a cause of lung cancer in never-smokers.

Tumors from patients who have never smoked frequently have different changes in the DNA than the tumors from smokers, including changes in a protein known as the epidermal growth factor receptor (EGFR). Tumors with specific changes in the EGFR protein are more likely to shrink when treated with drugs that attack the EGFR protein, (such as erlotinib, gefitinib and afatinib). Another change that is more common in people with no smoking history who develop lung cancer is with the Anaplastic Lymphoma Kinase (ALK) gene. The drugs crizotinib, ceritinib and alectinib are used to treat lung cancer patients who have the ALK gene rearrangement.

Other changes in DNA are frequently different between lung cancer tumors from smokers and people who have never smoked, and the major DNA change that is important for the cancer can be identified in approximately half of patients in research studies. Most commonly, patients have only a single major change in the DNA, and a patient with a change in the EGFR gene usually
does not also have an ALK gene rearrangement. Testing for these DNA changes is now considered standard for patients who have been diagnosed with non-small cell lung cancer, especially adenocarcinoma, to help guide treatment and better understand the disease in each individual. There are lung cancer patients who have never smoked who do not have any of these gene mutations. However, it is important that testing is done to look for EGFR, ALK and ROS1 at a minimum in lung cancer patients who have never-smoked. The number of other gene mutations or gene rearrangements that can lead to changes in treatment are rapidly growing. In addition to EGFR, ALK and ROS1 we now can look for changes in BRAF, RET, MET, and HER2 and can offer specific “targeted” therapy when identified in tumors of patients with metastatic disease. These gene changes can also be seen in patients with a smoking history who develop lung cancer, but they seem to be more common in patients without a smoking history.

The causes of lung cancer in people who have never smoked are unknown, but several factors may increase the risk (Table 1). Second hand smoke may cause 20% of the lung cancers in people who have never smoked. Air pollution may cause 5% of cases of the disease. Indoor air pollution, such as fumes from cooking oil and smoke from burning coal, may increase lung cancer risk, especially in Asia. Radon is a colorless, odorless, radioactive gas that occurs naturally in some parts of the United States and other countries. Some homes have high levels of radon, and this can be tested with home kits. People who live in homes with high levels of radon are at a higher risk of developing lung cancer, whether or not they smoke. Jobs that expose people to toxic substances, such as uranium, asbestos, chromium, and arsenic, may increase the risk of developing lung cancer. Arsenic may be present in drinking water in some areas such as Taiwan and Chile. Nutritional deficiencies may contribute to the development of cancer, and people who eat more fruits and vegetables may be at lower risk for developing lung cancer. Lung damage from radiation therapy may increase the risk of developing lung cancer. Furthermore, lung cancer risk may be increased in people who have the human papilloma virus, but not everyone agrees with that risk. At this time there is no proof that human papilloma virus causes lung cancer. People with family members who have lung cancer have a slightly higher risk of developing lung cancer, but the magnitude and cause of this risk are unknown. Research is being done to try to find what changes in the DNA (genes) may make certain families at higher risk for lung cancer. So far we don’t know any DNA changes that are definitely linked to a higher risk of lung cancer in families and we don’t have a test to help people know if they are at risk. This research is ongoing.
Table 1. Possible Causes of Lung Cancer in People Who Have Never Smoked

<table>
<thead>
<tr>
<th>Possible Causes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Second hand smoke</td>
</tr>
<tr>
<td>Radon exposure</td>
</tr>
<tr>
<td>Other toxins (asbestos, chromium, or arsenic)</td>
</tr>
<tr>
<td>Dietary factors (diet deficient in fruits and vegetables)</td>
</tr>
<tr>
<td>Air pollution (including cooking fumes)</td>
</tr>
<tr>
<td>Radiation therapy to the chest</td>
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<tr>
<td>Other lung diseases such as idiopathic pulmonary fibrosis</td>
</tr>
<tr>
<td>Human papilloma virus (controversial)</td>
</tr>
<tr>
<td>Other family members with lung cancer</td>
</tr>
<tr>
<td>Differences in ability to fix DNA damage</td>
</tr>
</tbody>
</table>

Treatment of Lung Cancer in People Who Have Never Smoked

People with lung cancer who have never smoked may live longer, but may or may not respond better to chemotherapy, than smokers with lung cancer. Basic treatment usually is similar for people with lung cancer whether or not they have a smoking history.

People who have never smoked and who have lung cancer are more likely to have changes in specific genes. Though we do not know what causes the changes, we do know that specific gene changes can be the driving force in a cancer. These gene changes are not seen in the normal cells from a person with lung cancer, only in the cancer cells.

The gene changes we know the most about that are more common in the lung cancer of people who are never smoked are in the genes Epidermal Growth Factor Receptor (EGFR), Anaplastic Lymphoma Kinase (ALK) and ROS1. In recent years more gene changes that can be the driving force behind lung cancer in never smokers have been discovered. There are specific treatments available for people with lung cancer with changes in some of these genes such as erlotinib, gefitinib or afatinib for EGFR gene mutations and crizotinib, ceritinib or alectinib for ALK gene changes. Crizotinib is also active in ROS1. In addition to EGFR, ALK and ROS1 we now can look for changes in BRAF, RET, MET, and HER2 and can offer specific “targeted” therapy when identified in tumors of patients with metastatic disease. Specific BRAF inhibitors approved for use in melanoma including vemurafenib or the combination of dabrafenib/trametinib are active with many BRAF mutations. HER2
active drugs include afatinib and trastuzumab. Multiple drugs are active for RET including cabozan tinib and vandetinib and cabozantinib is also active for METexon 14 splice site variations, as is crizotinib. 

For most people diagnosed with stage IV (also called metastatic or advanced stage) non-small cell lung cancer the first treatment is chemotherapy. Chemotherapy can also work very well for patients with tumors with specific gene mutations; however, if we find the gene mutation before chemotherapy is started we usually start with a drug “targeted” to treat the gene mutation. It is very important for all patients with advanced stage lung cancer, especially patients who are never-smokers where it is more common, to have their tumor tested for the gene changes.

Patients with metastatic lung cancer who have specific EGFR gene changes should receive erlotinib, gefitinib, or afatinib as the initial treatment, even before the typical chemotherapy regimen, based on studies that have shown that they have a higher chance of shrinking the tumor than chemotherapy for these patients. People who start therapy with a “targeted” drug also have a longer time before the cancer starts to regrow and new treatment is needed. Chemotherapy can be further delayed with the approval of osimertinib for patients who have tumors with EGFR mutations who have initially responded to an EGFR drug and then became resistant due to a resistance mutation called T790M in EGFR. For ALK positive tumors we now have 3 drugs approved which can be used in sequence and many others are in development.

Erlotinib is not usually added to chemotherapy because the results of combining chemotherapy and erlotinib or gefitinib are not better than giving the chemotherapy alone as the first course of treatment. Recent studies looked at whether or not to continue the “targeted” drug after it stops working as well. Usually at that time chemotherapy is started and the question was whether the targeted drug should be continued when chemotherapy is started. The recent IMPRESS trial showed that it is not good in the majority of patients to continue the targeted drug when chemotherapy is started. We now also have 3rd generation EGFR targeted drugs like osimertinib that work for the majority of patients (especially if the T790M mutation has developed) when the initial drug (erlotinib, gefitinib or afatinib) stop working. Current research is also evaluating whether erlotinib or gefitinib may help prevent the return of cancer in people with early stage lung cancer that has been removed with surgery. So far the studies have not proven that erlotinib or gefitinib after surgery leads to improved chance of cure. There are studies being done in Asia and the United States though to explore that question.

For patients who have the ALK gene rearrangement (most common in lung cancer patients who have never smoked), the drug crizotinib is now available to be given either after completion of chemotherapy in patients with metastatic non-small cell lung cancer, or before the chemotherapy is started. We know that crizotinib works better than chemotherapy as the first treatment in patients with the ALK gene rearrangement in their tumor. In 2014 the drug ceritinib (LDK378) was approved in the United States for patients with tumors with
ALK gene rearrangements whose tumor was growing after the use of crizotinib. Alectinib was approved in 2015 for patients after crizotinib and there are studies to determine if it is better to start with alectinib instead of crizotinib. There are now many other drugs being developed for use in ALK+ lung cancer.

Other mutations that can be the driving force behind lung cancer and offer other treatment options if they are found are also being investigated.

Many other gene changes that can lead to lung cancer have been discovered in the past few years as outlined above. Some of these are also known to be cancer causing in other cancers like melanoma (BRAF mutations) and many have other targeted therapy available (HER2 mutations) as outlined above. Regardless of smoking status, the gene mutation profile of a lung cancer is now important for deciding on the best treatment. The gene mutations that have specific therapies are more common in cancer in never smokers.

Many of the exciting developments in lung cancer starting in 2015 are related to immune targeted therapy. Those drugs have been shown to work in lung cancer regardless of smoking history, but perhaps less in patients with no smoking history. Efforts to get immune therapy to work in patients with limited smoking history are ongoing with multiple combination drug studies. At this point it is standard to offer immune therapy such as nivolumab or pembrolizumab to patients who have previously received chemotherapy and have developed progression of disease. The use of these drugs as first line therapy in selected patients is likely to become standard soon. How to best utilize these treatments in patients who develop lung cancer as never-smokers, and in patients with molecularly targeted mutations, is under investigation.

Conclusions

Lung cancer can happen to anybody, whether or not that person has ever smoked. Though, overall, lung cancer is very similar in patients whether or not they have a history of smoking, there are some differences. These include the types of people with the disease (never-smokers with lung cancer are more likely to be women, Asian, or Hispanic and potentially younger), and the type of lung cancer (adenocarcinoma is more common in never-smokers).

Some causes of lung cancer other than smoking have been identified, including second-hand smoke, radon exposure, cooking fumes, family history, and others. We know that patients with the disease who are never-smokers are more likely to have mutations in the EGFR gene, ALK gene rearrangements or other gene changes in the tumor that can change treatment plans. Patients who have specific EGFR gene changes have a better response to EGFR blocking drugs like erlotinib and afatinib, and patients with the ALK gene rearrangement usually respond well to crizotinib, alectinib or ceritinib. Further research will provide more information about the cause of this type of lung cancer and how to best treat patients with this illness. People who want to know more about this topic can look at recent reviews that have been written for doctors.
Chapter 10: Lung Cancer in People who have Never Smoked

References


Chapter 10: Lung Cancer in People who have Never Smoked


How to Quit Smoking Confidently and Successfully

Joelle Thirsk Fathi, DNP, MN, BSN, ANP-BC, CTTS

Introduction

Smoking cessation (quitting smoking) is one of the best things we can do to protect our bodies from disease, fight illness, undergo treatment, and help our bodies heal. Research shows that 70% of people who smoke want to quit and that 41% of smokers have tried to quit for at least one day in the past year. There are many reasons why people want to quit smoking and better health is often at the top of the list. Unfortunately, many people who actively smoke have had many quit attempts that were unsuccessful; this can be discouraging and it can prevent people from trying to quit again.

It can be difficult to know how to approach quitting smoking, find the support you need, and be successful in quitting for good. The content in this chapter will give you the key information you need to understand how nicotine dependence occurs, what happens when you stop nicotine, how to avoid the unpleasant symptoms of nicotine withdrawal, and most importantly, how to quit smoking safely and effectively.

Chemicals in Cigarettes

Cigarettes contain tobacco and up to 7,000 other ingredients, including many that are harmful to our health. When smoking a cigarette, toxic gases including carbon monoxide (which is poisonous) and chemicals, such as tar, are inhaled and build up in the blood. These gases and chemicals are circulated throughout the body and cause damage to the body’s cells. Additionally, cigarettes contain nicotine. Nicotine is the notable ingredient that causes physical and mental dependence and makes it so hard to quit smoking.
When a cigarette is smoked, the chemicals and nicotine contained in the cigarette are combusted, at high temperatures, into gases and inhaled into the lungs. These substances quickly travel from the lungs into the arterial blood and the left side of the heart. The left side of the heart moves chemical containing blood out to the body and straight to the brain. The transfer of nicotine, from the time a puff is inhaled from a cigarette to the time it is delivered to the brain, occurs quickly, within ten to twenty seconds.

Nicotine is clever in how it works in the brain. It easily attaches to a receptor in the brain called the nicotinic acetylcholine receptor. Everyone has these receptors in the brain but for smokers, these receptors are activated by nicotine in a way that the non-smoker does not experience. When the nicotine attaches to the receptor, neurotransmitters (chemicals that your body makes) are released from that receptor. Dopamine is the most dominant neurotransmitter released when nicotine is consumed. This chemical stimulates the reward center in the brain and causes a pleasurable experience. Dopamine also enhances levels of energy and concentration, can elevate mood, and suppress appetite. The instant gratification and other positive side effects are all reasons why people continue to smoke.5

The more cigarettes smoked, the more circulating nicotine is present and attaches to the nicotinic acetylcholine receptors. This results in higher dopamine levels in the brain. Nicotine begins losing its stimulating effects soon after it is inhaled and is gone within two hours. When the nicotine is metabolized and disappears in the body/brain, the receptors are empty, the dopamine levels drop, and the receptors start begging for more nicotine; this is when withdrawal symptoms kick in and there is an urge to smoke.

The physical and mental changes that people experience when their nicotine levels drop can be difficult to cope with for many reasons. Most of the withdrawal experience is due to the drop in nicotine and dopamine levels in the brain. Withdrawal symptoms can occur with any changes in the use of nicotine including missing a cigarette, cutting back on typical intake of nicotine, or stopping the use of nicotine all together. The intensity and frequency of these symptoms vary from person to person and directly relate to the amount of nicotine/daily intake someone is accustomed to.4

Common symptoms of withdrawal include anxiety, irritability, agitation, and a drop in mood or even depression. People also experience disturbance in their sleep, difficulty with concentration, changes in bowel function, increased appetite, and urges to smoke.4 These symptoms are unpleasant and, if not prevented or treated, will cause a very strong urge to smoke again. Replenishing nicotine by having just one cigarette will ease or eliminate these
symptoms and this is why people often go back to smoking, because it makes the symptoms of withdrawal go away, almost instantly.

When quitting smoking, staying away from cigarettes is the most important part of both short-term and long-term success in staying quit. There are methods of quitting smoking that are proven to minimize and even prevent the unpleasant and detrimental symptoms of withdrawal from nicotine.

What it Takes to Quit Successfully

People are able to quit on their own but it can be a challenge to do this alone. You will have much more success if you get support, counsel, and treatment from a health care professional or a specialist trained in how to quit smoking. Using nicotine replacement therapy and/or a prescription medication to quit at least doubles the chances of long-term success and in some cases even quadruples the chances of quitting for good.\(^5\)-\(^7\)

Understanding the way nicotine affects the brain and how withdrawal occurs is important when quitting smoking. Moreover, knowing how to minimize and even prevent withdrawal symptoms is vital in successfully quitting. The following are descriptions of what is available to help people quit smoking and practical approaches to using these methods in quitting.\(^8\)

### Nicotine Replacement Therapy

Nicotine replacement can be a very effective approach to quitting smoking because the body absorbs the nicotine in the blood stream and finds its way to the brain but toxic chemicals are not being inhaled in your lungs. When nicotine reaches the brain, it attaches to the nicotinic acetylcholine receptors and causes a release of dopamine. Nicotine replacement therapy mimics having a cigarette and delivers nicotine to the brain, preventing and treating withdrawal symptoms.\(^5\)

The most important thing to remember when using nicotine replacement therapy is to be sure to get enough nicotine replacement; if not used properly, it will not work for you. Often people feel that the patch, gum, or lozenge did not work for them and this is usually because they were not getting enough replacement of nicotine to prevent symptoms of withdrawal. Getting enough nicotine with a combination of the long-acting patch and a short-acting method will make quitting smoking much easier and provide a smoother transition off cigarettes.

### Transdermal Patch, A Long-Acting Nicotine Replacement

Nicotine replacement is available in a patch that delivers nicotine continuously over 24 hours.\(^7\) The patch is considered a long-acting delivery method because it sends a steady amount of nicotine through your skin to the blood, then the brain. It is
important to dose the patch according to how many cigarettes are smoked in a day so that you get enough nicotine. A cigarette is equal to about 1mg of nicotine and the patch should be dosed 1mg for every cigarette smoked in a typical day. Choosing the right dosed patch will give an optimal delivery of nicotine to the brain and minimize or prevent withdrawal symptoms.\textsuperscript{6, 8, 9}

### Patch Dosing Recommendation \textsuperscript{9}

<table>
<thead>
<tr>
<th>Cigarettes/day</th>
<th>Patch Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>less than 10 cigarettes/day (less than 1/2 pack per day)</td>
<td>7mg patch</td>
</tr>
<tr>
<td>10 or more cigarettes/day (more than 1/2 pack per day)</td>
<td>14mg patch</td>
</tr>
<tr>
<td>20 cigarettes/day (1 pack per day)</td>
<td>21mg patch</td>
</tr>
<tr>
<td>More than 20 cigarettes/day</td>
<td>Dose patch to the number of cigarettes smoked per day with the guidance of your health care provider</td>
</tr>
</tbody>
</table>

The patch should be changed every 24 hours. It is recommended to use the initial patch dose for one full month and then step down the patch doses every 2-4 weeks until off the lowest dose.

**Example:** if you start the regimen at 21 mg, use this dose every day for 4 weeks, then step down to a 14mg patch for 2-4 weeks, then step down to a 7mg patch for 2-4 weeks, and then stop.\textsuperscript{9}

In this example, you would use a patch for a total of 8-12 weeks (2-3 months) after you quit smoking; this ensures a smooth landing in getting off nicotine safely and effectively. **You should know that this is longer than many people think they need to use patches. Remember, the key is to be successful in the long run, so wean off as slowly as needed; there is no rush!**

### Tips on Using the Patch

The patch is formulated as a long-acting medication. For safe, effective, and continual delivery of the medication; the patch should NOT be cut. Similar to cigarettes, the nicotine in the patch is stimulating and can cause active or vivid dreaming and/or wakefulness at bedtime. Unless you are accustomed to smoking in the middle of the night, it is recommended to take the patch off an hour before bedtime to avoid disruption of sleep. Start a new patch as soon as you wake up the next morning. Remember that it takes at least an hour for the nicotine in the new patch to deliver a steady state of nicotine in the bloodstream so, it’s important to use a short acting nicotine replacement, in combination with the patch, for urges to smoke, as discussed next.
Short-acting nicotine replacement:

Nicotine replacement is available in several forms of short-acting delivery methods. These short-acting doses of nicotine are very important in the success of using nicotine replacement therapy in quitting smoking. Even if you use the transdermal patch for continuous nicotine replacement, you may have urges to smoke and withdrawal symptoms. Think of short acting nicotine replacement as your quick acting, rescue, medication. Treating these cravings with one of the following four options of nicotine replacement, in combination with the long-acting patch, is one of the most effective ways to avoid lapsing or relapsing with a cigarette and returning to regular patterns of smoking.

Nicotine Gum – the gum is available in 2mg and 4mg doses. It is important to know that the gum only works if it is absorbed through the mucosal lining of your mouth (between your gum and your cheek). The best way to use the gum is to chew it until there is a peppery/spicy, tingly sensation, then park it between the gum and cheek for 5 minutes. Then chew it again until there is another sensation (about a minute) and park it for 5 minutes. Continue about five cycles (approximately 30 minutes) of this chew for 1 minute and park for 5 minutes, in order to get all the dose of nicotine the gum has to offer. The chewing for a minute is necessary to activate more nicotine in the gum so you may then park it for optimal absorption. It is safe to chew up to 20 pieces of gum a day for breakthrough cravings and withdrawal symptoms. Gum is not effective when wearing dentures but can be chewed and effective if the dentures are out of the mouth. This product is available over the counter for purchase. Many insurance companies are now covering this when prescribed by a medical provider.

Getting the Most out of the Gum - If the nicotine gum is chewed like a regular piece of chewing gum and you swallow the nicotine, you may experience nausea, indigestion, or hiccups; be sure to go through the chew and park cycle as discussed above in order to optimize absorption. If you swallow the nicotine, you will not absorb the nicotine because of the acid in the stomach. Also, avoid any drinking or eating, especially carbonated drinks and acidic foods and beverages, right before and during use of the nicotine gum because these will destroy the nicotine in the gum.

Nicotine Lozenge – The lozenge is similar to the nicotine gum. It is available in 2mg and 4mg doses and, like the nicotine gum, the lozenge needs to be tucked between the gum lining of the mouth and cheek to be absorbed. The standard starting dose is the 2mg lozenge, which delivers the equivalent of nicotine in one cigarette. Avoid acidic foods or beverages right before use and when a lozenge is in the mouth. This product is available for purchase over the counter. Many insurance companies are covering this when prescribed by a medical provider.

Nicotine Nasal Spray – The nasal spray contains nicotine that is delivered through the mucosal wall/tissue of the nose. When using it, it is important to tip the head
back slightly and spray it against the nasal wall but do NOT sniff it deep into the
sinuses. One spray in each nostril (2 sprays) delivers a similar dose of one cigarette.6, 8, 9 This product is available only by prescription. It is normal for this spray to cause a
warm sensation in the nostrils.

**Nicotine Inhaler** – The nicotine inhaler is a popular method of short-acting nicotine
delivery for people who have a strong attachment to the ritual of holding and
handling a cigarette. Although this is called an “inhaler”, the nicotine delivery is taken
in by puffing on the inhaler, not taking a deep inhalation, or “drag”, as would be
done with a cigarette. The nicotine is absorbed through the mucosal tissue of the
mouth so it is important to only inhale or puff the medication into the mouth (not
the lungs) for optimal absorption; 20 puffs = the amount of nicotine in one cigarette.
This product is available only by prescription 6, 8, 9 and is different from an e-
Cigarette, which is discussed later in this chapter. **Your pharmacist can teach you
how to load and use the inhaler.** This product is not effective if dentures are in
place.

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**Long acting nicotine patch + Short acting nicotine
(gum, lozenge, inhaler, or spray) = Successful Long-term Quit**

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**How to know if you are getting too Much Nicotine Replacement**
It is possible to be taking too much nicotine replacement. Symptoms that could be
associated with taking too much nicotine are: feeling anxious, jittery, headache,
nausea, excessive wakefulness, and chest pain or heart palpitations. If you develop
these symptoms or any others that you think are associated with nicotine delivery,
stop using all nicotine products, including taking the patch off and call your medical
provider for further advice, as soon as possible. Remember to avoid smoking
cigarettes while using the nicotine replacement therapy to reduce the chances of
overdosing on nicotine and provide the best opportunity to quit.

**Non-Nicotine/Prescription Medication Therapy Options**

**Bupropion Sustained Release (SR)**
Bupropion SR is a long acting prescription medication that is commonly used to help
people quit smoking. It has shown to double the success rates in quitting smoking
and works well with the nicotine replacement therapies. It is also known as “Zyban”
and “Wellbutrin”.

Some people are hesitant to take this medication because they have heard that it is
used for depression and do not want to take an “antidepressant”. It is true;
bupropion is used for depression because it allows more of the neurotransmitters,
dopamine and norepinephrine, to circulate in the brain.
Chapter II: How to Quit Smoking Confidently and Successfully

Remember that nicotine drives the dopamine levels up and this is why the brain experiences a mood elevation when smoking. When the dopamine levels drop with the withdrawal of nicotine, the brain can experience agitation, anxiety, and depressive mood changes. Bupropion helps in transitioning off cigarettes/nicotine because it allows more dopamine to circulate and protects the brain from an abrupt withdrawal off the dopamine. It reduces the craving for cigarettes, helps with the anxiety of quitting smoking, and often suppresses appetite and controls weight gain associated with quitting smoking.\(^4\,6\,9\) Talk to your health care provider to determine if bupropion is the right medication for you.

**Varenicline**

Varenicline is a prescription medication that is commonly used to help people quit smoking. Varenicline has shown an increased success rate in quitting smoking of up to four fold.\(^9\) It is also known as “Chantix”.

This medication works by attaching to the nicotinic acetylcholine receptors in the brain and causes the same release of dopamine that nicotine does. This medication mimics the presence and action of nicotine and tricks the brain into thinking it has nicotine on board.\(^4\,6\,9\) Because of the way this medication mimics the presence of nicotine and attaches to the nicotinic acetylcholine receptors in the brain, in most cases, you would not benefit from using nicotine replacement therapies; Varenicline is typically used alone.

This medication reduces the craving for nicotine and reduces withdrawal symptoms. Some people are hesitant to take this medication because they have heard of potential side effects including nausea, vivid dreams, or mood changes. Talk to your health care provider to determine if Varenicline is the right medication for you.

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**Tips on Taking Bupropion SR and Varenicline**

Always take these medications with food to avoid nausea. If you are taking these medications twice a day, be sure to take the second dose closer to dinner time to avoid disruption of sleep and vivid dreams. Like nicotine from cigarettes, Varenicline stimulates the central nervous system and because of this action, it is more activating than sedating; taking it with dinner is ideal. Sometimes a dose adjustment needs to be made in order to tolerate the medication and optimize your opportunity to quit smoking.

Wellbutrin is also more activating then sedating. If you experience agitation or even anxiety that does not go away, it might mean you need to reduce the dose of the medication or even stop it. Cutting back on the dose may reduce these symptoms and allow you to benefit from its action in helping you quit.

If you experience any unpleasant symptoms, while trying to quit smoking, including disturbing thoughts or changes in your mood, you should stop the medication immediately and call your medical provider.
Nicotine replacement therapy and non-nicotine medication therapies clearly show effectiveness in helping people quit smoking, long-term. There is also strong scientific evidence that shows formal counseling sessions added to either nicotine replacement therapy or non-nicotine medication therapy greatly enhances the sustained success rates of quitting smoking. The more counseling sessions that a person is involved with, the higher the success rate. The counseling could simply be talking to someone in your health care provider’s office.

There are many alternative approaches and treatments to help quit smoking. People use these therapies for added control of withdrawal symptoms. Some of the more common methods are acupuncture, hypnosis, and herbal preparations. These approaches have not been widely studied. Currently, research does not show these methods are effective in long-term success in quitting smoking. However, many people have success using them, especially when combined with other evidence-based therapies, as discussed in this chapter.

There are web-based smoking cessation resources on the internet. These online resources provide support and quit coaching options. There is not a lot of existing evidence that these resources are highly effective when used as the only approach to quitting smoking. However, using them in combination with nicotine replacement and/or non-nicotine therapy likely has a much greater chance of success in quitting smoking. The following are just a few examples of current available resources.

**American Lung Association/Freedom From Smoking**  
[www.ffsonline.org](http://www.ffsonline.org)

**U.S. Department of Health and Human Services**  
[www.smokefree.gov](http://www.smokefree.gov)

**Become An Ex**  
[www.becomeanex.org](http://www.becomeanex.org)

**Healthways**  
[www.quitnet.com](http://www.quitnet.com)
In-Person Counseling and Quitting Smoking

**Quit Line**

There are telephone-quit lines available in most states. The services they offer vary depending on the funding for that program, and most provide telephone counseling by trained quit coaches plus follow-up telephone calls. The counselors are trained in coaching people in their quit attempt. They will provide educational resources and many will mail nicotine replacement therapy, including the long-acting nicotine patch and either the gum or lozenge, free of charge. With a prescription, some are also able to offer medications like Bupropion (Zyban) and Varenicline (Chantix) at a reduced cost.

The quit line specific to any state in the U.S. or any of the Canadian provinces can be located by calling the North American Quitline Consortium (NAQC) at 1-800-QUIT-NOW or by visiting their website at www.naquitline.org. You can also find out about local resources through your local public health department or by searching online using your specific state or city and “quit smoking” as keywords.

Many employers, especially large employers, have contracts with a professional quit line service that employees, and even family members of employees, can benefit from. The services and resources they provide are similar to the public quit lines. Call your employer’s Human Resources department to see if they provide this benefit.

**Support Groups**

Support groups are often available through local community centers, medical centers, hospitals, public health departments, and local chapters of the American Lung Association and American Heart Association. Someone trained in tobacco cessation counseling usually runs these groups. The support groups can be a good way to connect with other people who are working on quitting or have quit, gather tips and ideas about how to quit successfully, and find much needed support when trying to quit and staying quit for good.

**Electronic Nicotine Delivery Systems (e-Cigarettes)**

Many people are asking about the use of electronic cigarettes, also known as e-Cigarettes or “vapes”, as a replacement for conventional cigarettes or as aids in quitting smoking.

Electronic cigarettes are battery-operated devices that deliver nicotine and other chemicals to the body through an inhaled vapor rather than a combustible gas. Some people feel that electronic cigarettes may be safer for your health because you do not “light up” or create combustible gases while using them. There is no data to suggest that electronic cigarettes are effective in quitting smoking, in fact they may contribute to sustained dependence on nicotine and smoking cigarettes, making it difficult to quit smoking. These products and their ingredients are not currently regulated and monitored by the Federal Food and Drug
When quitting smoking, it is common to experience a lapse in the quit attempt. A lapse is when a single or a few cigarettes are smoked. A relapse is when regular smoking is resumed and lasts longer than seven days. It often occurs when people encounter strong triggers for smoking including stressful situations or events. This can also occur if treatment is not effective or stopped too soon.

Lapses and relapses are sometimes part of the road to success in quitting long-term. When a lapse or relapse occurs, people often feel bad about this disruption in the success of their quit attempt. In either case, it is possible to successfully resume the quit attempt. This can be done by returning to the approaches and methods that helped quit in the first place. Avoid negative talk to yourself or others who have had a lapse or relapse and remember to avoid triggers and focus on previous success and the goal of quitting for good. Reaching out to your medical provider and reviewing your treatment plan can also be helpful in case a dose adjustment is needed to optimize your opportunity for success.

When quitting smoking, it is important to address your lifestyle rituals, and behaviors that are associated with smoking; this will help you transition to smoke-free living. Make a list of activities, people, or things that trigger the urge to have a cigarette. Be aware of these triggers and, if possible, make a plan to avoid them by restructuring your daily routines and developing new rituals that give you a break and provide pleasure, without smoking. Develop a list of activities that you can do instead of smoking; this should include activities to keep your hands busy. When you experience an urge to smoke, focusing on one or more of these activities can help you get through the craving and avoid having a cigarette. Tell people close to you or those you encounter frequently that you are quitting smoking; this will help them support you, in your efforts.

Conclusion

Quitting smoking is one of the best actions you can take to protect and maintain your health. In a time of illness, quitting will help your body prepare for medical treatment, improve your chances for optimal response to treatment, and enhance your ability to heal following surgery. Regardless of how long you have smoked, quitting smoking has immediate and long-term health benefits; it is never too late to quit. It can be difficult to quit, but with the right tools and knowledge about the best and most effective approaches to quitting smoking, quitting successfully with confidence, is a more realistic and obtainable goal.
Quitting smoking is one of the best actions you can take to protect and maintain your health.

1. Within 20 Minutes: Blood pressure & heart rate decrease
2. 8-12 Hours: Carbon Monoxide drops, blood oxygen returns to normal
3. 2 Weeks to 3 Months: Improved circulation & lung function
4. 1-9 Months: Lungs begin to regain normal function, including ability to clean & fight infection
5. 1 Year: Risk of coronary disease is cut in half
6. 5-15 Years: Risk of stroke reduced to that of a normal smoker
7. 10 Years: Risk of cancer reduced, risk of lung cancer cut in half
8. 15 Years: Risk of coronary heart disease is similar to non-smoker

Source: cancer.org/healthy/stayawayfromtobacco/guide/quitSmoking/guide-to-quitting-smoking-benefits
References


Questions to Ask Your Doctor about Your Lung Cancer Diagnosis

When you meet with your doctor, you will hear a lot of information. These questions may help you learn more about your cancer and what you can expect next.

What type of cancer do I have?

What is the stage of my cancer?

Has it spread to other areas of my body?

Will I need more tests before treatment begins? Which ones?

Will you help me find a doctor to give me another opinion on the best treatment plan for me?

How serious is my cancer?

What are my chances of survival?

Who can I contact with any questions or problems I may experience?

Should a family member or friend come with me to my treatment sessions?
Questions to Ask

Questions to Ask Your Doctor about Your Treatment (general)

You may want to ask your doctor some of the following questions before you decide on your lung cancer treatment.

What are the ways to treat my type and stage of cancer?

What are the benefits and risks of each of these treatments?

What treatment do you recommend? Why do you think it is best for me?

When will I need to start treatment?

Will I need to be in the hospital for treatment? If so, for how long?

What is my chance of recovery with this treatment?

How will we know if the treatment is working?

Would a clinical trial (research study) be right for me?

Will I need a specialist(s) for my cancer treatment?
Will you help me find a doctor to give me another opinion on the best treatment plan for me?

Will you help me find a social worker/patient navigator to help guide me through treatment?

Will I have a case manager to help with insurance questions?
Questions to Ask

Questions about Surgery

Surgery is one of the options for treating patients who are diagnosed with lung cancer. Sometimes surgery is the only treatment necessary, and sometimes surgery is combined with chemotherapy and/or radiation therapy.

Is surgery an option for me? If so, what kind of surgery do you suggest?

What are the risks, benefits and alternatives to surgery?

How much of the lung will be removed?

How will removal of the lung affect my breathing?

What is my recovery time in the hospital and at home?

If I have pain, how will it be controlled?

Do I need to arrange to have someone to help me with daily activities?
Questions about Radiation Treatment

The treatment of lung cancer depends on the type and stage and the patient’s overall condition. Radiation therapy is one of the main options for treating patients who are diagnosed with lung cancer.

Why do I need radiation therapy?

_________________________________________________________

What is my treatment regimen and how long will it last?

_________________________________________________________

Can I continue my usual work and exercise schedule?

_________________________________________________________

Can I miss a few treatments?

_________________________________________________________

What are the side effects?

_________________________________________________________
Questions about Chemotherapy

The treatment of lung cancer depends on the type and stage and the patient’s overall condition. Chemotherapy is one of the main options for treating patients who are diagnosed with lung cancer.

What type of chemotherapy will I receive and how long will the treatment last?

What are the benefits and risks of chemotherapy?

What are the side effects of chemotherapy?

Can I work during treatment?

How will we manage nausea?
Questions about Targeted Therapy

Can my tumor be treated with targeted therapy?

What type of testing of the tumor is required?

What side effects can I expect with this treatment?

What are the potential benefits?

What are the potential side effects?

How can targeted therapy affect my daily routine and hobbies? Can I still go to my job, exercise, see my friends, etc.? 
Questions to Ask

Questions about Immunotherapy

What is immunotherapy?

Is immunotherapy right for me? Do I need to be tested in order to be put on an immunotherapy treatment?

What are the potential benefits?

What are the potential side effects?

How can immunotherapy affect my daily routine and hobbies? Can I still go to my job, exercise, see my friends, etc.?

How is immunotherapy given, and how often do I undergo treatment? Where do I undergo treatment?

How long will I have to receive immunotherapy treatment?

How can I prepare myself before beginning immunotherapy? Can I eat, drink, etc. before or after receiving the medicine?

Are there any lung cancer support programs where I can speak with other people who received immunotherapy?
Questions to Ask Your Doctor about Treatment Clinical Trials

If you are thinking about taking part in a clinical trial, be sure to ask your doctor, “Is there a clinical trial that I can join?” If your doctor offers you a trial, here are some questions you may want to ask.

**Questions about the Trial**

What is the purpose of the trial?

Why do the researchers believe that the treatment being studied may be better than the one being used now? Why may it not be better?

How long will I be in the trial?

What kinds of tests and treatments are involved?

How will the doctor know if the treatment is working?

How will I be told about the trial’s results?

How long do I have to make up my mind about joining this trial?

Who can I speak with about questions I have during and after the trial?
Questions to Ask

Who will be in charge of my care?

Is there someone I can talk to who has been in the trial?

Questions about Risks and Benefits

What are the possible side effects or risks of the new treatment?

What are the possible benefits?

How do the possible risks and benefits of this trial compare to those of the standard treatment?

Questions about Your Rights

How will my health information be kept private?

What happens if I decide to leave the trial?

Questions about Costs

Will I have to pay for any of the treatments or tests?

What costs will my health insurance cover?
Who pays if I’m injured in the trial?

Who can help answer any questions from my insurance company?

Questions about Daily Life

How could the trial affect my daily life?

How often will I have to come to the hospital or clinic?

Will I have to stay in the hospital during the clinical trial? If so, how often and for how long?

Will I have to travel long distances?

Will I have check-ups after the trial?

Questions about Comparing Choices

What are my other treatment choices, including standard treatments?

How does the treatment I would receive in this trial compare with the other treatment choices?
Lung Cancer Choices Resource Directory

American Cancer Society
The American Cancer Society (ACS) offers programs that help cancer patients, family members, and friends cope with the treatment decisions and emotional challenges they face. Telephone: 1-800-492-0329
www.cancer.org

Brain Tumor Society
The Brain Tumor Society is a national non-profit agency that provides information about brain tumors and related conditions for patients and their families. Financial assistance is given through the agency's BTS CARES Financial Assistance Program. This program provides supplementary financial assistance to individuals experiencing financial need. This program covers specific nonmedical costs related to a primary brain tumor diagnosis. Direct medical expenses are not covered. Telephone: 1-800-770-8287 www.tbts.org

CancerCare
CancerCare is a national non-profit agency that offers free support, information, financial assistance, and practical help to people with cancer and their loved ones. Financial assistance is given in the form of limited grants for certain treatment expenses. Telephone: 800-813-4673 www.cancercare.org/get_help/assistance/cc_financial.php

GoodDays
GoodDays is an independent 501(c)(3) non-profit charitable organization that helps underinsured patients with chronic disease, cancers or life-altering conditions obtain the expensive medications they need. Telephone: (972) 608-7141 www.mygooddays.org

The Healthwell Foundation
The HealthWell Foundation® is a non-profit, charitable organization that helps individuals afford prescription medications they are taking for specific illnesses. The Foundation provides financial assistance to eligible patients to cover certain out-of-pocket health care costs. Telephone: 800-675-8416 www.healthwellfoundation.org
Partnership for Prescription Assistance
The Partnership for Prescription Assistance brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need through the public or private program that's right for them. Many will get them free or nearly free.
Telephone: 1-888-477-2669
www.pparx.org/about.php

Patient Access Network Foundation (PAN Foundation)
Patient Access Network (PAN) Foundation is an independent, not-for-profit foundation established in 2004, dedicated to assisting patients who cannot afford the out-of-pocket costs associated with their treatment needs. With 20 disease-specific funds, PAN assists the underinsured in accessing health care treatments.
Telephone: 866-316-PANF (7263)
www.panfoundation.org

Patient Advocate Foundation
Patient Advocate Foundation is a national non-profit organization that seeks to safeguard patients through effective mediation assuring access to care, maintenance of employment, and preservation of their financial stability relative to their diagnosis of life threatening or debilitating diseases.
Telephone: 1-800-532-5274
www.patientadvocate.org/
Pharmaceutical Company Patient Assistance Programs

Some pharmaceutical companies offer prescription drug programs to make specific drugs available to people who could not otherwise afford them. Generally, your doctor must apply to these programs on your behalf. However, you can call and obtain the applications and information to help speed the process. Eligibility requirements and program operations vary greatly from one program to another.

Following are listings of pharmaceutical company patient assistance programs for some of the drugs commonly used by people with lung cancer.

Amgen, Inc.
Amgen’s patient assistance programs are a continuum of services designed to provide access through free goods and other support services to qualifying uninsured and underinsured patients. In addition, Amgen makes donations to third-party co-pay assistance foundations. To enroll, please call the appropriate hotline number listed below.

Telephone: 1-800-272-9376 (nephrology)
  1-888-427-7478 (oncology)
  1-888-762-6436 (The Safety Net Foundation)

http://www.amgen.com/responsibility/access-to-medicine/

Sanofi-aventis
The Sanofi-aventis patient assistance program offers free medication to people who otherwise cannot afford their medications. Patients must meet financial and other program-specific criteria to be eligible for assistance. To find out how to apply for medication assistance from the Sanofi-aventis patient assistance program, register for free at http://www.sanofipatientconnection.com/

Bayer Corporation
The Bayer Healthcare Pharmaceuticals patient assistance program offers free medication to people who otherwise cannot afford their medications. Patients must meet financial and other program specific criteria to be eligible for assistance. To find out how to apply for medication assistance register for free at www.rxassist.org/pap-info/company-detail?CmpId=7

Bristol-Myers Squibb Company
The Bristol-Myers Squibb Patient Assistance Foundation, Inc. is a non-profit organization. The Foundation was established in 1998 to provide temporary assistance to qualifying patients with a financial hardship who generally have no private prescription drug insurance and are not enrolled in a prescription drug coverage plan through Medicaid or any other federal, state, or local health program.

Telephone: 1-800-736-0003
www.bmspaf.org/
Eli Lilly and Company - Lilly Oncology
For Gemzar® and Alimta®, Lilly provides assistance with obtaining reimbursement. If patients do not have insurance and are unable to obtain other financial assistance, they may be eligible to obtain Lilly oncology products through the patient assistance program. For information about obtaining reimbursement assistance and patient assistance, visit:
LillyPatientOne: www.lillypatientone.com/patient/index.html
Alimta: www.alimta.com/financial-assistance.html

Genentech, Inc.
Genentech Access Solutions helps patients access their medicines and explore possible solutions to coverage or reimbursement issues. For patients and their healthcare providers, Genentech Access Solutions provides: coverage and reimbursement, patient assistance, and informational resources. Call (866) 4 ACCESS / (866) 422-2377 between the hours of 6 a.m. and 5 p.m. PST Monday through Friday or 24/7 through our website
www.genentech-access.com/patient.html

GlaxoSmithKline (GSK)
“GSK For You” features information on patient assistance programs from other resources, too. Please browse the Internet site to see if you may be eligible to save on your prescription drugs.
Telephone: 1-888-825-5249
www.gskforyou.com

Merck & Company, Inc.
Merck Patient Assistance Program
This private and confidential program provides medicine free of charge to eligible individuals, primarily the uninsured.
Telephone: 1-800-727-5400
www.merck.com/merckhelps/patientassistance/home.html

Novartis Pharmaceuticals
Novartis Oncology Reimbursement Program
PAP Enrollment
The Novartis Pharmaceuticals Corporation’s Patient Assistance Program (PAP) provides assistance to patients experiencing financial hardship who have no third party insurance coverage for their medicines.
Telephone: 1-888-669-6682
www.pharma.us.novartis.com/our-products/patient-assistance/patient-assistance-foundation-enrollment
Johnson & Johnson Patient Assistance Foundation
This program is designed to provide free prescription medicines to eligible individuals who
don’t have insurance coverage for their products and do not have adequate financial
resources.
Telephone: 1-800-652-6227
www.jjpaf.org/

Purdue Pharma
The Purdue Pharma patient assistance program offers free medication to people who
otherwise cannot afford their medications. Patients must meet financial and other program
specific criteria to be eligible for assistance. To find out how to apply for medication
assistance from the Purdue Pharma patient assistance program:
Telephone: 800-599-6070
www.purduepharma.com/patients-caregivers/cost-savings/

Government Resources

Food and Drug Administration (FDA), Single Patient Investigational New Drug
Program
Patients who are not eligible for a clinical trial and who are in an immediate medical crisis
may be able to receive drugs that are not yet FDA-approved. Your doctor would have to
apply to the FDA for permission to use the drug, an approval known as a Single Patient
IND for Compassionate or Emergency Use. Contact information appears below. The FDA
usually responds to an application within 24 to 48 hours.
Telephone: CDER Oncology Drug Products (most cancer drugs): 301-594-2473
CBER Oncology Branch (for biologicals): 301-827-5093
www.fda.gov/Drugs/DevelopmentApprovalProcess/HowDrugsareDevelopedandApprove
d/ApprovalApplications/InvestigationalNewDrugINDApplication/ucm107434.htm
Lung Cancer Choices Glossary

A

abnormality (ab-nohr-MAL-uh-tee): A growth or area of tissue that is not normal. An abnormality may or may not be cancer or likely to become cancer.


adjuvant therapy (ADD-joo-vent THAIR-uh-pee): Treatment given after the main treatment to help cure a disease.

alcohol (AL-kuh-hall): Wine, beer, or liquor (such as gin or whiskey).

antiangiogenesis therapy (AN-tee-an-je-oh-JEN-uh-sis THAIR-uh-pee): Using drugs or other treatments to stop new blood vessels from forming in tumors to try to limit tumor growth.

antibodies (AN-tee-BAH-deez): Proteins in the body made by the immune system that fight infection and disease.

arsenic (AHR-sin-ik): A mineral that can occur naturally in rocks and soil, sometimes used as a poison used to kill weeds and pests. Arsenic is also used in some cancer treatments to kill cancer cells.

asbestos (ess-BEST-iss): A natural material that is made of tiny threads or fibers. The fibers can enter the lungs as a person breathes. Asbestos can cause many diseases, including cancer. Asbestos was used to insulate houses from heat and cold. It has also been used in car brakes, in shipyards, and for other purposes. Some old houses still have asbestos in their walls or ceilings.

B

beta-carotene (BAY-tuh KAYR-uh-teen): A vitamin found in orange, bright yellow, and dark green fruits and vegetables.

biological therapy (bye-uh-LAH-juh-kul THAIR-uh-pee): Treatment to boost the immune system’s power to fight infections and other diseases. It can also be used to lessen side effects of some treatments. Also called immunotherapy, biotherapy, or biological response modifier (BRM) therapy.
biopsy (BY-ah-psee): To remove cells or tissues from the body for testing and examination under a microscope.

bladder (BLAD-ur): A small sac that holds urine before it passes from the body. The bladder is in the lower part of the belly.

bronchi (BRAHNK-eye): The large airways connecting the windpipe to the lungs. The single form is bronchus. See also bronchial carcinoma.

bronchial carcinoma (BRAHN-kee-yul kar-sin-OH-muh): Cancer that grows in the bronchi, which are the large airways connecting the windpipe to the lungs.

bronchoalveolar carcinoma (BRAHN-koh-al-vee-OH-lur kar-sin-OH-muh): Bronchoalveolar carcinoma (BAC) is a subtype of lung cancer. BAC tumors can be more diffuse (spread out) than other lung cancers.

bronchoscopy (brahn-KAH-skuh-pee): A way to look at the inside of the windpipe, the bronchi, and/or the lungs using a lighted tube. The tube is inserted through the patient’s nose or mouth. Bronchoscopy may be used to find cancer or as part of some treatments.

cancer registry: A database of cancer cases including information about when they occurred, the type of cancer, and other information.

carcinogen (kar-SIN-uh-jin): Something that causes cancer.

carotenoids (kuh-RAH-tuh-loydz): Pigments made by plants that are commonly found in orange fruits and vegetables and some dark green vegetables. Some carotenoids are used to make vitamin A.

CAT scan: A set of detailed pictures of areas inside the body, taken from different angles. The pictures are made by a computer linked to an X-ray machine. Other names for a CAT scan are computerized axial tomography, computed tomography (CT scan), and computerized spiral (helical) CT scan.

cervical mediastinoscopy (SUR-vuh-kul MEE-dee-eh-stye-NAH-skuh-pee): A surgical procedure to examine the central area of the chest, called the mediastinum. (The heart, windpipe, bronchi, blood vessels, lymph nodes, and esophagus are found here.) The doctor makes a small incision (cut) in the neck to get to the mediastinum. Cervical mediastinoscopy can be used to help learn the stage of disease. It also helps doctors see if cancer has spread to the lymph nodes.
chemoprevention (KEE-moh-preh-VEN-shin): Using things such as drugs or vitamins to try to prevent or slow down cancer. Chemoprevention may be used to help keep someone from ever getting cancer. It is also used to help keep some cancers from coming back.

chemotherapy (KEE-moh-THAIR-up-e): primarily refers to the treatment of cancer with an antineoplastic drug or with a combination of such drugs into a standardized treatment regimen.

chest radiograph: a picture of the inside of the chest, made with x-rays.

cholesterol (kuh-LES-tur-all): Cholesterol comes from many foods, especially animal products like meat, milk, and cheese. It is used to make hormones and for several other purposes. It also is made by the cells of the body.

chromium (KROH-mee-yum): A kind of metal that comes in different forms and is found in rocks and soil. Some forms are also produced during industrial processes. Chromium is also one of the chemicals found in cigarette smoke.

clinical trial: Process used to evaluate the effectiveness and safety of new medications, procedures, or medical devices by monitoring their effects on large groups of people; the testing usually required by the Food and Drug Administration before approving a new drug, procedure or medical device

phase 1 trial – This is the first clinical trial for studying an experimental drug or treatment in humans. Phase 1 trials are usually small (10-100 people) and are used to determine safety and the best dose for a drug. These trials provide information about side effects, and how the body absorbs and handles the drug. People in these trials usually have advanced disease and have already received the best available treatment.

phase 2 trial – Phase 2 trials examine whether a drug or therapy is active against the disease it is intended to treat. Side effects are studied. A phase 2 trial is a noncomparative study, meaning the therapeutic effects and side effects of the experimental treatment are not compared to another drug or a placebo.

phase 3 trial – Phase 3 trials are conducted to find out how well a drug or therapy works compared to standard treatment or no treatment. Phase 3 trials are large studies and usually involve several hundred to thousands of patients.

controlled clinical trial – A controlled clinical trial divides participants into study groups to determine the effectiveness and safety of a new treatment. One group receives the experimental treatment. The other group receives placebo (an inactive substance) or the standard therapy; this group is called the
control group. Comparison of the experimental group with the control group is the basis of determining the safety and effectiveness of the new treatment.

randomized clinical trial – A randomized clinical trial involves patients who are randomly (by chance) assigned to receive either the experimental treatment or the control treatment (placebo or standard therapy).

colon cancer (KOH-lin KAN-sur): Cancer that begins in the colon, or large intestine.

D

dosimetrists: carefully calculate the dose of radiation to make sure the tumor gets enough radiation. They develop a number of treatment plans that can best destroy the tumor while sparing the normal tissues. Many of these treatment plans are very complex. Dosimetrists work with the doctor and the medical physicist to choose the treatment plan that is just right for each patient. Many dosimetrists start as radiation therapists, and then, with very intensive training, become dosimetrists. Others are graduates of one-to-two-year dosimetry programs. The Medical Dosimetrist Certification Board certifies dosimetrists. (radiologyinfo.org)

dysphagia (dis-FAY-jee-yuh): Trouble swallowing.

dyspnea (DISP-nee-yuh): Shortness of breath.

E

EGFR inhibitors: Stands for epidermal growth factor receptor inhibitors. Epidermal growth factor is a protein in the body that stimulates some cells, including some cancer cells, to grow and multiply. EGFR inhibitors are a class of anti-cancer drugs. They work by blocking epidermal growth factor from stimulating cells to grow.

emphysema (em-fuh-ZEE-muh): A disease that affects the tiny air sacs in the lungs. Emphysema makes it harder to breathe. People who smoke have a greater chance of getting emphysema.

esophagitis (ee-SAH-fuh-JY-tis): Inflammation of the esophagus (the tube that carries food from the mouth to the stomach).

esophagus (eh-SAH-fuh-gus): The tube that carries food from the throat to the stomach.

evidence (EV-uh-dins): Information that is collected in an orderly way about a disease or its treatment. This information often comes from research. Evidence helps doctors and scientists understand what treatments work best on different diseases.
extensive stage SCLC: SCLC stands for small cell lung cancer. SCLC is usually staged as either "limited" or "extensive." Extensive SCLC is cancer that has spread beyond the lung to other parts of the body. See also oat cell and small cell lung cancer.

F

fibrosis (fy-BROH-sis): The growth of fibrous (resembling fibers) tissue.

first line therapy: The first course of treatment used against a disease.

G

gene (jeen): The basic unit of heredity. Genes decide eye color and other traits. Genes also play a role in how high a person's risk is for certain diseases. See also inherited.

gene therapy: Treatment that changes a gene. Gene therapy is used to help the body fight cancer. It also can be used to make cancer cells more sensitive to treatment.

genetic mutation: a change in the structure of a gene

Gray (Gy): The amount of radiation used in radiation therapy is measured in gray (Gy), and varies depending on the type and stage of cancer being treated.

H

hilar (HIGH-lar): Referring to the central portion of each lung where the bronchi, arteries, veins, and nerves enter and exit the lungs.

hypofractionation (HY-poh-FRAK-shuh-NAY-shun): Radiation treatment in which the total dose of radiation is divided into large doses and treatments are given less than once a day. Also called hypofractionated radiation therapy.

I

immune system (ih-MYOON SIS-tim): The complex group of organs and cells that defends the body against infections and other diseases.

infusion: the therapeutic introduction of fluid other than blood into a vein.

inherited (in-HAIR-uh-tid): Something that is passed on from parents to their children. When traits are passed on from one generation to the next, it is called heredity.
K

**kidney** (KID-nee): A bean-shaped organ that filters waste products from the body and forms urine that is passed into the bladder. Human beings are born with two kidneys, one on each side of the lower back.

L

**large cell cancer**: A type of non-small cell lung cancer where the cancer cells are large and abnormal.

**larynx** (LAIR-inks): Voice box. The larynx is part of the breathing system and is found in the throat.

**limited stage small cell lung cancer (SCLC)**: SCLC stands for small cell lung cancer. SCLC is usually staged as either "limited" or "extensive." Limited stage generally means the cancer is found only in one lung and its nearby tissue. See also oat cell and small cell lung cancer.

**linear accelerator** (LIH-nee-er ak-SEH-leh-RAY-ter): A machine that uses electricity to form a stream of fast-moving subatomic particles. This creates high-energy radiation that may be used to treat cancer. Also called linac, mega-voltage linear accelerator, and MeV linear accelerator.

**lobe**: A part of an organ, such as the lung.

**lobectomy** (loh-BEK-tuh-mee): Surgery to remove a lobe of an organ.

**low-dose CAT scan**: A CAT scan that uses smaller amounts of X-rays than a regular CAT scan.

**lymph nodes** (LIMF nohdz): Small glands that help the body fight infection and disease. They filter a fluid called lymph and contain white blood cells.

M

**mediastinum** (mee-dee-uh-STYE-nim): The part of the body between the lungs. The heart, windpipe, esophagus, bronchi, and lymph nodes are found in this area.

**medical physics**: generally speaking the application of physics concepts, theories and methods to medicine. A medical physics department may be based in either a hospital or a university. Clinical medical physicists are often found in Diagnostic and Interventional Radiology, Nuclear Medicine, and Radiation Oncology.
**Glossary**

**mesothelioma** (mez-uh-thee-lee-YOH-muh): A tumor in the lining of the chest or abdomen (stomach area).

**metastasis** (muh-TASS-tuh-sis): When cancer spreads to other parts of the body.

Molecular testing; also called assays or profiles, can help your treatment team identify specific biomarkers in a tumor.

**MRI** (Magnetic Resonance Imaging): A type of body scan that uses a magnet linked to a computer to make detailed pictures of areas inside the body. An MRI can be used to find cancer.

**N**

**neoadjuvant therapy** (NEE-oh-ADD-joo-vent THAIR-uh-pee): Treatment given before the main treatment to help cure a disease.

**neutropenia** (noo-truh-PEE-nee-yuh): An abnormal decrease in a type of white blood cells. The body needs white blood cells to fight disease and infection.

**nickel** (NIK-ul): A kind of metal found in soil and often used in alloys and in industry.

**O**

**oat cell**: Another name for small cell lung cancer. The name "oat cell" comes from the fact that the cells look like oats. See also extensive SCLC and limited SCLC.

**oncologist** (ahn-KAH-luh-jist): A doctor who specializes in studying and treating cancer.

**ototoxicity** (oh-tuh-tok-sis-i-tee): having a harmful effect on the organs or nerves concerned with hearing and balance.

**P**

**pancreas** (PAN-kree-yus): A large gland that helps digest food and also makes some important hormones.

**pericarditis**: Inflammation of the pericardium (the fibrous sac surrounding the heart).

**peripheral neuropathy** (puh-RIF-uh-ruh-nee-RAH-puh-thee): Numbness, tingling, burning, or weakness that usually begins in the hands or feet. Some anticancer drugs can cause this problem.
PET scan (Positron Emission Tomography Scan): A PET scan is a way to find cancer in the body. In a PET scan, the patient is given radioactive glucose (sugar) through a vein. A scanner then tracks the glucose in the body. The scanner's pictures can be used to find cancer, since cancer cells tend to use more sugar than other cells.

phlegm (flem): Thick mucus from the airways of the body.

pleura (PLOO-rah): The thin lining that covers the lungs and the inside of the chest wall that cushions the lungs. The pleura normally releases a small amount of fluid. The fluid helps the lungs move freely during breathing.

pleural effusion (PLOO-rul eh-FYOO-zhin): When too much fluid collects between the lining of the lung and the lining of the inside wall of the chest.

pneumonectomy (noo-muh-NEK-tuh-mee): Surgery to remove a lung.

pneumonitis (NOO-moh-NY-tis): Inflammation of the lungs. This may be caused by disease, infection, radiation therapy, allergy, or irritation of lung tissue by inhaled substances.

primary cancer: The first or original cancer diagnosis.

prognosis (prahg-NOH-sis): The course a disease is likely to follow, including how long it will last, what the result will be, and the chances for recovery.

prostate cancer (PRAH-stayt KAN-sur): Cancer that begins in the prostate, which is a gland in men. The prostate is about the size of a walnut and sits just below the bladder.

pulmonologist (pull-min-AH-luh-jist): A doctor who specializes in studying and treating diseases of the lungs.

Q

quartile (KWOR-tyl): A term used in medical statistics to mean a group containing one-quarter or 25 percent of the total.

R

radiation (ray-dee-AY-shin): The emission of energy in waves or particles. Often used to treat cancer cells.

radiation oncologist (RAY-dee-YAY-shun ahn-KAH-luh-jist): A doctor who has special training to treat cancer patients with radiation.

radon (RAY-dahn): An odorless, colorless gas known to increase risk of cancer. Radon comes from rocks and dirt and can get trapped in houses and buildings.

recurrence: When cancer comes back after a period when no cancer could be found.

resection: Surgery to remove tissue, an organ, or part of an organ.

S

selenium (seh-LEE-nee-um): A mineral found in rocks and soil, often used in electronics and other industries. It is also a mineral the body needs in small amounts.

silica (SILL-uh-kuh): A substance found in rocks, sand, and quartz as well as some workplaces.

small cell lung cancer: A type of lung cancer made up of small, round cells. Small cell lung cancer is less common than non-small cell lung cancer and often grows more quickly. The name is often shortened to SCLC. Another name for SCLC is oat cell cancer. See also extensive SCLC and limited SCLC.

spiral (helical) CT scan: Pictures created by a computer linked to an X-ray machine that scans the body in a spiral path. Also called helical computed tomography.

sputum (SPEW-tim): Mucus and other things brought up from the lungs in coughing.

sputum cytology (SPEW-tim sie-TAH-luh-juh-jee): A screening test for lung cancer. In this test, doctors look at phlegm under the microscope to check for cancer cells.

squamous cell carcinoma (SQUAY-mus SEL kar-sin-OH-muh): A type of non-small cell lung cancer that begins in the squamous cells of the lungs. Squamous cells are found in the skin, the lining of the hollow organs (such as the stomach), and in the breathing and digestive tracts.

stage: How much cancer is in the body and how far it has spread.

stereotactic radiosurgery (STAYR-ee-oh-TAK-tik RAY-dee-oh-SER-juh-ree): A type of external radiation therapy that uses special equipment to position the patient and precisely give a single large dose of radiation to a tumor. It is used to treat brain tumors and other brain disorders that cannot be treated by regular surgery. It is also being studied in the
treatment of other types of cancer. Also called radiation surgery, radiosurgery, and stereotaxic radiosurgery.

**skeletomuscular body radiation therapy** (STAYR-ee-oh-TAK-tik): A type of external radiation therapy that uses special equipment to position a patient and precisely deliver radiation to tumors in the body (except the brain). The total dose of radiation is divided into smaller doses given over several days. This type of radiation therapy helps spare normal tissue.

T

**thoracic surgeon** (thuh-RASS-ik): A doctor who specializes in chest, heart, and lung surgery.

**TNM** — A system for describing stages of cancer. T describes the size of the tumor and whether it has grown into nearby tissues. N describes any lymph nodes involved. M describes metastasis.

**toxicity** (tahx-SIS-uh-tee): How toxic or poisonous something is.

**trachea** (TRAY-kee-yuh): The airway connecting the larynx to the lungs; windpipe.

V

**vaccine** (vax-EEN): A substance meant to help the immune system respond to and resist disease.

**VATS** (Video-Assisted Thoracoscopic Surgery): A surgical procedure performed inside the chest with the help of a camera on a tube. In VATS, several small incisions (cuts) are made in the chest. Doctors insert the tube with the camera through one incision, and tools to work with through the others. The camera helps the doctors see inside the chest to operate.

W

**wedge resection:** Surgery to remove a wedge-shaped piece of tissue.
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**Lorren Sandt** is a co-founder and the Executive Director of the Caring Ambassadors Program. She managed the Hepatitis C Program of the Caring Ambassadors Program since its inception in 1999 until 2013. Lorren is a co-editor and a contributing author, to Hepatitis C Choices, 5th Edition, a one-of-a-kind, patient-centered book authored by a team of more than 25 multi-disciplined experts in hepatitis C. She has worked on policy changes at both the state and federal level since 2001. Ms. Sandt is a nationally recognized leader in hepatitis advocacy. In 2013, The National Viral Hepatitis Roundtable honored Ms. Sandt with the Michael Carden Award for more than a decade of policy work on behalf of those living with viral hepatitis. In 2001, The Hepatitis C Global Foundation honored Ms. Sandt with the Ronald Eugene Duffy Memorial Award for Patient Activism: for leadership and mentoring of patients, making them advocates for their own health.

**Cindy Langhorne** joined the Caring Ambassadors Program, Inc. in August of 2007 as the Lung Cancer Program Director. Ms. Langhorne brings over nineteen years of programmatic and managerial experience in the field of lung cancer advocacy and has worked with public and private community stakeholders. Ms. Langhorne’s compassion for lung cancer patients and their families and her dedication to improving the burdens of lung cancer one life at a time are extraordinary. Ms. Langhorne is a well-respected local, regional, and national advocate for lung cancer and issues that affect those living with or at risk for the disease. Ms. Langhorne is also the acting Co-Chair for the Lung Cancer Action Network (LungCAN®). The Lung Cancer Action Network (LungCAN®) is a collaborative group of lung cancer advocacy organizations who have come together to raise public awareness of the realities of lung cancer with the intention of increasing funding for detecting, treating and curing the disease.