

Two Free Resources  
For Lung Cancer Patients  
And Their Loved Ones!



To improve the lives of  
patients and communities by  
empowering and educating  
them to be advocates for  
their own health.

# Immunotherapy for Lung Cancer



## Lung Cancer CHOICES 3rd Edition

Diverse Viewpoints and Choices for  
Your Lung Cancer Journey



CaringAmbassadors.org

Lung Cancer  
Choices  
is a useful tool  
for anyone  
impacted by  
lung cancer,  
with the primary  
focus on the  
patients.

Caregiver Choices  
focuses on the  
unique challenges  
of caring for  
someone with  
lung cancer  
and provides  
caregivers  
with tools and  
resources for  
the journey  
ahead.

## Caregiver CHOICES

An empowerment guide to help you  
navigate the journey together!



CaringAmbassadors.org



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## Cancer Immunotherapy

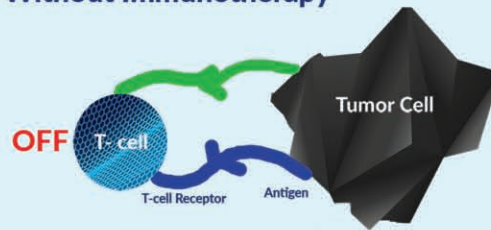
Cancer immunotherapy is one of today's newest approaches to treating cancer. Lung cancer has been a major area of focus in immunotherapy research, and several immunotherapy medicines are now available for the treatment of specific types of advanced lung cancer.

For many years, radiation and chemotherapy, and, more recently, targeted therapy, have been the cornerstone treatments for people with specific types of advanced lung cancer.<sup>1,2</sup> However, cancer immunotherapy works differently from those therapies.

Radiation therapy uses strong X-rays that are specifically directed at tumors to kill the cancer cells.<sup>3</sup> Chemotherapy uses chemicals to kill or damage cancer cells. Many targeted therapies are medicines that are designed to target genetic changes, or mutations, specific to certain types of lung cancers that can cause tumors to grow uncontrollably.<sup>4</sup>

Cancer immunotherapy is a different type of treatment that is designed to work with a person's own immune system to help fight cancer. The immune system detects and can protect the body from foreign invaders, such as viruses, bacteria and even normal cells that have become cancerous.

### Without Immunotherapy



Cancerous tumor cells bind to T-cells to deactivate them.

Using white blood cells – called T-cells – the immune system works to eliminate these cancer cells before they develop into tumors. However, cancers can sometimes hide and evade the immune system. The goal of cancer immunotherapy is to help the immune system recognize cancer cells, and activate T-cells to target and attack them.<sup>5</sup> As a potential side effect, immunotherapy could cause the immune system to attack normal organs and tissues in the body.

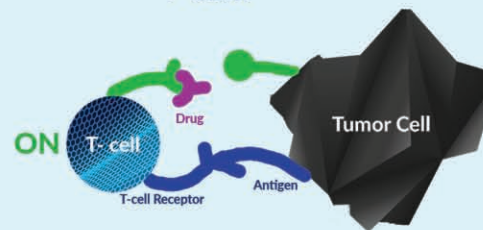
### Is Immunotherapy Right For Me?

If you or a loved one has been diagnosed with lung cancer, it's important to work with your healthcare team to consider all potential treatment options because each person's cancer is different. Doctors order diagnostic tests to look for specific "biomarkers" (the body's response to the presence of cancer), which help them predict how a person may respond to a certain medicine and determine the best treatment option(s).

The U.S. Food and Drug Administration (FDA) approved immunotherapy medicines for people with certain types of non-small cell lung cancer (the most common type of lung cancer) whose cancer starts growing again after completing chemotherapy or after an FDA-approved targeted therapy. Immunotherapy is also being studied in clinical trials for other types of lung cancer.

### With Immunotherapy

Immunotherapy drugs can block cancerous tumor cells from binding with T-cells.



Most cancer immunotherapy medicines are given as an intravenous (IV) infusion every two or three weeks. Not all immune systems are the same, so not all people will respond to the medicine in the same way. Some people with lung cancer have responded very well to immunotherapy. Others, however, may not respond at all.

To learn more about whether you are eligible for an approved cancer immunotherapy or one currently being studied in clinical trials, talk to your doctor about your options.

### Questions to ask your doctor may include:

- *What stage is my lung cancer and what are my treatment options?*
- *Am I an eligible candidate for an approved immunotherapy, or one in clinical trials?*
- *What are the potential benefits and side effects?*

Some of the common side effects of immunotherapy can include fatigue, chills, nausea, itching, skin reactions at the infusion site, headaches, muscle or joint aches and diarrhea.<sup>6</sup> Your doctor may test your blood for certain side effects and may prescribe other medicines to help keep side effects from becoming more serious.

<sup>1</sup> Zarogoulidis K, Zarogoulidis P, et al. Treatment of non-small cell lung cancer (NSCLC). Journal of Thoracic Disease: 2013. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3791496/>

<sup>2</sup> Lung Cancer - Non-Small Cell - Treatment Options. American Society of Clinical Oncology. <http://www.cancer.net/cancer-types/lung-cancer-non-small-cell/treatment-options>

<sup>3</sup> Radiation therapy for non-small cell lung cancer. American Cancer Society. <http://www.cancer.org/cancer/lungcancer-non-smallcell/detailedguide/non-small-cell-lung-cancer-treating-radiation-therapy>

<sup>4</sup> Targeted Therapy for Lung Cancer. Cancer Treatment Centers of America. <http://www.cancercenter.com/lung-cancer/targeted-therapy/>

<sup>5</sup> What is cancer immunotherapy? American Cancer Society. <http://www.cancer.org/treatment/treatmentsandsideeffects/treatmenttypes/immunotherapy/immunotherapy-what-is-immunotherapy>

<sup>6</sup> Immunotherapy. National Cancer Institute. <https://www.cancer.gov/about-cancer/treatment/types/immunotherapy#4>