

## KNOW THAT YOU ARE NOT ALONE.

While having a disease like lung cancer can make you feel isolated, it's important to know you are not alone. Over 430,000 people in the U.S. are living with lung cancer.

If you're newly diagnosed, you may not realize that many lung cancer communities exist currently—online and in person. If you've been diagnosed for a while, chances are you already know what a wonderful source of inspiration and information these groups can be. Family and friends can be a great resource too. Designate someone to go to your appointments with you to listen and take notes. And of course, your oncology team is always there for you. Ask them to keep you up to date on new scientific advancements that might help you. Being proactive can make you feel better.



It's easy to say, but try not to let negative emotions take over. Make them temporary. Categorize your thoughts so that you only focus on the things you can change, not on the things you can't.

**Coping with “scanxiety.”** Scanxiety is the anxiety that comes before every scan. The fear is legitimate: Every time you face a scan, you face uncertainty. Scanxiety can produce symptoms similar to post-traumatic stress disorder (PTSD)—causing irritability and sleeplessness. Worst of all, it can lead to delaying doctor visits and regular scans. Talk to your oncology nurses about scanxiety. They may be able to suggest ways to cope, including whether medications would be helpful.



And keep in mind that even if your scan brings unwelcome news—**you can always talk with your oncologist about your next steps.**