

Lung Cancer Survivorship 101

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You do not have to be good. You do not have to walk on your knees for a hundred miles through the desert, repenting. You only have to let the soft animal of your body love what it loves.

— *Mary Oliver* —

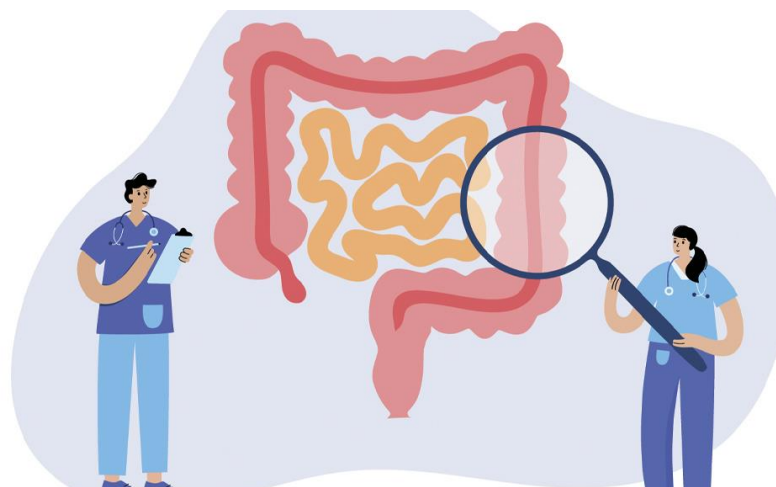
Medical Surveillance



Education and Engagement



Physical Symptoms



Screening Tests

Genetic Testing



Care Coordination

Emotional Processing



Self management



Vaccinations

Physical Symptoms



Fatigue

Cardiologist
Pulmonary rehab
Cancer rehab



Neuropathy

Physical therapy
Integrative Oncology
Wake | Atrium | Duke | UNC | Novant

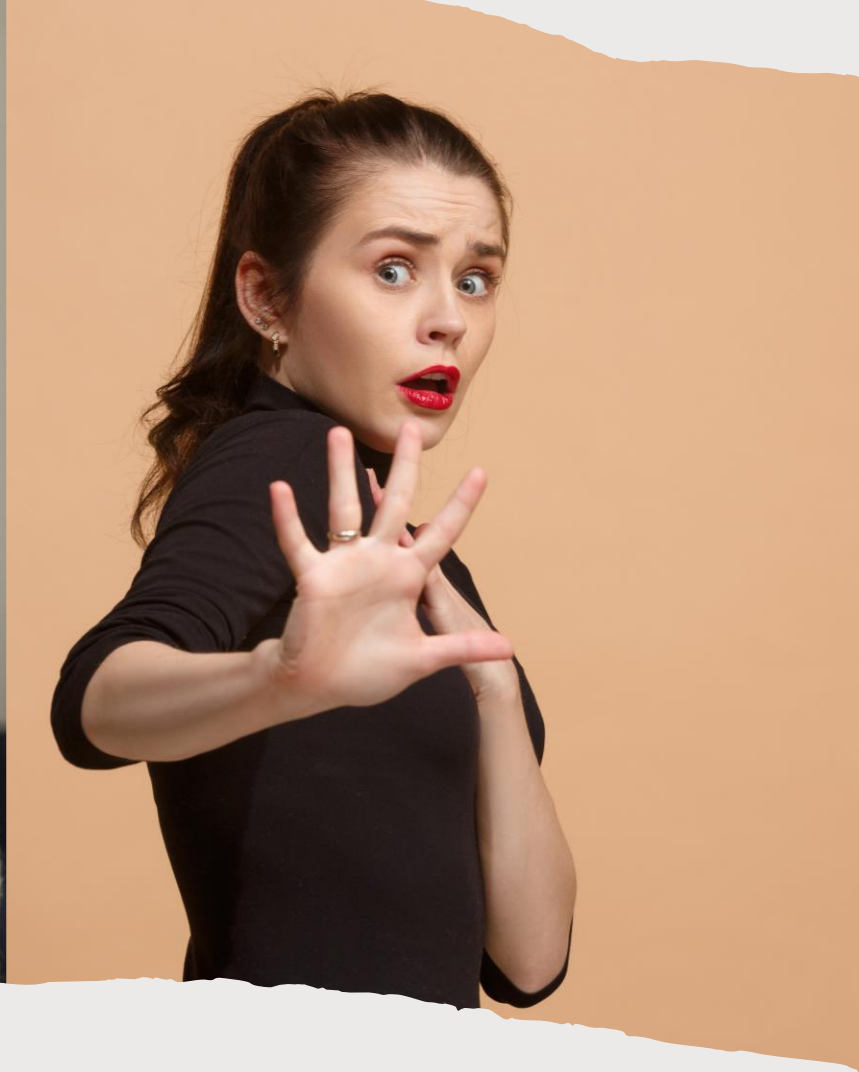


Weight

Dietitian
Speech Therapy

Regular Health
Maintenance





Emotional Processing

My Favorite Resources



<https://www.livestrong.org/ymca-search>



<https://www.hirschwellnessnetwork.org/>



<https://cancerdietitian.com/>



www.stacywentworth.com