

Documenting  
the journey

*a lung cancer patient's journal*

A photograph of a field of tall, golden-brown grasses, likely a meadow or prairie, set against a clear, bright blue sky. The grasses are in the foreground, slightly out of focus, and their tops are silhouetted against the sky. The overall mood is peaceful and natural.

LUNG CANCER INITIATIVE

There is no medicine like *hope*,  
no incentive so great,  
and no tonic so powerful as  
expectation of something tomorrow.

ORISON SWETT MARDEN

## **Welcome**

Our hope is that this journal will help you better understand and record the decisions that you and your treatment team make, prompt questions to ask your team and outline resources that are available.

We know you won't remember everything you are told during such a hectic time, so use this space as a guide to tracking your treatment information and answering any questions you may have. Understanding your treatment will allow you to be an active participant in your healing.

There is Hope. Research is generating new and better treatment options every day. Our goal is to fuel medical discovery, increase survival and provide a network of hope and action for those affected.

Find more information about our organization at:  
[www.LungCancerInitiative NC.org](http://www.LungCancerInitiative NC.org)

## Personal Information

Name:

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Phone Number:

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Address:

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Birth Date:

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## Insurance Information

Provider:

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Insurance Plan:

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Group Number:

Policy Number:

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Contact Number:

Date of Annual Renewal:

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## Emergency Contact

Name:

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Relation:

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Phone Number:

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Name:

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Relation:

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Phone Number:

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Name:

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Relation:

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Phone Number:

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Health Care Power of Attorney:

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# About My Tumor

What type of lung cancer do I have:

Small Cell

Non-Small Cell

Adenocarcinoma

Large Cell

Squamous

Other:

What stage is the cancer and what does that mean:

Where is the tumor located?

Is there any activity in my lymph nodes?

Was the cancer found in any other location?

What is the size of the tumor?

Has the tumor been tested for genetic biomarkers?  Y  N

If so what mutations were found:

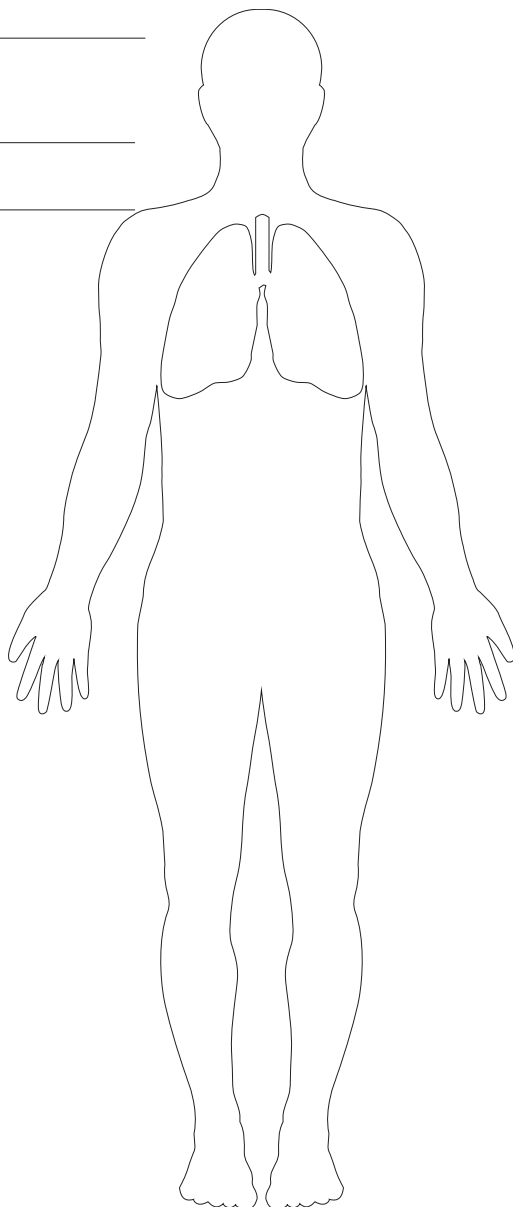
Date of testing:

Date of Biopsy:

Date of Diagnosis:

Tests used for diagnosis:

Original Symptoms (if any):





## Medical Contact Information

**Primary Care**

Patient #

Address

Email

Phone number

**Oncologist**

Patient #

Address

Email

Phone number

**Radiation Oncologist**

Patient #

Address

Email

Phone number

**Thoracic Surgeon**

Patient #

Address

Email

Phone number

**Pulmonologist**

Patient #

Address

Email

Phone number

**Patient Navigator**

Patient #

Address

Email

Phone number

**Social Worker/ Financial Assistance**

Patient #

Address

Email

Phone number

**Dietician/Nutritionist**

Patient #

Address

Email

Phone number

# Treatment Log

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**Surgery**       **Radiation**       **Chemotherapy**       **Immunotherapy**

Start date: \_\_\_\_\_ End date: \_\_\_\_\_

Physician: \_\_\_\_\_ Hospital: \_\_\_\_\_

Type: \_\_\_\_\_

Side Effects: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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Notes: \_\_\_\_\_

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**Surgery**       **Radiation**       **Chemotherapy**       **Immunotherapy**

Start date:

End date:

Physician:

Hospital:

Type:

Side Effects:

Notes:

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# Targeted Therapy

Drug Name:

Dosage:

Fulfilling pharmacy:

Pharmacy contact:

What to avoid:

Notes:

Drug Name:

Dosage:

Fulfilling pharmacy:

Pharmacy contact:

What to avoid:

Notes:

# Clinical Trial

Name and Description:

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Start Date:

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End Date:

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Notes:

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Name and Description:

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Start Date:

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End Date:

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Notes:

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# Questions to ask about your treatment

1. What are my treatment options?

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2. How long will treatment last? What will it involve?

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3. Where will treatment be done?

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4. What risks and side effects should I expect?

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5. What can I do to reduce the side effects of the treatment?

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6. How will treatment affect my daily activities?

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7. Will I be able to work during treatment?

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8. What should I do to get ready for treatment?

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9. Should I change what I eat or make other lifestyle changes?

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10. How will we know if the treatment is working?

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11. Should I consider a clinical trial?

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12. Any new prescriptions related to my cancer diagnosis?

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## Questions to ask continued

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

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2. Where can I get financial help?

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

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

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5. Is there a benefit if I quit smoking now? Are there any resources available to me for smoking cessation?

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6. Would a palliative care physician be a beneficial member of my medical team?

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7. What legal resources are available to assist me in developing or reviewing my advance directives?

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## Resources

### **Lung Cancer Initiative**

As the state's leading non-profit organization supporting lung cancer research and education, Lung Cancer Initiative of North Carolina specializes in connecting patients, survivors and loved ones with the medical and research community. Our organization's mission is to decrease deaths and provide support to those affected by lung cancer through research, awareness, education and access programs across North Carolina.

[www.LungCancerInitiativeNC.org](http://www.LungCancerInitiativeNC.org)

### **Clinical Trials**

[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

### **Patient Advocacy Foundation**

Patient Advocate Foundation is a national non-profit organization that serves as an active liaison between the patient and their insurer, employer and/or creditors to resolve insurance, job retention and/or debt crisis matters relative to their diagnosis through case managers, doctors and attorneys. Patient Advocate Foundation seeks to safeguard patients through effective mediation assuring access to care, maintenance of employment and preservation of their financial stability.

[www.patientadvocate.org/](http://www.patientadvocate.org/)

### **Cancer Grace**

Cancer Global Resource for Advancing Cancer Education (GRACE) is a nonprofit organization that was developed as a means of improving the overall medical care for cancer patients by democratizing cutting edge information on optimal cancer management and providing it directly to patients.

[www.cancergrace.org/lung/](http://www.cancergrace.org/lung/)

### **Access to Care Gas Card Program**

The Lung Cancer Initiative Access to Care gas card program provides assistance to lung cancer patients while seeking treatment including clinical trials. The goal of the program is to lessen the financial burden for patients to receive appropriate lung cancer treatment by providing gas cards.

[www.lungcancerinitiativenc.org/patient-access-to-care](http://www.lungcancerinitiativenc.org/patient-access-to-care)

### **Meditation Assistance Programs**

If you need help with paying for your treatment, consider the patient assistance program for the therapy you taking. This webpage includes more information about the patient assistance programs that exist for approved lung cancer therapies.

[www.lungcancerinitiativenc.org/lung-cancer-therapy-patient-assistance-programs](http://www.lungcancerinitiativenc.org/lung-cancer-therapy-patient-assistance-programs)





























# LUNG CANCER INITIATIVE

of North Carolina

A NETWORK OF HOPE AND ACTION

**919-784-0410**

**[www.LungCancerInitiativeNC.org](http://www.LungCancerInitiativeNC.org)**