

Lung Health

February 2024 | www.futureofpersonalhealth.com

An independent supplement by Mediaplanet to USA Today

"Knowing your letters can help you beat lung cancer and give you a better shot at managing it effectively."

Albert Rizzo, M.D., Chief Medical Officer, American Lung Association

Page 06

"It's so important to get screened if you think you may have COPD or are in a higher-risk environment."

Jean Wright, M.D., M.B.A., CEO, COPD Foundation

Page 07

JASON PRESTON

The NBA player shares how his mom inspired him to raise awareness of lung cancer

[Read more on Page 06](#)



Colorado Man's Lung Cancer Care With Immunotherapy

When Ed O. went to the ER for shortness of breath and trembling, he never imagined he'd receive a diagnosis of unresectable (inoperable) Stage III non-small cell lung cancer (NSCLC). The news left him devastated.

Ed lost his mother to lung cancer after she was diagnosed at his age, 69. He immediately understood the gravity of what he was facing.

"My family and I were scared," he said. "The prognosis felt so grim — it was like we got hit with a locomotive." Ed knows that smoking is a well-known risk factor for lung cancer, so he was surprised to learn that this disease can affect non-smokers like him.

Ed was determined to find cutting-edge care and visited a local research hospital that welcomed him with a multidisciplinary team (MDT), including nurses, a surgeon, a radiation oncologist, and a medical oncologist. His doctors agreed on a plan and reviewed his treatment plan with him, and then they started him on chemotherapy and radiation treatments at the same time, also known as concurrent chemoradiotherapy (cCRT).

Immunotherapy for unresectable Stage III lung cancer

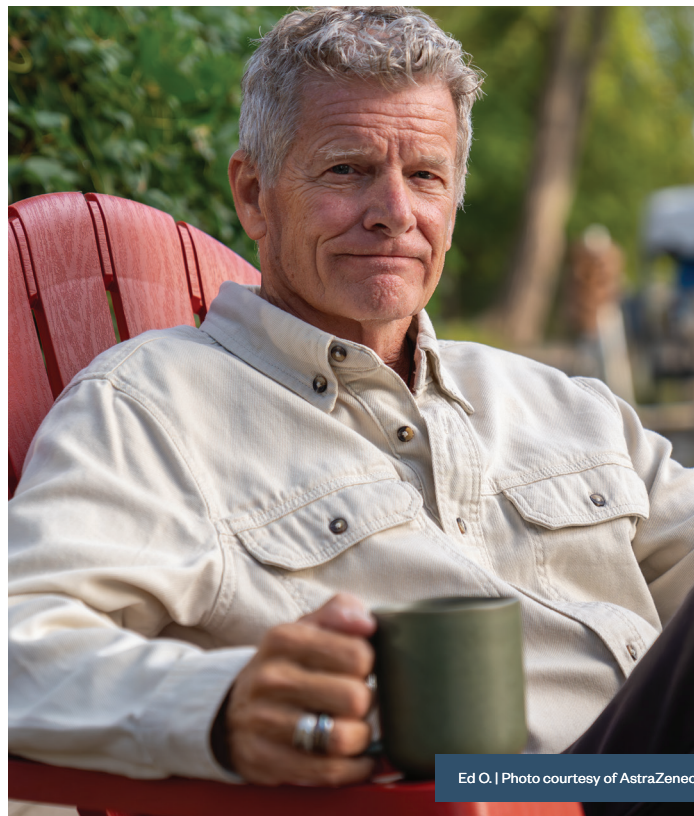
Immunotherapy has become a standard of care in many cancer types, including unresectable Stage III lung cancer, particularly for patients who have not progressed following treatments like cCRT.

Ed was thrilled to learn that after completing a full course of cCRT, he was a good candidate for an immunotherapy called IMFINZI® (durvalumab). This

treatment was successful in clinical trials for adults with Stage III NSCLC whose cancer couldn't be removed by surgery and hadn't progressed after cCRT. Shortly thereafter, Ed began monthly infusions of IMFINZI.

IMFINZI is a prescription medicine used to treat adults with a type of lung cancer called unresectable Stage III NSCLC. IMFINZI may be used when your NSCLC has not spread outside your chest, cannot be removed by surgery (unresectable), and has responded or stabilized with initial treatment with chemotherapy that contains platinum, given concurrently with (which means at the same time as) radiation therapy.

IMFINZI can cause your immune system to attack normal organs and tissues in your body and affect how they work. Side effects can sometimes become severe or life-threatening, and can lead to death. These problems can occur at the same time and at any time during or after treatment. See your doctor right away if you experience cough, shortness of breath, chest pain, diarrhea or other stool changes, severe stomach pain or tenderness, severe nausea or vomiting, weight changes, increased hunger or thirst, constipation, dizziness or fainting, headaches, changes in urine, eye problems, irregular or rapid heartbeat, muscle pain or weakness, fever, rash, skin blistering, chills, itching or flushing, as this may keep these problems from becoming



Ed O. | Photo courtesy of AstraZeneca

more serious. These are not all the possible side effects of IMFINZI. Tell your doctor about all your medical conditions including immune system problems; if you've ever had an organ transplant; or are being treated for an infection.

Read on for more Important Safety Information and Prescribing Information for IMFINZI.

As Ed's treatment progressed, his oncologist shared that his lung cancer had responded to the immunotherapy. "I couldn't have asked for better news," Ed said.

Ed worked with his care team to combine a holistic approach as part of his treatment plan, including exercise and healthy eating. He also leaned on his wife, son, and daughter to try and remain positive through his diagnosis and treatment.

Today, Ed is passionate about educating others who are living

with lung cancer. "It's important to stay the course, and complete the treatment plan prescribed by your care team," Ed said.

The now 74-year-old continues to enjoy an active lifestyle in Colorado — biking, rowing, and going out dancing.

"I'm feeling good," Ed said. "I want people to know that if you or someone you love is living with unresectable Stage III NSCLC, there is hope."

Ed is a patient advocate for AstraZeneca and has been compensated for his time.

IMFINZI is a registered trademark of the AstraZeneca group of companies.

© 2024 AstraZeneca. All rights reserved. US-95733 11/24



To learn more, visit [IMFINZI.com](https://www.imfinzi.com)



IMPORTANT SAFETY INFORMATION

What is the most important information I should know about IMFINZI® (durvalumab)?

IMFINZI is a medicine that may treat certain cancers by working with your immune system. IMFINZI can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become severe or life-threatening and can lead to death. You can have more than one of these problems at the same time. These problems may happen anytime during treatment or even after your treatment has ended.

Call or see your healthcare provider right away if you develop any new or worsening signs or symptoms, including:

Lung problems: cough, shortness of breath, and chest pain

Intestinal problems: diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; and severe stomach-area (abdomen) pain or tenderness

Liver problems: yellowing of your skin or the whites of your eyes, severe nausea or vomiting, pain on the right side of your stomach area (abdomen), dark urine (tea colored), and bleeding or bruising more easily than normal

Hormone gland problems: headaches that will not go away or unusual headaches; eye sensitivity to light; eye problems; rapid heartbeat; increased sweating; extreme tiredness; weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; and changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness

Kidney problems: decrease in your amount of urine, blood in your urine, swelling of your ankles, and loss of appetite

Skin problems: rash; itching; skin blistering or peeling; painful sores or ulcers in mouth or nose, throat, or genital area; fever or flu-like symptoms; and swollen lymph nodes

Pancreas problems: pain in your upper stomach area (abdomen), severe nausea or vomiting, and loss of appetite

Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with IMFINZI. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include:

Chest pain, irregular heartbeats, shortness of breath or swelling of ankles; confusion, sleepiness, memory problems, changes in mood or behavior, stiff neck, balance problems; tingling, numbness or weakness of the arms or legs; double vision, blurry vision, sensitivity to light, eye pain, changes in eye sight; persistent or severe muscle pain or weakness, muscle cramps, joint pain, joint stiffness or swelling; and low red blood cells and bruising

Infusion reactions that can sometimes be severe or life-threatening.

Signs and symptoms of infusion reactions may include: chills or shaking, itching or rash, flushing, shortness of breath or wheezing, dizziness, feel like passing out, fever, and back or neck pain

Complications, including graft-versus-host disease (GVHD), in people who have received a bone marrow (stem cell) transplant that uses donor stem cells (allogeneic). These complications can be serious and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with IMFINZI. Your healthcare provider will monitor you for these complications

Getting medical treatment right away may help keep these problems from becoming more serious. Your healthcare provider will check you for

these problems during your treatment with IMFINZI. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may also need to delay or completely stop treatment with IMFINZI if you have severe side effects

Before you receive IMFINZI, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have received an organ transplant
- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. IMFINZI can harm your unborn baby

Females who are able to become pregnant:

- Your healthcare provider will give you a pregnancy test before you start treatment with IMFINZI.
- You should use an effective method of birth control during your treatment and for 3 months after the last dose of IMFINZI. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you may be pregnant during treatment with IMFINZI.
- are breastfeeding or plan to breastfeed. It is not known if IMFINZI passes into your breast milk. Do not breastfeed during treatment and for 3 months after the last dose of IMFINZI.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

What are the possible side effects of IMFINZI?

IMFINZI can cause serious side effects (see above):

The most common side effects of IMFINZI when used alone in adults with non-small cell lung cancer (NSCLC) that cannot be removed by surgery include cough, feeling tired, inflammation in the lungs, upper respiratory tract infections, shortness of breath, and rash.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of IMFINZI. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of AstraZeneca prescription drugs by calling 1-800-236-9933. If you prefer to report these to the FDA, either visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

What is IMFINZI?

IMFINZI is a prescription medicine used to treat adults with a **type of lung cancer called non-small cell lung cancer (NSCLC)**. IMFINZI may be used when your NSCLC has not spread outside your chest, cannot be removed by surgery, **and** has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.

It is not known if IMFINZI is safe and effective in children.

Please see the Brief Summary of the Full Prescribing Information, including the Medication Guide for IMFINZI, on the next two pages.

IMPORTANT INFORMATION ABOUT IMFINZI® (im-FIN-zee) (durvalumab) INJECTION



What is the most important information I should know about IMFINZI?

IMFINZI is a medicine that may treat certain cancers by working with your immune system.

IMFINZI can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become severe or life-threatening and can lead to death. You can have more than one of these problems at the same time. These problems may happen anytime during treatment or even after your treatment has ended.

Call or see your healthcare provider right away if you develop any new or worsening signs or symptoms, including:

• Lung problems.

- cough
- shortness of breath
- chest pain

• Intestinal problems.

- diarrhea (loose stools) or more frequent bowel movements than usual
- stools that are black, tarry, sticky, or have blood or mucus
- severe stomach-area (abdomen) pain or tenderness

• Liver problems.

- yellowing of your skin or the whites of your eyes
- severe nausea or vomiting
- pain on the right side of your stomach-area (abdomen)
- dark urine (tea colored)
- bleeding or bruising more easily than normal

• Hormone gland problems.

- headaches that will not go away or unusual headaches
- eye sensitivity to light
- eye problems
- rapid heartbeat

(continued)

- increase sweating
- extreme tiredness
- weight gain or weight loss
- feeling more hungry or thirsty than usual
- urinating more often than usual
- hair loss
- feeling cold
- constipation
- your voice gets deeper
- dizziness or fainting
- changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness

• Kidney problems.

- decrease in your amount of urine
- blood in your urine
- swelling of your ankles
- loss of appetite

• Skin problems.

- rash
- itching
- skin blistering or peeling
- painful sores or ulcers in mouth or nose, throat, or genital area
- fever or flu-like symptoms
- swollen lymph nodes

• Pancreas problems

- pain in your upper stomach area (abdomen)
- severe nausea or vomiting
- loss of appetite

• Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with IMFINZI. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include:

- chest pain, irregular heartbeats, shortness of breath or swelling of ankles

(continued)

- confusion, sleepiness, memory problems, changes in mood or behavior, stiff neck, balance problems
- tingling, numbness or weakness of the arms or legs
- double vision, blurry vision, sensitivity to light, eye pain, changes in eye-sight
- persistent or severe muscle pain or weakness, muscle cramps, joint pain, joint stiffness or swelling
- low red blood cells, bruising

• Infusion reactions that can sometimes be severe or life-threatening. Signs and symptoms of infusion reactions may include:

- chills or shaking
- itching or rash
- flushing
- shortness of breath or wheezing
- dizziness
- feel like passing out
- fever
- back or neck pain

• Complications, including graft-versus-host disease (GVHD), in people who have received a bone marrow (stem cell) transplant that uses donor stem cells (allogeneic).

These complications can be serious and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with IMFINZI. Your healthcare provider will monitor you for these complications.

Getting medical treatment right away may help keep these problems from becoming more serious.

Your healthcare provider will check you for these problems during your treatment with IMFINZI. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may also need to delay or completely stop treatment with IMFINZI, if you have severe side effects.

(continued)

IMPORTANT INFORMATION ABOUT IMFINZI® (im-FIN-zee) (durvalumab) INJECTION



What is IMFINZI?

IMFINZI is a prescription medicine used to treat adults with:

- **A type of lung cancer called non-small cell lung cancer (NSCLC).**
- IMFINZI may be used alone when your NSCLC:
 - has not spread outside your chest
 - cannot be removed by surgery, **and**
 - has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.

It is not known if IMFINZI is safe and effective in children.

Before you receive IMFINZI, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have received an organ transplant
- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. IMFINZI can harm your unborn baby

Females who are able to become pregnant:

- Your healthcare provider will give you a pregnancy test before you start treatment with IMFINZI.
- You should use an effective method of birth control during your treatment and for 3 months after the last dose of IMFINZI. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you may be pregnant during treatment with IMFINZI.

(continued)

- are breastfeeding or plan to breastfeed. It is not known if IMFINZI passes into your breast milk. Do not breastfeed during treatment and for 3 months after the last dose of IMFINZI.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

How will I receive IMFINZI?

- Your healthcare provider will give you IMFINZI into your vein through an intravenous (IV) line over 60 minutes.
- IMFINZI is usually given every 2, 3 or 4 weeks.
- Your healthcare provider will decide how many treatments you need.
- Your healthcare provider will test your blood to check you for certain side effects.
- If you miss any appointments, call your healthcare provider as soon as possible to reschedule your appointment.

What are the possible side effects of IMFINZI?

IMFINZI can cause serious side effects, including:

See "What is the most important information I should know about IMFINZI?"

The most common side effects of IMFINZI when used alone in adults with NSCLC that cannot be removed by surgery include:

- cough
- feeling tired
- inflammation in the lungs
- upper respiratory tract infections
- shortness of breath
- rash

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

(continued)

These are not all of the possible side effects of IMFINZI. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about the safe and effective use of IMFINZI.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. If you would like more information about IMFINZI, talk with your healthcare provider. You can ask your healthcare provider for information about IMFINZI that is written for health professionals.

What are the ingredients in IMFINZI?

Active ingredient: durvalumab

Inactive ingredients: L-histidine, L-histidine hydrochloride monohydrate, α,α -trehalose dihydrate, polysorbate 80, Water for Injection, USP.



Manufactured for:
AstraZeneca Pharmaceuticals LP
Wilmington, DE 19850

By: AstraZeneca UK Limited, 1 Francis Crick Ave.
Cambridge, England CB2 0AA

US License No. 2043

IMFINZI is a registered trademark of the AstraZeneca group of companies.

For more information, call 1-800-236-9933 or go to www.IMFINZI.com

©AstraZeneca 2024. All rights reserved.

US-95691 11/24

Why Knowing Your Letters is Critical to Lung Cancer Treatment

If you or a loved one is diagnosed with lung cancer, understanding a few key letters — like EGFR, ALK, ROS1, and BRAF — can make all the difference in treatment.

These letters represent gene mutations, or biomarkers, that play a critical role in how lung cancer grows and spreads. Biomarker testing can help you receive the most effective initial lung cancer treatment, which can lead to better health outcomes and fewer treatment side effects.

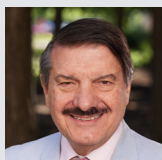
What are biomarkers?

Biomarkers are clues that physicians look for in tumor tissue and blood to help understand why lung cancer is growing and the best way to treat it. Lung cancer biomarkers can be errors in a cell's DNA or high levels of proteins that live on cells. Treatments are available that specifically target and address many biomarkers, which is why it is important for people to know the results of biomarker testing before beginning lung cancer treatment.

How to get tested

Biomarker testing typically requires a tissue sample from your tumor, which can be obtained through a biopsy. In some cases, a blood sample may be used for a liquid biopsy, which can detect tumor DNA in your bloodstream. Once the sample is analyzed, your doctor will have a clearer picture of what's driving your cancer and can tailor your treatment plan accordingly.

Knowing your letters can help you beat lung cancer and give you a better shot at managing it effectively.



WRITTEN BY
Albert Rizzo, M.D.
Chief Medical Officer,
American Lung
Association

Jason Preston Wants You to Get Screened for Lung Cancer

After losing his mother to lung cancer, Utah Jazz guard Jason Preston made it his mission to raise awareness for lung cancer and early detection.

How influential has your mother been in your life, both as a basketball player and a person?

Quite simply, I would not be who I am — or where I am now — without her. The faith and morals she instilled into me from a young age were so powerful and will always be with me.

Regarding basketball specifically, she always emphasized the importance of watching the game. I've always enjoyed playing for hours, but it wasn't until I mastered watching it that I learned so much more about it. Watching and analyzing allowed me to take aspects from other players, teams, and coaches, and implement them into my own game.

Can you talk a bit about the work you're doing to raise awareness of lung cancer and honor your mom's memory?

When I began my NBA career, I felt it was the right time to advocate for lung cancer awareness, a cause close to me. In 2022, with the Clippers, I honored my mother during Lung Cancer Awareness Month by wearing "KD Aunt Pearl" shoes in all games and practices, designed for those lost to lung cancer.

For Lung Cancer Awareness Month 2023, my wife and I partnered with our alma mater, Ohio University (OU), to raise awareness. At the OU men's basketball home opener on Nov. 8, the team wore warm-up shirts designed by my wife featuring a white ribbon with my mother's name. We provided white shoes for the team to wear throughout November. The game also included PSAs from the American Lung Association (ALA) and OU focusing on lung cancer screening and prevention. Later that month, I joined the ALA's Ambassador Council to honor my mother and raise awareness about lung cancer and second-hand smoke.

Most recently, instead of wedding gifts, my wife, Micaylah, and I raised funds for the ALA to support their mission of



Jason Preston | Photo by Gabby Stockard

improving lung health. We also have some activities planned for this year's Lung Cancer Awareness Month!

Do you have any tips for people to lower their risk of developing lung cancer/lung disease, or ways people can reduce the severity of a diagnosis?

The most important thing is, of course, to never smoke, or stop smoking. That will greatly lower the risk. Even being around smokers, or in the same room as them, can significantly increase your chances of getting lung cancer.

People don't always realize the dangers of secondhand smoke. In fact, my mother unfortunately got lung cancer from secondhand smoke. Early detection is very important as well, so I encourage everyone to take the ALA's "Saved By The Scan" quiz to see if they are eligible for a lung cancer screening.

Learning Is Key in Living Well With Progressive Lung Disease

Three generations of Susan McCue's family have been impacted by pulmonary fibrosis. When diagnosed, she committed to learning as much as possible to cope.

Coming from a large, close-knit Irish American family, Susan McCue has a strong support system. However, over the years, that system has been strained by loss. Of her nine siblings, McCue lost a brother and a sister to pulmonary fibrosis (PF), the progressive and debilitating lung disease her life now revolves around.

PF causes scarring in the lungs, and while there are treatments to slow the progression, there is no known cure. McCue has a familial form of PF, and that's why she is doing everything she can to learn about the disease, where to find the best care, and what research studies she can join. With family members in every region of the country, McCue has shared the medical centers affiliated with the Pulmonary Fibrosis Foundation's nationwide Care Center Network that specializes in treating PF and interstitial lung disease (ILD).

Resources and support are available

Living with pulmonary fibrosis is challenging, but resources and support are available. "When my sister was first diagnosed with this disease, I went to Google to learn more about it, like many people do," McCue said. "PF is not the same for every person, and it's important to find information you can trust."



Susan McCue
Photo courtesy of Pulmonary Fibrosis Foundation

Fortunately, McCue discovered the Pulmonary Fibrosis Foundation (PFF) website, which she uses for educational videos, fact sheets, and clinical trials. She also follows PFF on social media for news and stories about people living with the disease.

"I want to learn as much as I can about PF to help family members who may face this disease in the future," McCue said. "It can be overwhelming, but there is an incredible community of patients and caregivers who participate in support groups, fundraising walks, and events that allow us to share our journeys with one another."

McCue encourages anyone impacted by PF or ILD to connect with the PFF. The PFF has a dedicated resource for newly diagnosed patients that helps them navigate various aspects of the disease that they can explore at their own pace — a virtual program titled "First steps for people diagnosed with PF," which can be found on the PFF website.

"Knowledge is empowering, and support is essential," McCue said. "There are things you can do to improve your quality of life with PF. Reaching out is the first step."

Written by **Samantha Simmons, Marketing and Communications Manager, Pulmonary Fibrosis Foundation (PFF)**

Stopping an Invisible Epidemic

Chronic obstructive pulmonary disease (COPD) is the third leading cause of death worldwide. However, many have never heard of it.

There is a stigma that only smokers develop COPD. However, it's not just a smoker's disease. Roughly 25% of people diagnosed do not smoke.

COPD is also caused by genetics or irritants like smoke or pollution. It is estimated that by 2050, poor air quality will be the leading cause of COPD around the world. The fumes, chemicals, and dust in different work environments — think coal workers, firefighters, and others — contribute to developing COPD.

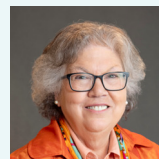
How do you know you have COPD?

Not all COPD is the same. How symptoms impact your daily life and how they progress varies. That's why it's so important to get screened if you think you may have COPD or are in a higher-risk environment.

Another good way to see if you should get tested is a birthday candle. Hold a birthday candle at arm's length. If you can't blow it out, you should see a pulmonologist to get tested.

Many people do not realize they have COPD or notice symptoms until they are in a moderate stage of the disease. Early screening is important to help manage symptoms, slow the progression of the disease, and improve quality of life.

If you have a history of COPD in your family, have been exposed to lung irritants over a long period of time, or are a current or former smoker, you should ask your doctor about getting tested.



WRITTEN BY
Jean Wright, M.D., M.B.A.
CEO,
COPD Foundation



To learn more about Lung Health,
visit **futureofpersonalhealth.com**

