

## OUR VISION

A world where no one dies of lung cancer

## OUR MISSION

LUNgevity Foundation is firmly committed to having an immediate impact on improving quality of life and survivorship of people with lung cancer by accelerating research into early detection and more effective treatments, as well as by providing community, support, and education for all those affected by the disease.

We bring together world-class scientific minds, passionate advocates, and an efficient and effective organization.



Your first-class stamp allows us to put more funds toward research.

### THINGS YOU SHOULD KNOW...

- It is ok to ask for a second opinion
- Be sure to get your tumor tested for known biomarkers
- There may be a clinical trial available for you
- Ask about palliative care and pulmonary rehabilitation

Did you know LUNgevity has an array of resources for you or your caregiver to help you navigate your lung cancer journey?

Visit [www.LUNgevity.org](http://www.LUNgevity.org) to learn more.



### What you need to know about...

# stage IV non-small cell lung cancer



Find it. Treat it. Live.

#### CHICAGO OFFICE

228 S. WABASH AVENUE, SUITE 700, CHICAGO, IL 60604  
PH: 312.407.6100 F: 312.464.0737

#### BETHESDA OFFICE

6917 ARLINGTON ROAD, SUITE 352, BETHESDA, MD 20814  
PH: 240.454.3100 F: 240.497.0034

EMAIL: [INFO@LUNGEVITY.ORG](mailto:INFO@LUNGEVITY.ORG)

Lung Cancer HELPLine: 844-360-LUNG

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



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Lung cancer staging is a way of describing where the cancer is located, if or where it has spread, and whether it is affecting other parts of the body. Treatment options are available for all stages of lung cancer, including stage IV.

Knowing the stage helps your healthcare team:

- Understand how advanced your lung cancer is
- Recommend those treatment options that are likely to be most effective for you
- Evaluate your response to treatment

**HOW IS NON-SMALL CELL LUNG CANCER (NSCLC) STAGED?**

The TNM staging system is used for NSCLC, including lung adenocarcinoma, squamous cell lung cancer, and large cell lung cancer. TNM stages are based on the values assigned to a patient’s lung cancer in three categories:

- **T (tumor):** The tumor size and if it has grown into adjacent structures
- **N (node):** Whether and how regional lymph nodes are affected by the cancer
- **M (metastasis):** Whether the cancer cells have spread to distant organs

**WHAT IS STAGE IV NSCLC?**

Unlike the earlier stages of NSCLC, stage IV NSCLC has metastasized, or spread, to distant parts of the body, such as the bones or adrenal glands, and may be in both lungs. Tumors may be of any size and may or may not have spread to any lymph nodes.

Stage IV lung cancer is divided into two substages: stage IVA and stage IVB, based on where the cancer has metastasized.

Stage IV NSCLC is the most advanced stage of NSCLC.

**TREATMENT OPTIONS FOR STAGE IV NSCLC**

Treatment options for stage IV NSCLC may include chemotherapy, radiation therapy, targeted therapy, immunotherapy, and palliative care in various combinations and sequences depending on your particular circumstances.

In addition, there are new treatments to consider for the treatment of stage IV NSCLC that are available now only through clinical trials. If you are considering participating in a clinical trial, start by asking your healthcare team whether there is one in your area for which you might qualify.

**MANAGING SIDE EFFECTS OF TREATMENT**

Side effects from lung cancer treatment are common, but just because a side effect is common does not mean that you will experience it. Before you begin your treatment for stage IV NSCLC, discuss with your healthcare team what side effects you might expect and how to prevent or ease them. Speak with your healthcare team if and when new side effects begin, as treating them early on is often more effective than trying to treat them once they have already become severe. Although most side effects go away when treatment is over, some can last a long time.

To learn more about:

- how lung cancer stages are determined,
- what stage IV lung cancer is, and
- treatment options and side effect management,

visit <https://LUNGeivity.org/for-patients-caregivers/lung-cancer-101/lung-cancer-staging> to download a copy of the LUNGeivity stage IV NSCLC booklet.

*“Stage-specific information is very helpful for patients as well as to help shift and maintain community practices to the best possible practices.”*

**JONATHAN M. LEHMAN, MD, PHD**  
Vanderbilt University



I am interested in information about:

- Biomarkers
- Chemotherapy
- Clinical trials
- Immunotherapy
- Lung adenocarcinoma
- Squamous cell lung cancer
- Targeted therapy
- Stage I non-small cell lung cancer
- Stage II non-small cell lung cancer
- Stage III non-small cell lung cancer
- Stage IV non-small cell lung cancer

I am a (choose one):

- Patient/Survivor
- Healthcare provider
- Caregiver
- Organization
- Friend or family member
- Industry partner
- Other

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

Visit us on the web at:  
[www.LUNGeivity.org](http://www.LUNGeivity.org)

or contact us directly at:  
[info@LUNGeivity.org](mailto:info@LUNGeivity.org)  
312.407.6100