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After Lung Cancer Treatment

Get information about how to live well after lung cancer treatment and make decisions about next steps.

Living as a Cancer Survivor

For many people, cancer treatment often raises questions about next steps as a survivor.

- [Living as a Lung Cancer Survivor](#)

Cancer Concerns After Treatment

Treatment may remove or destroy the cancer, but it is very common to have questions about cancer coming back or treatment no longer working.

- [Second Cancers After Lung Cancer](#)

Living as a Lung Cancer Survivor

For some people with lung cancer, treatment may remove or destroy the cancer. Completing treatment can be both stressful and exciting. You may be relieved to finish treatment, but find it hard not to worry about cancer growing or coming back. This is

For other people, lung cancer may never go away completely. Some people may get regular treatments with chemotherapy, radiation therapy, or other therapies to try to control the cancer for as long as possible. Learning to live with cancer that does not go away can be difficult and very stressful.

- [Follow-up care](#)
- [Can I lower the risk of my cancer progressing or coming back?](#)
- [If the cancer comes back](#)
- [Second cancers after treatment](#)

A list of possible late or long-term side effects from your treatment, including what

Getting emotional support

It is normal to feel [depressed, anxious, or worried](#)¹¹ when lung cancer is or has been a part of your life. Some people are affected more than others. But everyone can benefit from [help and support](#)¹² from other people, whether friends and family, religious groups, support groups, professional counselors, or others. Learn more in [Life After Cancer](#)¹³.

Hyperlinks

1. www.cancer.org/cancer/managing-cancer/side-effects.html
2. www.cancer.org/cancer/survivorship/long-term-health-concerns/second-cancers-in-adults.html
3. www.cancer.org/cancer/survivorship/long-term-health-concerns/survivorship-care-plans.html
4. www.cancer.org/cancer/diagnosis-staging/tests.html
5. www.cancer.org/cancer/financial-insurance-matters/managing-health-insurance.html
6. www.cancer.org/cancer/survivorship/long-term-health-concerns/keeping-copies-of-important-medical-records.html
www.cancer.org/cancer/risk-prevention/tobacco/guide-quitting-smoking.html



Second Cancers After Lung Cancer

- Keep physically active.
- Follow a healthy eating pattern that includes plenty of fruits, vegetables, and whole grains, and limit sugary drinks and highly processed foods.
- Limit alcohol intake. If you do drink, have no more than 1 drink per day for women or 2 per day for men.

These steps may also lower the risk of some other health problems.

See [Second Cancers in Adults](#)¹⁷ for more information about causes of second cancers.

Hyperlinks

1. www.cancer.org/cancer/survivorship/long-term-health-concerns/recurrence.html
 2. www.cancer.org/cancer/types/laryngeal-and-hypopharyngeal-cancer.html
 3. www.cancer.org/cancer/types/oral-cavity-and-oropharyngeal-cancer.html
 4. www.cancer.org/cancer/types/esophagus-cancer.html
 5. www.cancer.org/cancer/types/pancreatic-cancer.html
 6. www.cancer.org/cancer/types/bladder-cancer.html
 7. www.cancer.org/cancer/types/thyroid-cancer.html
 8. www.cancer.org/cancer/types/acute-myeloid-leukemia.html
 9. www.cancer.org/cancer/types/stomach-cancer.html
 10. www.cancer.org/cancer/types/small-intestine-cancer.html
 11. www.cancer.org/cancer/types/colon-rectal-cancer.html
 12. www.cancer.org/cancer/types/colon-rectal-cancer.html
 13. www.cancer.org/cancer/types/kidney-cancer.html
 14. www.cancer.org/cancer/screening/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html
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US Department of Health and Human Services. *The Health Consequences of Smoking – 50 Years of Progress. A Report of the Surgeon General*. 2014. Accessed at https://www.ncbi.nlm.nih.gov/books/NBK179276/pdf/Bookshelf_NBK179276.pdf on Jan 24, 2024.

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Our team is made up of doctors and oncology certified nurses with deep knowledge of cancer care as well as journalists, editors, and translators with extensive experience in medical writing.

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