



Lung Cancer

What is it?

Lung cancer is a form of cancer that starts in the lungs. In Australia, more people die of lung cancer than any other cancer. Most of the time, lung cancer is linked with smoking – though non-smokers can also get it. If you or someone you know has lung cancer, quitting smoking is important at any stage.

What will my GP do now?

Your GP will talk to you about your diagnosis and next steps. You will need to see a specialist for treatment. Your GP will arrange your referral in the next 2 weeks.

You may also need care from a group of different types of health professionals. This is called multi-disciplinary care. Your GP can arrange a referral for a lung cancer multidisciplinary team.

Your GP will also:

- Help you quit smoking – and give you resources to help
- Talk to you about your results
- Take or arrange more tests
- Give you support to help you cope – this can be a stressful time for patients, carers and families, but there is plenty of help available
- Coach you on healthy lifestyle choices – like drinking less and eating well
- Help you manage any medications you may have

What will my GP do in the future?

Your GP will see you often for follow-up checks. At these check-ups, you'll talk about your symptoms and supports. This process is part of your multi-disciplinary care.

Your GP will help you understand more about your disease, including how likely it is that the cancer could spread or come back in the future.

It is important to talk to your GP about how you're feeling. You can discuss your emotions, treatments, long-term issues and general state. If you need extra support, ask for a referral for a local counselling service.

Family Support

There are support services for your family and carers too.

Talk to your GP about how your family or carer can access support

What can I do?

Living a healthy lifestyle is one of the most important steps to take right now. Some of the things that you can do are:

- Quit smoking
- Drink less alcohol
- Eat a healthy diet
- Try to be as active as possible
- Follow your medical team's advice
- See your GP regularly
- Access local support services
- Ask for resources to help you cope

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What supports are available?

The **South Western Sydney Local Health District Cancer Services** website lists cancer-specific care services, patient events, and support groups. Visit swslhd.health.nsw.gov.au.

Cancer nurse coordinator

Nurse coordinators work with health professionals to support cancer patients. They can help you manage your cancer journey at every stage. Phone 0439 813 807 for more information.

State Mental Health Telephone Access Line

Phone 1800 011 511 if you are struggling to cope with your diagnosis or treatment and need support.

Private specialists

Your GP can refer you to private psychiatrists, psychologists, and social workers.

What questions could I ask my doctor?

- Who can help me quit smoking?
- How do I know if the cancer has spread?
- How soon do I need to see a specialist?
- What type of specialist do I need to see?
- Who can I call if I have a question?
- Who can I talk to about treatment?
- What if I'm not coping?
- How often do I need to see you?



Where can I learn more?

- **Lung Cancer Network** – Lung Cancer DVD: Understanding, Managing, Living: lungcancernetwork.com.au
- **Lung Foundation Australia:** lungfoundation.com.au
 - [Answering Your Questions About Lung Cancer](#)
 - [Better Living with Lung Cancer – A webinar](#)

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs