

# Messages of Self-Care, Comfort and Empowerment

from the lung cancer community

**I was recently diagnosed with lung cancer, and I'm not sure where to find support.**

"When I formed a support group of people who were walking in my shoes, that was really powerful."

 **Rhonda Meckstroth** •  @RhondaMeckstro1

"I get a lot of hope from following stories of other fighters and seeing what their journey entails, even if their journey is very different than mine."

 **Tiffany Job** •  @tailoredbytiff

**Do you have advice for communicating that you need support?**

"I just ask my husband for support. He can also see in me when I'm bothered or feeling sad. He will plan something fun for us to do with our granddaughter who always makes me feel better."

 **Juanita Segura** •  @lcsurvivorgama

**How did you cope with the treatment experience?**

"I compartmentalized. I told myself not to worry about tomorrow until I get through today, or through the next hour, or the next 10 minutes. This helped me stay focused on the moment."

 **Dave Bjork** •  @bjork5

**Nothing feels the same. My whole world is different and I am not sure how to accept that.**

"Be prepared for everything in your life to change. Acceptance has been integral to navigating the roller coaster ride. Prioritize LIVING and find gratitude in all you still have versus focusing on the losses."

 **Rhonda Meckstroth** •  @RhondaMeckstro1

**This diagnosis has shifted everything; what do I do next?**

"Living with lung cancer has taught me to embrace every day—to LIVE every day to its fullest. There is seldom a moment that it's not on my mind."

 **Tiffany Job** •  @tailoredbytiff

**What should I know about building and working with a healthcare team?**

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

 **Rhonda Meckstroth** •  @RhondaMeckstro1

"It has become a very complex journey from the beginning to the moment we can make a therapeutic decision, and every step takes time."

 **Dr. Gilberto Lopes, MD** •  @GlopesMd

"Feel empowered to look for second opinions. Know that it's okay to get more information."

 **Kristen Santiago, Senior Director, Public Policy Initiatives** •  @LUNGevity

**In addition to friends and family, there are many organizations you can go to for support. A few of these include:**

American Cancer Society

EGFR Resisters

Exon20 Group

Go2 Foundation

LUNGevity

Because Janssen values their insights, participants have been compensated for their time.