



Lung Cancer Resource Guide



Program for the Elimination of Cancer Disparities (PECaD)

Vision:

Doctors, researchers and community members partnering to end cancer disparities

Goal:

Through our community partnerships, we work to develop outreach and education, research, and training strategies that will foster healthy communities and environments less burdened by cancer disparities.



Outreach and Education:

Sharing health information with our community

Cutting-Edge Research:

Making a difference in hospitals and in our communities

Mentoring:

Training young researchers in community-based research methods

To find out how you can get involved, visit siteman.wustl.edu/pecad.aspx

What is a cancer disparity?

When one group of people in a population gets or dies from cancer more often, when compared with other groups.

In this region, some groups of people are more likely to die from breast, colorectal, prostate, lung, and cervical cancers compared to the general population.

This includes:

- Racial and ethnic minorities
- People who have low income
- People who have less than a high school education

Reasons why cancer disparities happen are complex.

Some include:

- Access to care
- Access to health resources
- Social norms
- Individual behaviors
- The environment
- Genetics, and more

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Lung Cancer: The Basics

Lung cancer is a type of cancer that starts in the lungs. Cancer starts when cells in the body begin to grow out of control (American Cancer Society [ACS], 2019a). When cells grow out of control, they turn into tumors. The good news is that quitting smoking can reduce your risk of getting lung cancer and other health conditions. When you quit smoking, your body begins the process of repairing the damage caused by tobacco. Whether you have quit smoking or not, it is important to discuss your smoking history, past or present, with your medical provider so that you can make informed choices about your lung cancer risk and screening options.

Other risk factors include:

- Being exposed to secondhand smoke.
- Being treated with radiation therapy to the breast or chest.
- Being exposed to asbestos, chromium, nickel, arsenic, soot or tar in the home or workplace.
- Being exposed to radon in the home or workplace.
- Living where there is air pollution.
- Being infected with the human immunodeficiency virus (HIV).
- Using beta carotene supplements and being a heavy smoker.
- Smoking combined with other risk factors.

Another risk factor may be your personal or family history of lung cancer. If you are a lung cancer survivor, you may be at risk for developing other types of lung cancers, especially if you smoke (CDC, 2019). Family history of lung cancer is important to keep track of because family members may have similar environmental or workplace exposures and/or behavioral lifestyle factors (CDC, 2019).

Genes may also play a role in your risk for lung cancer (ACS, 2019b). Some genes can mutate, or change, which can increase your risk for getting cancer (ACS, 2019b). These gene mutations can be inherited (passed down from your parents), happen later in life from an environmental exposure, or have a random, unknown cause (ACS, 2019b).

Section Sources:

American Cancer Society. (2019a). Lung Cancer and Risk Factors. Retrieved from <https://www.cancer.org/cancer/lung-cancer/causes-risks-prevention/risk-factors.html>

American Cancer Society. (2019b). What Causes Lung Cancer?. Retrieved from <https://www.cancer.org/cancer/lung-cancer/causes-risks-prevention/what-causes.html>

Centers for Disease Control and Prevention. (2019). What Are the Risk Factors for Lung Cancer? Retrieved from https://www.cdc.gov/cancer/lung/basic_info/risk_factors.htm

Siteman Cancer Center. (2020). Symptoms, Risk Factors and Diagnosis. Retrieved from <https://siteman.wustl.edu/treatment/cancer-types/lung-cancer/symptoms-risk-factors-and-diagnosis/>

Lung Cancer: Screening Options

Low-dose computed tomography, also known as low-dose CT scan or LDCT, is the only recommended screening test for lung cancer. During this test, you lie on a table and an X-ray machine uses a low dose (amount) of radiation to make detailed images of your lungs (CDC, 2019). The test lasts a few minutes, and you will be asked to hold your breath for a very short time during it. There is nothing you need to do to prepare for this test and no needles are used.

For lung cancer screening to be effective, it must be done every year you are eligible, similar to a mammogram. Currently, LDCT is the only screening method that is proven to detect lung cancer during earlier stages.

Screening Eligibility (based on the United States Preventative Task Force guidelines)

- Have a 20 pack-year smoking history (see definition of pack year below)

and

- Smoke now or have quit within the past 15 years

and

- Are between 50 and 80 years old

Screening test may be covered by your insurance provider. Costs may differ based on your specific benefit and coverage information, as well as the specific services you receive. Please contact your insurance provider to ask about any expected out-of-pocket costs.

What is a pack year?

A pack year is defined as smoking an average of one pack of cigarettes per day for a year (CDC, 2019). For example, an individual could have a history of 20 pack years by smoking one pack of cigarettes a day for 20 years or two packs a day for 10 years. To calculate your pack years, visit this website:

www.smokingpackyears.com

Section Sources:

Centers for Disease Control and Prevention. (2019). Who Should Be Screened for Lung Cancer? Retrieved from https://www.cdc.gov/cancer/lung/basic_info/screening.htm

Benefits of Screening

Lung cancer often doesn't cause symptoms, which makes regular screenings (if you're eligible) vitally important. It also increases the likelihood of catching lung cancer in its earlier and more treatable stages. Lung cancer is the leading cause of cancer death in the United States. These deaths could potentially be prevented by early detection.

Risks of Screening

While there are benefits to lung cancer screening, such as detecting cancer in its earlier, more treatable stages, there still may be risks. These are the known risks of lung cancer screening:

- It is possible that the lung screening test may show a “false-positive” result. This means that the test suggests the person has lung cancer when cancer is not actually present (CDC, 2019). When a person receives a false-positive test result, it may lead to further tests and surgeries that were not necessary. Those tests and surgeries may carry their own risks. This may also cause unnecessary stress or anxiety for the individual.
- Sometimes the screening test may find cases of cancer that would have never caused problems for the individual. This is known as “over diagnosis” and may lead to treatment that was not needed (CDC, 2019).
- LDCT scans use a small amount of radiation. The radiation from repeated tests can possibly cause cancer in people who were otherwise healthy (CDC, 2019).
- Due to these risks, lung cancer screening is only recommended for adults who:
 - Are at high risk for getting lung cancer because of their history of smoking and age

- Do not have a current health problem that limits their life expectancy or ability to have surgery on their lungs (if needed)

If you think you meet the guidelines for lung cancer screening, it is important to talk with your medical provider about the risks and benefits to see if screening is right for you.

Section Sources:

Centers for Disease Control and Prevention. (2019). Who Should Be Screened for Lung Cancer?. Retrieved from https://www.cdc.gov/cancer/lung/basic_info/screening.htm

Shared Decision-Making

Before getting screened for lung cancer, you must talk with your medical provider about the risks and benefits. This is sometimes called “shared-decision making,” because you will make the decision together.

During this visit, your doctor will ask you questions about your smoking history and will assess if you have any current symptoms of lung cancer. They will also explain the LDCT scan process to you and ask you questions about your willingness to repeat the test yearly and get surgery and/or treatment, if needed. If you smoke, your doctor may also talk to you about quitting and share resources to help.

If you are eligible for screening and decide that it’s right for you, your doctor’s office will help you schedule the test at a screening facility and provide you with any information you need.

Section Sources:

American Thoracic Society and American Lung Association. (2018). Shared Decision-Making Resources. Retrieved from <https://www.lungcancerscreeningguide.org/shared-decision-making/shared-decision-making-resources/>

Lung Cancer: Treatment

Most people who get screened do not have cancer. But if you are diagnosed with lung cancer, your doctors will come up with a treatment plan for you. The kind of treatment you receive will be based on the type of lung cancer you have, how much cancer is in your body, and how far it has spread.

Surgery

Surgery for lung cancer is an operation where doctors will remove the cancer tissue or tumor. Depending on how big the tumor is or where it is located, surgery may involve removing a portion of or an entire lung. Usually surgery is not the only treatment for your lung cancer. Most people who have surgery will also need another type of treatment, such as chemotherapy or radiation, to help treat any cancer cells that are left (NCI, 2020).

Chemotherapy

Chemotherapy, often shortened to “chemo,” refers to the drugs that prevent cancer cells from dividing and growing. Chemotherapy drugs can be injected into the bloodstream through an IV or can be taken through the mouth. Doctors often use a combination of chemotherapy drugs to treat lung cancer and may also recommend additional forms of treatment, such as radiation therapy, surgery, or immunotherapy.

Chemotherapy works by killing cancer cells. Unfortunately, chemotherapy drugs cannot tell the difference between cancer cells and normal cells, so normal cells also get damaged during chemotherapy treatment. Since the damage to normal cells can cause side-effects, doctors work to find a balance between killing cancer cells and saving the normal cells. Over time, most of the normal cells will recover from the chemotherapy treatment.

The most common side-effects of chemotherapy for lung cancer are nausea and vomiting, changes in appetite and weight loss, hair

loss, mouth sores, diarrhea or constipation, and fatigue. You may also be at an increased risk for infections during chemotherapy treatment due to a decrease in white blood cells. The side-effects of chemotherapy usually get better once treatment is over.

Section Sources:

American Cancer Society. (2019). How Chemotherapy Drugs Work. Retrieved from <https://www.cancer.org/treatment/treatments-and-side-effects/treatment-types/chemotherapy/how-chemotherapy-drugs-work.html>

American Cancer Society. (2020). Chemotherapy for Non-Small Cell Lung Cancer. Retrieved from <https://www.cancer.org/cancer/lung-cancer/treating-non-small-cell/chemotherapy.html>

American Cancer Society. (2020). Chemotherapy for Small Cell Lung Cancer. Retrieved from <https://www.cancer.org/cancer/lung-cancer/treating-small-cell/chemotherapy.html>

Immune therapy

Immune therapy for lung cancer works by activating immune cells to fight your lung cancer. These medications are given intravenously and have produced encouraging results in inoperable lung cancers confined to the chest and those that have metastasized. While most patients tolerate immune therapy well, sometimes immune therapy may result in causing inflammation of normal tissues requiring medical therapies.

Section Sources:

Society for Immunotherapy of Cancer. (2020). ITC Cancer Immunotherapy Guideline – Non-Small Cell Lung Cancer (NSCLC). Retrieved from <https://www.sitcancer.org/research/cancer-immunotherapy-guidelines/lung>



Radiation Therapy

Radiation therapy uses high-energy rays (similar to X-rays) to kill cancer cells (CDC, 2019) and is often used along with other forms of cancer treatment. A medical professional uses an external machine to send radiation to the areas of your body where you have cancer. It is similar to getting an X-ray, but the radiation dose is much stronger. Depending on the type of lung cancer you have, and the stage and location of your tumor(s), your doctors may use different techniques to more accurately target the cancer cells and minimize damage to surrounding healthy tissue.

Though it is not painful while you are receiving radiation treatment, you may experience changes in your skin and discomfort, such as irritation and blistering, in the area being treated. Other side-effects include nausea and vomiting, fatigue, loss of appetite and weight loss, and possible hair loss in the area where radiation has entered your body. Radiation for lung cancer can also impact your chest (e.g. cough, shortness of breath) or esophagus (e.g. difficulty swallowing, sore throat), depending on the location of your cancer. The side-effects from radiation usually improve after your treatment has stopped.

Section Sources:

American Cancer Society. (2019). Radiation Therapy for Non-Small Cell Lung Cancer. Retrieved from <https://www.cancer.org/cancer/lung-cancer/treating-non-small-cell/radiation-therapy.html>

American Cancer Society. (2019). Radiation Therapy for Small Cell Lung Cancer. Retrieved from <https://www.cancer.org/cancer/lung-cancer/treating-small-cell/radiation-therapy.html>

Targeted Therapy

Targeted therapies are a group of drugs that specifically target the gene changes in cancer cells that can cause the cells to grow or spread. The drugs can be pills you take or medicines given in your veins (CDC, 2019). A benefit of targeted therapy is that it usually causes less harm to non-cancerous cells than chemotherapy or radiation (NCI). Your doctors may use one or more of these methods to treat your cancer. People with non-small cell lung cancer (NSCLC) can be treated with surgery, chemotherapy, radiation therapy, targeted therapy, or a combination of these treatments (CDC, 2019). People with small cell lung cancer (SCLC) are usually treated with radiation therapy and chemotherapy (CDC, 2019).

In addition to the main types of treatment, your doctor may want to try other options based on your type of lung cancer, what stage it is in, and whether it has spread to other parts of your body:

- Laser therapy
- Endoscopic stent placement
- Photodynamic therapy (PDT)
- Cryosurgery
- Electrocautery
- Watchful waiting (NCI, 2020)



There are also new types of treatment being tested in clinical trials. Talk to your doctor about whether you may qualify for a clinical trial. To learn more about current clinical trials at Siteman Cancer Center, visit this website: www.siteman.wustl.edu/treatment/clinical-trials/.

Section Sources:

Centers for Disease Control and Prevention. (2019). How Is Lung Cancer Diagnosed and Treated? Retrieved from: https://www.cdc.gov/cancer/lung/basic_info/diagnosis_treatment.htm

PDQ® Adult Treatment Editorial Board. PDQ Non-Small Cell Lung Cancer Treatment. Bethesda, MD: National Cancer Institute. Updated 5/20/2020. Available at: <https://www.cancer.gov/types/lung/patient/non-small-cell-lung-treatment-pdq>. Accessed 8/12/2020. [PMID: 26389355]

PDQ® Adult Treatment Editorial Board. PDQ Small Cell Lung Cancer Treatment. Bethesda, MD: National Cancer Institute. Updated 5/21/2020. Available at: <https://www.cancer.gov/types/lung/patient/small-cell-lung-treatment-pdq>. Accessed 8/12/2020. [PMID: 26389478]

Siteman Cancer Center Locations

- Washington University Medical Campus
- Barnes-Jewish West County Hospital
- Barnes-Jewish St. Peters Hospital
- South St. Louis County
- Northwest HealthCare
- Memorial Hospital Shiloh

Call 800-600-3606 or visit siteman.wustl.edu to schedule an appointment or learn about our locations.



Community Health Centers

Community Health Centers are places you can go to if you are uninsured, on Medicaid/Medicare, or if you have other insurance. Most use a sliding scale fee.

Affinia Healthcare

Affiniahealthcare.org

Main Line: 314-814-8700

Locations:

33930 S. Broadway Street
St. Louis, MO 63118
314-898-1700
Open late on Wednesdays

1717 Biddle Street
St. Louis, MO 63106
314-898-1700
Open late on Wednesdays

2220 Lemp Avenue
St. Louis, MO 63104
314-814-8700
Open late on Wednesdays

4414 North Florissant Avenue
St. Louis, MO 63107
314-898-1700
Open late on Wednesdays

6763 Page Avenue
St. Louis, MO 63133
314-898-1700
Call for hours

Betty Jean Kerr People's Health Centers

phcenters.org

pcacstl.org

Locations:

Delmar Location

5701 Delmar Blvd.

St. Louis, MO 63112

314-367-7848

Open late on Tuesdays

North Location

11642 W. Florissant Ave.

St. Louis, MO 63033

314-838-8220

Open late on Wednesdays

Ferguson

49 N. Florissant Rd.

Ferguson, MO 63135

314-633-8921

Open on Saturdays

Compass Health Network

compasshealthnetwork.org

Locations:

Warrenton Health Center

19515 Brune Parkway

Warrenton, MO 63383

636-456-1500

Compass Health Network

1032 Crosswinds Court

Wentzville, MO 63385

636-332-6000

Family Care Health Centers

familycarehealthcenters.org

Locations:

Carondelet Health Center

401 Holy Hills Avenue

St. Louis, MO 63111

314-353-5190

Open late on Tuesdays and Thursdays | Open every other Saturday

Forest Park Southeast Health Center

4352 Manchester Avenue

St. Louis, MO 63110

314-531-5444

Open late on Tuesdays | Open on Saturdays

Care STL Health

carestlhealth.org

Locations:

5471 Dr. Martin Luther King Dr.

St. Louis, MO 63112

314-367-5820

Open late on Wednesdays

4500 Pope Avenue

St. Louis, MO 63115

314-385-3990

Open early on Tuesdays

2425 N. Whittier Ave.

St. Louis, MO 63113

314-371-3100

Open early on Thursdays

5541 Riverview Blvd.

St. Louis, MO 63120

314-389-4566

Open early on Mondays

Salam Free Clinic

salamclinicstl.com

Locations:

Lane Tabernacle CME Church

910 N. Newstead Ave.

St. Louis MO 63108

314-533-0534

Open 1st and 3rd Saturdays of the month from 11:00 a.m. – 1:00 p.m.

St. Peter's United Church of Christ

1425 Stein Rd.

Ferguson, MO 63135

314-521-5694

Open on Saturdays from 11:00 am – 1:00 p.m.

St. Louis County Health Center

stlouisco.com

Locations:

North Central Community Health Center

4000 Jennings Station Rd.

Pine Lawn, MO 63121

314-615-9700

South County Health Center

4580 South Lindbergh Blvd.

Sunset Hills, MO 63127

314-615-0400; appt. line 314-615-0444

John C. Murphy Health Clinic

6121 N. Hanley Rd, #2003

Berkeley, MO 63134

314-615-0500

Southern Illinois Healthcare Foundation

sihf.org

Locations:

East St. Louis

2001 State Street
East St. Louis, IL 62205
618-271-9191

East St. Louis

100 North 8th Street, Suite 232
East St. Louis, IL 62201
618-337-2597

Fairmont City Health Center

2568 North 41st Street
Fairmont City, IL 62201
618-482-4015

Granite City

2166 Madison Avenue
Granite City, IL 62040
618-452-3301

Alton

4 Memorial Drive
Building B, Suite 210
Alton, IL 62002
618-463-5905
Open late on Mondays and Thursdays; Open Saturdays

Illinois County Health Departments

Locations:

Hancock County Health Department

671 Wabash Avenue
Carthage, IL 62321
217-357-2171

Madison County Health Department

101 E. Edwardsville Road
Wood River, IL 62095
618-692-8954
Closed on Thursdays

St. Clair County Health Department

19 Public Square, Suite 150
Belleville, IL 62220
618-233-7703

Knox County Health Department

1361 W. Fremont Street
Galesburg, IL 61401
309-344-2224

Montgomery County Health Department

11191 Illinois Route 185
Hillsboro, IL 62049
217-532-2001

Screening Locations and Resources

Siteman Cancer Center Lung Screening Program

You should talk to your healthcare provider to find out if screening is right for you. You can contact the Patient Care Coordination Center with questions about screening, at 314-747-3046.

Locations:

Barnes-Jewish Center for Advanced Medicine

4921 Parkview Place
St. Louis, MO 63110

Barnes-Jewish West County Hospital

969 N. Mason Road
Creve Coeur, MO 63141

Center for Advanced Medicine - South County

5201 Midamerica Place
St. Louis, MO 63129

Barnes-Jewish St. Peters Hospital

10 Hospital Drive
St. Peters, MO 63376

Progress West Hospital

2 Progress Point Parkway
O'Fallon, MO 63368

Christian Hospital Northeast

11133 Dunn Rd
St. Louis, MO 63136

Christian Hospital Northwest Healthcare

1225 Graham Road
Florissant, MO 63031

St. Luke's Center for Cancer Care Lung Cancer Screening Program

Scheduling

Lung cancer screening may require an appointment with your physician and a physician's order. For more information, call the nurse navigator at 314-205-6886. Patients with referrals from outside the St. Luke's system must provide an order from the referring physician.

Locations:

St. Luke's Hospital

232 South Woods Mill Road
Chesterfield, MO 63017
314-434-1500

Chesterfield Valley CDI

6 McBride and Son Center Drive, Suite 101
Chesterfield, MO 63005
636-519-7865

Ellisville CDI

19 Clarkson Road
Ellisville, MO 63011
636-733-8989

Frontenac CDI

10333-A Clayton Road
Frontenac, MO 63131
314-567-9729

WingHaven CDI

5551 WingHaven Boulevard, Suite 600
O'Fallon, MO 63368
636-625-4434

SSM Health

Locations:

St. Clare Hospital

1015 Bowles Avenue
Fenton, MO 63026
1-877-947-5864

DePaul Hospital

12303 DePaul Drive
Bridgeton, MO 63044
314-344-6000

Research Medical Center Midwest Cancer Care: The Sarah Cannon Cancer Institute

2316 E Meyer Boulevard
West entrance
Kansas City, MO 64132
816-276-4700

Cox Health System

Scheduling

Talk to your health care provider about a screening. An order is required. Call 417-730-5864 if you have questions. Most insurance companies, including traditional Medicare and Medicaid, will cover the cost of this screening exam for those who meet eligibility requirements. Contact your insurance company to confirm coverage and any patient responsibility for the charges. If you are a current smoker and would like to receive support in quitting, we also

encourage you to participate in our smoking cessation program.

Locations:

The Martin Center

3901 S. Fremont Avenue
Springfield, MO 65804
417-269-1182

Cox Medical Center Branson – Lung Screenings

525 Branson Landing Boulevard
Branson, MO 65616
417-730-5864

Missouri Baptist Medical Center

Scheduling

To set up an appointment for a lung cancer-screening test, call 1-855-399-5864 and speak to a patient navigator. The navigator will guide you through the process and answer any questions you might have.

Locations:

Missouri Baptist Medical Center

3015 N. Ballas Road
St. Louis, MO 63131

Missouri Baptist Outpatient Center – Sunset Hills

3844 South Lindbergh Blvd.
Sunset Hills, MO 63127

Parkland Health Center – Farmington

1101 West Liberty Street
Farmington, MO 63640

Mercy

Locations:

David M. Sindelar Cancer Center

10050 Kennerly Road
St. Louis, MO 3128
314-525-7600

Mercy Imaging Services – Southfork

12700 Southfork Road, Suite 151
St. Louis, MO 63128

David C. Pratt Cancer Center

607 S. New Ballas Road
St. Louis, MO 63141
314-251-6400

Mercy Cancer Center

901 Patients First Drive
Washington, MO 63090
636-390-1600

Curry Cancer Center – Lebanon

100 Hospital Drive
Lebanon, MO 65536
417-533-6464

CH Chub O'Reilly Cancer Center

2055 S. Fremont Avenue
Springfield, MO 65804
417-820-2588

Mercy Clinic Pulmonology – Surgery Center

1229 E. Seminole Street, Suite 230
Springfield, MO 65804
417-820-8161

Memorial Hospital – Chester Clinic

2319 Old Plank Road
Chester, IL 62233
618-826-2388

Anderson Hospital Radiology- Imaging Department

6800 State Route 162
Maryville, IL 62062
618-391-6820

St. Anthony's Health Systems

1 St. Anthony's Way
Alton, IL 62002
618-465-4520

HSHS St. Elizabeth Hospital

1 St Elizabeth's Boulevard
O'Fallon, IL 62269
618-234-2120

Freeman Health System Lung Institute

1002 McIntosh Circle, Suite 4
Joplin, MO 64804
417-347-8315

Peer Support Groups

| American Lung Association Better Breathers Club

lung.org/help-support/better-breathers-club

Living with a chronic lung disease can be easier. Better Breathers Clubs are welcoming support groups for individuals with chronic lung disease and their caregivers. Learn better ways to cope with conditions such as COPD, pulmonary fibrosis, and asthma while getting the support of others in similar situations. Led by a trained facilitator, these in-person adult support groups give you the tools you need to live the best quality of life you can.

Email BetterBreathersClub@lung.org for information on how to register to attend.

Locations:

St. Joseph Health Center

300 First Capitol Drive
St. Charles, MO 63301
First Monday of the month, 11:30 a.m. – 12:30 p.m.

St. Luke's East

20 NE Saint Louis Boulevard
Lee's Summit, MO 64086
Monthly from April through October, 12:00 p.m. – 1:00 p.m.

Skaggs Community Cardiac & Pulmonary Rehab

1150 State Highway 248, Suite 100
Branson, MO 65616
Second Friday of the month, 12:00 p.m. – 1:00 p.m.

Perry County Memorial Hospital

434 North West Street

Perryville, MO 63775
Every 3 months, 10:00 a.m. – 12:00 p.m.

Hannibal Clinic

100 Medical Drive
Hannibal, MO 63401
Second Wednesday of the month, 12:00 p.m. – 1:00 p.m. and
5:30 p.m. – 6:30 p.m.

Lake Regional Health System

54 Hospital Drive
Osage Beach, MO 65065
Third Wednesday of the month, March – September
12:00 p.m. – 1:30 p.m.

| American Lung Association Online Support Communities

lung.org/help-support/online-support-communities

The American Lung Association is proud to support several free online communities on Inspire.com for people facing lung disease. These free online communities offer peer-to-peer support so you can connect with people who are in your shoes. You can start or respond to threads on the communities, upload photos and search for specific topics to find other members who share the same interests.

To become a member of Inspire you need to register for an account. Visit lung.org/help-support/online-support-communities for links to the available support communities.

| Lung Cancer Connection

314-858-9050 | lungcancerconnect.org

12015 Manchester Road, Suite 102
Des Peres, MO 63131

Lung Cancer Connection is a 501c(3) organization that provides support to patients and survivors impacted by the disease. The organization comprises of patients, survivors, family, friends, and medical professionals. Lung Cancer Connection offers several programs which includes: patient and caregiver support, awareness and advocacy, early detection and screening, and research.

For further information, please visit: <https://www.lungcancerconnectioninc.org/local-support-groups-0>

| American Cancer Society

314-286-8167 or 800-227-2345 | www.cancer.org

A nationwide, community-based health organization. The goal of the ACS is to prevent cancer, save lives, and diminish suffering from cancer.

| American Indian Cancer Foundation

612-314-4848 | www.americanindiancancer.org

Supports innovative, community-based interventions that engage Native populations in the discovery of their own cancer best practices.

| Cancer Companion Program

Cancer-companions.org

Cancer Companions is a peer-led Christian cancer support group for anyone in cancer treatment, post treatment or their loved ones, offering encouragement, information, and connection many cancer families need. This is an outreach ministry open to the community. See website for locations and details.

| Cancer Hope Network

877-HOPENET (877-467-3638) | cancerhopenetwork.org

Cancer Hope Network is a national non-profit organization that provides free and confidential one-on-one emotional support to cancer patients, their caregivers, and their family members. Cancer

Hope Network matches cancer patients or family members with trained volunteer cancer survivors who themselves have undergone and recovered from a similar cancer experience. Services are free.

| Cancer Support Community of Greater St. Louis

314-238-2000 | cancersupportstl.org

1058 Old Des Peres Road
St. Louis, MO 63131

Cancer Support Community provides a comprehensive professional program of social and emotional support and education designed to enhance the mind, body, and spirit of people whose lives have been affected by cancer. All of their programs and services are provided at no charge to participants, so there's never a financial barrier for anyone who needs cancer support. They offer numerous programs and support groups—please see the calendar on their website for the latest details.

| Mercy South Cancer Care Center

314-251-6000

10010 Kennerly Road
St. Louis, MO 63128

Third Tuesday of each month, 1:00 p.m. - 2:30 p.m.

Mercy South holds a monthly support group to give people with lung cancer and/or their family and friends the opportunity to share resources, ideas to manage side effects, and support.

| Siteman Cancer Center Arts + Healthcare Program

314-286-0592

The Arts + Healthcare Program offers creative arts activities to patients and their families. They work with admitted patients and caregivers by offering free writing and art classes through the Siteman Cancer Center. Call for more information and locations.

Financial Assistance

Barnes-Jewish HealthCare

314-362-8400 or 855-362-8400

Current Barnes-Jewish patients can contact or call a financial representative if you need help to pay your bill. Depending on your situation, you also may qualify for financial assistance. Financial assistance may include helping you apply for Medicaid, determining your eligibility for free health care services, and determining eligibility for a reduction in the amount you owe for some services.

CancerCare Co-Payment Assistance Fund

866-55-COPAY (866-552-6729) | www.cancercare.org

Small Cell Lung Cancer

Visit website for eligibility criteria and application instructions:
www.cancercare.org/co_payment_fundings/small-cell-lung-cancer

Patient Advocate Foundation (PAF)

patientadvocate.org | 800-532-5274

Patient Advocacy Fund (PAF) is a national 501(c)(3) nonprofit organization that provides case management services and financial aid to Americans with chronic, life threatening and debilitating illnesses.

Call **866-512-3861** for information on financial aid, or visit their website for more details: patientadvocate.org

Patient Access Network (PAN) Foundation

800-394-0161 | panfoundation.org

The PAN foundation is an independent, national 501(c)(3) organization dedicated to helping federally and commercially insured people living with life-threatening, chronic and rare diseases with the out-of-pocket costs for their prescribed medications. PAN provides funding for different types of treatment costs.

Visit website for eligibility criteria and application instructions:

panfoundation.org/disease-funds/small-cell-lung-cancer/

panfoundation.org/disease-funds/non-small-cell-lung-cancer/

Patient Services, Inc.

800-366-7741 | patientservicesinc.org

Patient Services, Inc. provides peace of mind to patients living with specific chronic illnesses by providing financial assistance to eligible persons by:

- Subsidizing the cost of health insurance premiums
- Providing pharmacy and treatment copayment assistance
- Assisting with Medicare Part D co-insurance
- Providing travel assistance for transportation reimbursement



Medication and Medical Supplies Assistance

Needy Meds

1-800-503-6897 | needy meds.org

Needy Meds mission is to help people who cannot afford medicine or health care costs. On their website you can find information about free or discounted medication programs, free or low cost clinics and camps, and scholarship programs. They also offer a discount drug card that can provide significant savings on your prescriptions.

Patient Advocate Foundation (PAF)

800-532-5274 | patientadvocate.org

Provides direct services to patients with chronic, life threatening and debilitating diseases to help access care and treatment recommended by their doctor. Offers co-payment assistance. Check website for up-to-date list of covered diagnoses and medications. Maintains a searchable National Financial Assistance Resource Directory. Provides a Scholarships for Survivors Program.

Patient Access Network (PAN) Foundation

866-316-7263 | panfoundation.org

Provides co-payment assistance to patients who have insurance but lack the means to pay for out-of-pocket costs for their medications or infusions. Currently includes coverage for numerous disease funds, including various cancers and related illnesses. Check website for up-to-date list of diagnoses and medications covered.

Partnership for Prescription Assistance (PPA)

1-888-477-2669 | pparx.org

Helps qualified low-income and uninsured patients who lack prescription coverage get the medicines they need through the public or private program that's right for them. More than 2,500

brand-name and generic medicines are covered. Many patients will get medications free or nearly free.

Peregrine Society

314-781-6775 | peregrinesoc.org

2343 Hampton Avenue
St. Louis, MO 63139

The St. Louis Peregrine Society offers Prescription Medication Assistance for uninsured and under-insured cancer patients, Medical Supplies (adult diapers, disposable bed pads, sterile & non-sterile dressings, etc.), and Sickroom Equipment (bath benches, walkers, wheelchairs, etc.), among other services. All services are provided free of charge. Referrals can be made online by visiting peregrinesoc.org and clicking on the “Referral Online” form or to print a copy, click on “Referral PDF.” If you have any questions, call **314-781-6775**.

St. Louis Help

636-933-9393 | www.stlhelp.org

Medical and Health equipment lending/recycling program, including wheel chairs.



Transportation Assistance

American Cancer Society Road to Recovery Program

1-800-227-2345 (answered 24 hours) | [cancer.org](https://www.cancer.org)

4207 Lindell Blvd
St. Louis, MO 63108

The Road to Recovery program provides free transportation for cancer patients who are traveling for essential medical care related to a cancer diagnosis. Service is dependent on availability of drivers in the patient's area. This service is for cancer-related appointments only; it can only be used for transportation to and from an appointment. At least 4 business days' notice is required to request a ride. You must be able to walk to use this service.

Express Medical Transporters, Inc.

24-hour scheduling line: 1-844-743-3368 | [Rideemt.com](https://www.rideemt.com)

Express Medical Transporters, Inc. (EMT) provides transportation for a wide variety of clients including passengers in wheelchairs, seniors, the disabled and those requiring stretchers who don't need medical attention. EMT will assist you from home to the vehicle and back. Fees vary depending on the mileage. Their services cover the St. Louis area; St. Peters, MO; Springfield, MO; Collinsville, IL; and Fayetteville, AR.

Medical Transportation Management, Inc.

636-561-5686 | 1-888-561-8747 (toll-free) | [mtm-inc.net](https://www.mtm-inc.net)

Medical Transportation Management (MTM) offers non-emergency medical transportation for older adults, disabled, underserved populations enrolled in state and county government programs such as Medicaid and Medicare+Choice Managed Care Organizations. You must be Medicaid eligible to qualify for this free service.

To schedule an appointment you must talk with your medical

provider to determine if they have a partnership with MTM and place you on their client list. Once on their roster you can call them directly for appointments.

Missouri Care

1-800-695-5791 | missouricare.com

Missouri Care offers non-emergency medical transportation to members of MO Health Net. You must call to schedule at least 3 days in advance. This service is free with MO Health Net enrollment.

HealthVisions East St. Louis

618-271-7000

1269 North 89th Street, Ste. 7
East St. Louis, IL 62203

HealthVisions' Faith in Action to Serve and Transform (FAST) serves residents of East St. Louis, Washington Park, Alorton, Brooklyn, Fairmont City, Centreville, and Cahokia, Illinois. Services are of no charge to persons aged 60 and over. Participants cannot be bed or wheelchair bound. To register for services, an application is done first over the phone and then an in-home assessment is done in person. Once you are registered and approved to participate, please call two to three business days prior to appointment.

OATS Transportation Program

888-875-6287 | oatstransit.org

186 NW Industrial Court
Bridgeton, MO 63044

OATS Transit is a 501(c)3 nonprofit corporation providing transportation to 87 counties in Missouri. We provide specialized transportation for thousands of Missourians, including the rural general public, senior citizens and people with disabilities. Our transportation is available to everyone, regardless of age, race, gender, color, religion, or national origin. OATS Transit offers a shared-ride, demand-response, door-to-door service. Many of our

routes will connect you to other transportation services such as Amtrak, airports or intercity bus services. Our services range from taking toddlers to preschool, getting people to work each day, taking patients to life-saving medical appointments, and taking people shopping so they can continue living independently.

Peregrine Society

314-781-6775 | peregrinesoc.org

2343 Hampton Ave.
St. Louis, MO 63139

The St. Louis Peregrine Society offers transportation for radiation and chemotherapy patients, among other services. All services are provided free of charge. Referrals can be made online by visiting peregrinesoc.org and clicking on the “Referral Online” form or to print a copy, click on “Referral PDF.” If you have any questions, call **314-781-6775**.

Sister Sam’s Medical Transport Services

314-225-8046

25 Green Acres Road
St. Louis, MO 63137

Non-Emergency Medical Transportation

1-866-269-5927 | dss.mo.gov/mhd/participants/pages/medtrans.htm

The purpose of the Non-Emergency Medical Transportation program is to ensure transportation to eligible MO HealthNet Division (MHD) fee-for-service and managed care health plan participants who do not have access to free appropriate transportation to and from scheduled MHD-covered services. Trips are free for Managed Care Health Plan enrollees, those under the age of 19, or those who are pregnant, blind, or live in a nursing home. Otherwise, trips are \$2 for MO HealthNet-eligible people.

You must call at least 5 calendar days before the day of your appointment or your ride is not guaranteed. You may be able to get

a ride sooner if a medical problem comes up and your doctor says you can be seen. For these “urgent care appointments,” you can call **1-866-269-5927** 24 hours, 7 days a week.

Corporate Angel Network

866-328-1313 | www.corpangelnetwork.org

Arranges free air transportation for people traveling for medical treatment, using empty seats on corporate planes.

Angel Flight

918-749-8992 | www.angelflight.com

Provides free air transportation to people with medical needs. Primarily serves heartland region. Under most circumstances, in order to find an available pilot, the flight must be scheduled at least 5 working days in advance.

Air Charity Network

877-621-7177 | www.aircharitynetwork.org

Provides free air transportation to people in need, specifically those dealing with health, family, or community crises.

Nutrition & Food Assistance

Community Action Agency of St. Louis County (CAASTLC)

314-863-0015 | www.caastlc.org

2709 Woodson Road
Overland, MO 63114

CAASTLC has a Food Pantry designed to meet the immediate needs of income eligible individuals or families. A household can receive food assistance every 30 days if necessary, for a maximum of 12 times per year. Household income may not exceed 125% of the federal poverty guidelines. When coming to pick up food, please bring social security card and proof of income and residence. CAASTLC provides assistance to St. Louis County residents only.

Food Outreach

314-652-3663 | foodoutreach.org

3117 Olive St.
St. Louis, MO 63103

To enroll, an individual must have proof of cancer diagnosis and a referral from a healthcare professional. A cancer patient must be currently undergoing active cancer treatment (surgery, radiation, chemotherapy, anti-cancer therapy, etc.) or in hospice following cancer diagnosis/treatment. Food Outreach enrolls cancer clients for 12 months. Each client must meet with our on-staff Dietitian at time of enrollment to receive an initial nutrition status assessment at intake. Nutrition assessment is to be repeated at least every 6 months. At the end of the 12-month period, continued eligibility is determined on a case-by-case basis.



Missouri Food Stamp Program/Supplemental Nutrition Assistance Program (SNAP)

1-855-373-4636 | 1-800-392-1261 | dss.mo.gov/fsd/fstamp

SNAP (previously called the Food Stamp Program) is a government assistance program to help low-income households pay for food. The amount of SNAP assistance a household receives depends on the household's size, income and expenses. Missouri households who are approved for SNAP get a plastic debit card called an Electronic Transfer (EBT) card. They can use this card to pay for food at supermarkets, convenience stores and other food stores. Each month, SNAP benefits are directly deposited into the household's EBT card account. You can fill out a pre-screening eligibility tool online, or visit a Missouri Department of Social Services Office.

Illinois Food Stamp Program/Supplemental Nutrition Assistance Program (SNAP)

1-800-843-6154 | dhs.state.il.us/page.aspx?item=30357

Call or visit website for more information.

Meals on Wheels of Greater St. Louis

314-374-9549 | mowstl.org

See website (mowstl.org) for eligibility requirements. If you or someone that you know is interested in receiving meals from Meals on Wheels of Greater St. Louis, and you feel that eligibility requirements are met, call **314-374-9549** to request an eligibility interview.

Those eligible for meals provided by Meals on Wheels of Greater St. Louis include the elderly, handicapped, convalescents, or anyone not able to shop for or prepare meals at home. Meals are delivered to recipients without regard to age, race, or economic status. Recipients must live within the service area of Meals on Wheels of Greater St. Louis. Our organization currently has programs in the following areas: Affton, Bellevue, Bridgeton, Crestwood/Sunset Hills, Kirkwood, Lafayette/West County, Lemay, Metro Creve Coeur,

Midtown West, Normandy, North County/Hazelwood, Northeast City, Ritenour, South County, Valley Park, Webster Groves

Operation Food Search

314-726-5355 | operationfoodsearch.org

1644 Lotsie Boulevard
St. Louis, MO 63132

Peregrine Society

314-781-6775 | peregrinesoc.org

2343 Hampton Avenue
St. Louis, MO 63139

The St. Louis Peregrine Society offers nutritional supplements with physician approval, among other services. All services are provided free of charge. Referrals can be made online by visiting peregrinesoc.org and clicking on the “Referral Online” form or to print a copy, click on “Referral PDF.” If you have any questions, call **314-781-6775**.

St. Anthony Food Pantry

314-352-1460

3130 Meramec St.
St. Louis, MO 63118

Provides food and clothing for those in need from zip codes: 63118, 63111, 63116. Please bring a photo ID and a bill or legal document with current address. Legal assistance available the 4th Thursday of the month; appointments are needed, so please call.

St. Louis Area Foodbank

www.stlfoodbank.org

Our mission is to build stronger communities by empowering people with food and hope. Our work is possible thanks to community partnerships and support. Join us in our vision to create a stronger, healthier bi-state region where no one goes to bed hungry. Go to the website to find the nearest pantry to you.

Saint Louis Dream Center

314-381-0700

4324 Margaretta Avenue
St. Louis, MO 63115

We are addressing inner-city food scarcity through feeding programs, a soup kitchen, and state of the art food pantry. Please bring a MO ID.

Advocacy Groups

National Coalition for Cancer Survivorship

877-622-7937 | canceradvocacy.org

The National Coalition for Cancer Survivorship is a patient-led advocacy organization working on behalf of people with all types of cancer and their families. They are dedicated to assuring quality cancer care for all Americans.

Kaiser Family Foundation (KFF)

650-854 9400 | www.kff.org/health-reform

KFF is a non-profit organization focusing on national health issues, as well as the U.S. role in global health policy. Unlike grant-making foundations, Kaiser develops and runs its own policy analysis, journalism and communications programs, sometimes in partnership with major news organizations. KFF serves as a non-partisan source of facts, analysis and journalism for policymakers, the media, the health policy community and the public.

Families USA: The Voice for Health Care Consumers

202-628-3030 | www.familiesusa.org

Families USA advances its mission by combining policy expertise and partnerships with community, state, and national leaders to forge transformational solutions that improve the health and health care of our nation's families.

American Cancer Society's Cancer Action Network (ACS CAN)

202-661-5700 | www.fightcancer.org

This initiative identifies lawsuits and regulatory actions that impact the fight against cancer and files “friend of the court” briefs or comments to advocate on behalf of cancer patients and survivors, and all people touched by this terrible disease. The work

accomplished by the Judicial Advocacy Initiative is made possible by law firms who are recruited by ACS CAN and who donate services to support its mission.

Medicare Rights Center

212-869-3850 | www.medicarerights.org

The Medicare Rights Center is a national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives.



Other Resources

Illinois Tobacco Quitline

1-866-QUIT-YES | quityes.org

The Quitline is a partnership with the Illinois Department of Health (IDPH) and the American Lung Association to help residents on their smoking cessation. The telephone service provides counseling and support services, free resources for individuals who are ready to quit tobacco products, and other professional services.

Missouri Tobacco Quitline

1-800-QUIT-NOW | youcanquit.org

The Quitline is a partnership between the Missouri Department of Social Services and the American Lung Association. The program provides telephone and chat service lines for residents who would like to quit smoking. The program also provides resources such as nicotine gum and patches, coaching through the smoking cessation process, and counseling services.

Siteman Cancer Center

Barnard Health and Cancer Information Center

314-362-7844

Lobby of the Center for Advanced Medicine
4921 Parkview Place, St. Louis, MO 63110

The Barnard Health and Cancer Information Center, or BHCIC, is available to help Siteman Cancer Center patients navigate their cancer journey by providing information about a range of topics, from coping with chemotherapy to finding parking on our campus. We strive to be a peaceful, restful area where patients and their families can relax. We also distribute resources such as nutritional supplements and head coverings. At the BHCIC, staff members will speak with you to assess your needs.

Cancer patients are often inundated with information, much of

it irrelevant to their specific circumstances. Our staff will tailor information to you in order to assist you more effectively.

Counseling Services

314-747-5587

Free counseling for patients and adult family members

Gentle Yoga

314-362-7844

Open to patients, family, and team members. Call for location and times.

Nutrition

314-454-7619

Social Work

314-362-5574

Assists patients and families with resources.

Spiritual Care Service

314-454-7319

Trained hospital chaplains to assist with spiritual needs.

Palliative Care Symptom Management

314-747-5055 | email: pc_clinic@bjc.org

Palliative care services are available to patients and their families who are facing advanced illness. Palliative care is provided by a specially-trained team of doctors, nurse practitioners, social workers and chaplains who work together with a patient's surgical, radiation or medical oncologist to provide additional support. It is appropriate at any age and at any stage in a serious illness and is provided along with curative treatment. You can request a palliative care referral from your doctor or

contact the service directly. They also provide assistance with end-of-life issues, if needed.

American Cancer Society

1-800-227-2345 | cancer.org

4207 Lindell Boulevard
St. Louis, MO 63108

Hope Lodge

314-286-8150 | cancer.org/hopelodgestlouis

4215 Lindell Boulevard
St. Louis, MO 63108

The American Cancer Society's Hope Lodge offers free temporary housing for cancer patients traveling more than 50 miles from their place of residence to St. Louis for outpatient cancer treatment. You must be capable of self-care or accompanied by a caregiver to stay at Hope Lodge. Patients are welcome to bring a caregiver as needed. Spouses of individuals having inpatient treatment are also welcome to use the Hope Lodge. Meals are not included but a kitchen facility is available.

Look Good Feel Better

800-227-2345 (program is offered in several locations)

Look Good Feel Better is a free two-hour workshop for women undergoing cancer treatment. This program helps improve the self-image, appearance and quality of life of patients by teaching beauty techniques to help cope with the temporary appearance-related side effects of cancer treatment. Women who are currently undergoing treatment for a cancer diagnosis (chemotherapy, radiation therapy or other forms of treatment) are eligible for this program. Registration is required. Only program participants may attend the workshop. While this is not a standard policy, a patient may attend more than one workshop; however, she should bring her cosmetic kit with

her to the additional workshop. She may not receive an additional kit.

Cancer Agencies Network of Greater St. Louis

636-230-4400 | cancerstl.org

The Cancer Agencies Network of Greater St. Louis (CAN) is a collaboration of agencies and businesses that provide services to cancer patients in the greater St. Louis area. CAN's mission is to heighten awareness about and accessibility to cancer resources. They publish an annual cancer resource guide and hold educational events.

Cancer Support Community Helpline

888-793-9355

The Cancer Support Helpline is staffed by community navigators, resource specialists and a Helpline navigator who have over 170 years of combined experience helping people affected by cancer. The Helpline provides guidance, resources and support to cancer patients or their loved ones with a variety of needs—from getting information about cancer, identifying a local support group or just finding someone who is willing to listen. They provide help with coping in over 200 languages.

Casa de Salud

314-762-1251 | www.casadesaludstl.org

3200 Chouteau Avenue
St. Louis, MO 63103

Comprehensive medical services and referral services, primarily for adults.

Cleaning for a Reason

877-337-3348 | cleaningforareason.org

Cleaning for a Reason partners with maid services around the

country to offer free house cleanings to women undergoing treatment for any type of cancer.

The December 5th Fund

december5th.org

The December 5th Fund's mission is to give a day without worry to families whose loved one is afflicted with cancer and currently undergoing active cancer treatment. Through the Great Day and Helping Hands programs, The December 5th Fund creates once-in-a-lifetime memories for families affected by cancer and provides ongoing support for the family as they continue the long journey through treatment.

Depression Bipolar Support Alliance (DBSA)

314-652-6100 | www.dbsaempowerment.org

907 Dock Street
St. Louis, MO 63147

A drop-in center for mental health and substance abuse recovery self-help meetings. Open 365 days a year from 9 a.m. - 3 p.m.
Lunch Daily.

United Way 2-1-1

211 or 1-800-427-4626 | 211helps.org

Dial 2-1-1 to speak to a trained professional who can connect you to essential community services. There's 411 for information and 911 for emergencies, but you can call 211 when you need help and don't know where to turn. This service is available 24 hours a day, 7 days a week and available in multiple languages.

Know Your Family History

Family health history is information about diseases that run in your family. Knowing your family's health history is important for making good decisions about when and how often you should get cancer screenings, but many of us don't talk with our families about these things.

Talking about cancer can be hard, but getting those answers is important. Family history is often shared while talking at family events like birthday parties, weddings, reunions or holiday dinners. Consider talking to your relatives about their health history at your next family event!

1. Has anyone in your immediate family ever had cancer?

(Note: Immediate family members means your mother, father, brother, sister and children)

Yes No Unsure

Person/People:_____

Age at Diagnosis:_____

2. What about other members of your family like aunts/uncles, grandparents, nieces and nephews? Have any of them had any type of cancer?

Yes No Unsure

Person/People:_____

Type of Cancer:_____

Age at Diagnosis:_____

8ight Ways to Stay Healthy and Prevent Cancer

Eight healthy behaviors can go a long way toward improving your health and lowering your risk of many cancers – as well as heart disease, stroke, diabetes and osteoporosis. And even small changes can have a big impact.

So take control of your health, and encourage your friends and family to do the same. Choose one or two behaviors to start with. Once you've got those down, move on to the others.

1. Maintain a Healthy Weight

Keeping weight in check can be hard, but it has amazing health benefits, including lowering the risk of 13 different cancers. A few simple tips can help. First off, if you're overweight, focus on not gaining any more weight. This by itself has real benefit. Then, when you're ready, try to take off some extra pounds for an even greater health boost.

Tips

- Fit physical activity and movement into your life each day.
- Limit time in front of the TV and computer, and try to stand more.
- Eat a diet rich in fruits, vegetables and whole grains.
- Choose smaller portions, eat more slowly and limit sugary drinks.

2. Exercise Regularly

Few things are as good for you as regular physical activity. While it's not always easy to find the time, it's important to fit in at least 30 minutes of activity every day. More is even better, but any amount is better than none.

Tips

- Choose activities you enjoy. Many things count as exercise, like walking, gardening and dancing.
- Make exercise a habit by setting aside the same time for it each day. Go to the gym at lunchtime or take a walk after dinner.

- Keep it fun and stay motivated by exercising with someone.
- Be active as a family – go to the park, take walks and play active games.

3. Don't Smoke or Use Smokeless Tobacco

Tobacco causes many types of cancer, along with other serious problems. So, stay tobacco-free. If you smoke or use smokeless tobacco (like chewing tobacco, snuff or snus), quitting is one of the best things you can do for your health. Yes, it's hard, but you can do it.

Tips

- Keep trying! It often takes many attempts before you quit for good.
- Talk to a doctor about quitting, which can double the chances of success.
- Call 1-800-QUIT-NOW (866-QUIT-YES in Illinois) or visit **smokefree.gov** for help.
- Talk to your kids about the dangers of smoking, vaping and using smokeless tobacco. The best message to kids is getting smoke-free yourself.

4. Eat a Healthy Diet

The basics of healthy eating are pretty simple. Focus on fruits, vegetables, and whole grains, and keep red meat and processed meat to a minimum. It's also important to cut back on bad fats (saturated and trans fats), and choose healthy fats (polyunsaturated and monounsaturated fats) more often.

Tips

- Make fruits and vegetables a part of every meal. Put fruit on your cereal. Eat vegetables as a snack.
- Choose chicken, fish, or beans, instead of red and processed meat.
- Choose whole-grain cereal and whole-wheat bread instead of sugary cereal and white bread.
- Choose dishes made with olive or canola oil, which are high in healthy fats.
- Cut back on fast food and store-bought snacks (like cookies).
- Eating a healthy diet is best — but consider a standard multivitamin if you regularly fall short.

5. Limit Alcohol — Zero is Best

Drinking alcohol can increase the chances of developing six different types of cancer. And just ½ to 1 drink a day can increase the risk of breast and colon cancer. While moderate drinking may be good for the heart in older adults, zero alcohol is the healthiest choice overall.

Tips

- Choose non-alcoholic beverages at meals and parties.
- Avoid occasions centered around alcohol.
- Talk to a health care professional if you feel you have a problem with alcohol.
- When appropriate, discuss the dangers of drugs and alcohol with children.

6. Protect Yourself From The Sun And Avoid Tanning Beds

While the warm sun can feel great, too much exposure to it can lead to skin cancer, including melanoma. And tanning beds can be just as harmful. Skin damage starts early in childhood, so it's especially important to protect children.

Tips

- If possible, steer clear of direct sunlight between 10 a.m. and 4 p.m. (peak burning hours). It's the best way to protect yourself.
- Use hats, long-sleeve shirts, and sunscreens with SPF30 or higher.
- Don't use sun lamps or tanning booths.
- Protect kids first, and set a good example by always wearing sunscreen and the right clothing.

7. Protect Against Sexually Transmitted Infections

Sexually transmitted infections — like human papillomavirus (HPV), hepatitis and HIV — can cause a number of different cancers. Protecting against these infections can lower your risk. Try to always practice safer sex, which lowers the chance of getting a sexually transmitted infection. It's also important to follow HPV vaccine recommendations for children and adults. Boys and girls should get vaccinated at 9 to 12 years old, which helps

prevent cancer later in life. But the vaccine is recommended up to age 26, and can be given up to age 45. Talk to a healthcare provider or visit [cdc.gov/HPV](https://www.cdc.gov/HPV) for more information.

Tips

- Make sure your healthcare provider includes the HPV vaccine as part of your child's regular vaccinations. If not, ask for it.
- If you're an adult and haven't had the HPV vaccine, talk to a provider about getting it. If you're not sure if you've had the vaccine, ask your parents or try to find a copy of your vaccine record.
- Visit [cdc.gov/sexualhealth](https://www.cdc.gov/sexualhealth) for more information on safer sex and sexual health
- When appropriate, discuss with children the importance of sexual responsibility and safer sex.

8. Get Screening Tests

There are a number of important screening tests that can help protect against cancer. Some of these tests find cancer early when it is more treatable, while others can actually help keep cancer from developing in the first place.

Guidelines can vary, but talk with your healthcare provider about screening at these ages:

Age 21:

- Cervical cancer

Age 40:

- Breast cancer
- Prostate cancer (For African American men and others at highest risk, discuss benefits and risks of screening with a healthcare provider)

Age 45:

- Colon cancer
- Prostate cancer (For average-risk men, discuss benefits and risks of screening with a healthcare provider)

Age 50:

- Lung cancer (For people who smoke or used to smoke)

If you have a family history of cancer, you may need to get tests at a younger age.

How to Talk to a Loved One About Screening

Are you worried about a family member or friend who is between the ages of 50 and 80 year old, who smokes cigarettes or used to smoke, and has not been screened for lung cancer? If so, providing support and encouragement may help them take the extra step to get screened.

Here are some ways to help a loved one:

- Give them a copy of this resource guide and go over some key resources.
- With their permission, help them make an appointment to discuss the risks and benefits of screening with their doctor. If they receive a referral for screening, help them schedule an appointment for the test.
- If you are 50 to 80 years old and meet the eligibility guidelines for screening, set the example. Get a LDCT scan and share your experience.
- Offer to drive your loved one to the appointment for testing.

More ways to offer support:

- Ask them, “How can I make it easier for you to get tested?”
- Offer to help them with the preparations or by going to the test.
- It is important to remember that some people may experience fear and anxiety about being screened for cancer. Be understanding if they are not ready to get screened yet or decide it is not the right decision for them.

Source: U.S. Department of Health and Human Services



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