

# HOW TO DEAL

It's hard to address misconceptions about your lung cancer diagnosis. Here are perspectives from others who understand.

MISCONCEPTION

**"You must be a smoker"**

#### WHAT THEY WOULD SAY

"Today, all you need to have to get lung cancer is lungs."

 **Gilberto Lopes, MD** •  @GlopesMD

"I educate by sharing that my cancer is driven by a genetic mutation."

 **Tiffany Job** •  @tailoredbytiff

"Let them know that anyone with lungs can get lung cancer. It would be great if—instead of asking about smoking—people said, 'I wish you well and am rooting for you.'"

 **Juanita Segura** •  @lcsurvivorgama

MISCONCEPTION

**"You look fine"**

#### WHAT THEY WOULD SAY

"Looks can be deceiving. When I'm hurting physically and emotionally and people can't see it, their attitude and actions can make the situation worse."

 **Tiffany Job** •  @tailoredbytiff

"I wish people asked, 'how are you?' I hated, 'wow you look so healthy' as if cancer automatically means death."

 **Nichelle Stigger** •  @nichellestigger

MISCONCEPTION

**"You don't need testing"**

#### WHAT THEY WOULD SAY

"Diagnosis is not complete until we have all the tests."

 **Estela Rodriguez, MD** •  @latinamd

"Building a medical team that prioritizes being current on the latest testing and treatments will ease your burdens."

 **Rhonda Meckstroth** •  @RhondaMeckstro1



## Lung cancer can also take an emotional toll on patients and their loved ones.

Here are ways other patients and care partners have found support when coping with this disease.

TIP

**Find ways to prioritize your needs**

"You ARE important. You DO matter. You deserve to be happy and live a healthy lifestyle. Do you and get the support you need."

 **Juanita Segura** •  @lcsurvivorgama

"Staying active is not only an important step to staying physically resilient, but it is a huge mental boost and reminds me to be grateful for every step and breath I take."

 **Tiffany Job** •  @tailoredbytiff

"I go into nature to remind myself that I am a part of the circle of life. I simplify cancer to a single cell that develops too fast. And I hold my family close."

 **Nichelle Stigger** •  @nichellestigger

TIP

**Find a trusted support system**

"Cancer never goes away. Having a strong base of supporters is essential."

 **Nichelle Stigger** •  @nichellestigger

TIP

**Find the strength to ask for help**

"There is no shame in asking for help. We all need support at some time in our journey."

 **Dave Bjork** •  @bjork5

"Getting help—with your cancer, your emotional health, at work or at home—is NOT a sign of weakness."

 **Juanita Segura** •  @lcsurvivorgama