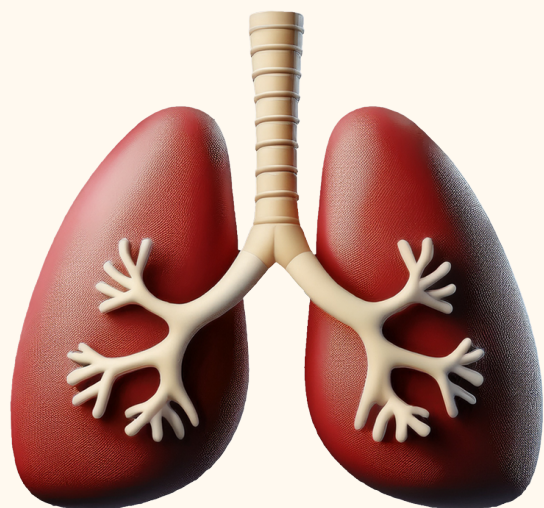




Navigating Life with ALK+ Lung Cancer

ALK-positive non–small cell lung cancer (ALK+ NSCLC) is often treated as a long-term condition. **Survivorship begins at diagnosis.**

What does **survivorship** mean?

Cancer survivorship is about support for your entire journey with cancer. From the day you receive a diagnosis and for the rest of your life.

Here are **6 key areas** that you may focus on when it comes to ALK+ NSCLC survivorship:





Regular Monitoring

Regular monitoring can help your care team track how your treatment plan is working and detect changes as early as possible.

Let your team know about any new or changing symptoms. Reporting symptoms as soon as you notice them can help your team respond quickly.



Symptom Management

Cancer symptoms and treatment side effects can be common but may be manageable.

If something feels off, let your oncologist or care team know so that they can make any adjustments to your care plan as needed.



Emotional Wellbeing

Living with ongoing appointments and uncertainty can be stressful. Many people experience distress, anxiety, depression, fear of cancer progressing, and even cognitive impairment.

If you're experiencing any of these feelings, here are a some ways to help you cope:



Anxiety reduction techniques such as meditation, journaling, or spending time with friends/family.



Support groups like ALK+ Canada and Lung Cancer Canada.



Connecting with a psychologist or social worker for counselling. This could be in the form of one-on-one, couples, family, or even online.



Physical Rehabilitation

Cancer and its treatment can affect your energy levels, breathing, and muscle strength. Your doctor may suggest ways to help strengthen your body.

This could include pulmonary rehabilitation, physical therapy, and gentle strength training.



Healthy Living

Because people with ALK+ NSCLC can live for many years after their diagnosis, caring for your overall health is important.

This may include eating well, exercising regularly, limiting alcohol consumption, and avoiding smoking and secondhand smoke.



Life Events & Practical Planning

When you're living with cancer, some parts of life may feel uncertain, so it can help to plan ahead for things that matter to you. This could include work or career adjustments, travel plans, family planning, and finances.

Moving Forward

Your journey can feel like a roller coaster. Some days you may feel strong and positive, while other days may feel heavy or uncertain and that's okay.

Survivorship is ongoing and dynamic. Your needs may change over time, and your care plan can change with them.

Research is ongoing, with the hope that new treatment options will continue to emerge for people living with ALK+ lung cancer. When things feel uncertain, connect with your care team, loved ones, or the ALK+ community. You don't have to face this alone.