

# “You can be an advocate at any part in your journey.”

## 5-YEAR LUNG CANCER SURVIVOR



Many people affected by lung cancer look for ways to gain control and help make things better for themselves and others. This is ‘advocacy’ in action. Whether you or a loved one has been affected by lung cancer, your voice and efforts can make a difference! Advocates are a source of patient support, help raise awareness for lung cancer, and provide hope.

### Why should I be an advocate?



- Educate people on lung cancer and share your experiences with other patients, caregivers, healthcare professionals, and the general public
- Help end the unfair stigma around lung cancer by sharing that anyone with lungs can get lung cancer
- Raise funds for lung cancer research to continue advancements and treatment options
- Offer to provide a patient perspective to help guide research
- Be a source of support and resources for other people affected by lung cancer

### How can I get involved?

- Share your story on [LCAM.org](http://LCAM.org)
- Learn how to share your story in person, online, and in the media
- Connect with patient groups online and on social media
- Participate in local events that raise funds or awareness for lung cancer
- Learn about the different types of advocacy (political, research, patient support)
- Attend conferences that talk about lung cancer research or provide advocacy training



**You cannot expect others to be committed if you are not committed yourself.**

To find a list of advocacy groups and to share your story, visit [LCAM.org](http://LCAM.org).

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**#HOPELIVES**  
More Research. More Survivors.

