CANCER WELLNESS PROGRAM FACT SHEET

LUNG CANCER
What you need to know.

**What**
Lung cancer is the 2nd most common cancer in the US.

**Why**
It is estimated that over 80 percent of lung cancers could be cured if detected at an early stage.

**How**
Many new treatments for lung cancer have been discovered in the past few years.

**When**
Lung cancer screening starts as early as 50 yrs old depending on smoking history.

Source: Cedars Sinai, American Cancer Society, and National Cancer Institute

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**Lung Cancer Early vs Late Diagnosis**

27% to 63%
of people diagnosed with lung cancer in early stages survive.

7% to 27%
of people diagnosed with lung cancer in late stages survive.

Source: American Society of Clinical Oncologists

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**Signs and Symptoms of Lung Cancer**

- Cough that won’t go away or produces mucus or blood.
- Shortness of breath.
- Chest pain.
- Weakness.
- Loss of appetite/weight loss.
- Being tired all the time.
- Abdominal/Back/Bone pain.

*Note: When these symptoms last a while, like a few weeks, or become worse, see your doctor.*

Source: American Society of Clinical Oncologists and American Cancer Society

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**Genetics in Lung Cancer**

- All cancer is genetic, it is always caused by changes to DNA.
- The DNA changes in the cancer itself can help guide treatment decisions.
- If someone is diagnosed with lung cancer, it is important that all DNA changes are tested to avoid harmful treatments.
- Though rare, lung cancer may run in the family meaning DNA changes are passed through families.
- Ask about your family history and talk to your doctor about ways to lower risk of lung cancer.

Source: American Society of Clinical Oncologists and American Cancer Society
What can you do?

- **Be Proactive**
  Pay attention and be proactive about your health.

- **Screen**
  If you are of age, get all the screening your doctor recommends.

- **Test**
  If you have cancer diagnosed, ask if all genomic biomarkers have been tested.

**SUGGESTED DOCTOR VISIT CHECKLIST FOR CANCER SCREENING OR DIAGNOSIS**

- Know your insurance carrier and what plan you have
- Bring a list of current medications
- Identify any symptoms you want to discuss
- Make a list of things you want to discuss and questions you have
- Prepare your family history of cancer: who is affected, what cancer was it, when did they get cancer
- Communicate symptoms and family history clearly
- Explore screening options
- Take notes of the plan and recommendations
- If any testing is recommended, ask about options and completeness
- Before testing is done, verify if insurance will cover it and under what circumstances
- Confirm and clarify the plan at the end of the visit
- Confirm when the next visit should happen
- Confirm what number to call to check test results and when they are expected
- Identify support resources for you and your family

**Questions to consider asking your doctor**

- What can I do to lower my risk of cancer?
- Should I see a genetic counselor?
- So, you have done a biopsy. Is this sample going to be tested for genetic changes?
- Am I a candidate for liquid biopsy?
- Before we start treatment, have all the genetic markers been tested?
- What are the side effects of this treatment?
- Are there any reasons I shouldn’t receive this particular treatment?
- What can I do now to put a plan in place if I am diagnosed with cancer?

Have questions?
Contact us at cancer@guardanthealth.com

For more information visit:
- American Cancer Society at Cancer.org
- American Society of Clinical Oncologists at Cancer.net

This educational information is brought to you as part of the Guardant Health Cancer Wellness Program. This program is committed to educating employers and their employees about important topics related to cancer.