

During 2015, an estimated 221,200 new cases of lung cancer are expected to be diagnosed, representing 13 percent of all cancer diagnoses.

Talking about lung cancer with your loved one may be hard to do, but good communication may help each of you express yourselves and better understand each others' limits and needs. The tips below may be a useful guide.

Be There

Let your loved one know you want to be there and want to be included in his or her care. A way to express this may be to say, *"This is a scary time for both of us, but I want to be there for you to help you,"* or *"I will do whatever I can to help you through this,"* or *"I might not always know what to do or say, but I will do my best."*

Be Open

It's good to set a goal of openness and sharing right from the start. Remind each other that you're *"on the same team."* Share your fears and worries. Sometimes it may be hard and you'll disagree, but acceptance and sharing will help keep your relationship strong.

Ask if It's OK

You may want to talk about sensitive subjects with your loved one, but don't know when the time is right. Let your loved one know what you want to talk about and ask him or her if it's OK. Your loved one may not be ready to talk about it then, and that's alright. Let your loved one know that you're open to talking whenever the time is right. Sometimes it may be helpful to see a counselor or seek additional support to help you work through your feelings together.

Just Listen

Sometimes the most important thing you can do is to listen. You may not always have the answers or something comforting to say. That's OK. You can be a good listener by letting your loved one take the lead and maintaining eye contact to show you are paying close attention.

Take a Break

Sometimes it's best to not talk about lung cancer. Your loved one may not always want to think or talk about cancer because it makes him or her feel like "cancer patient" is the only identity left. Give yourselves a break and agree that you are not going to talk about cancer during a car ride, at dinner or on a walk.



The "Your Journey Together" Program was created by Celgene Corporation in collaboration with LUNgevity Foundation for caregivers of people with lung cancer. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your loved one's healthcare team for questions you have about managing your loved one's condition.

