

Actions to Take While Waiting for Biomarker Testing Results

Waiting for biomarker testing results before making a care plan decision with your doctor can be very stressful. Taking these actions while waiting for results can help you feel more supported and in control.

Supportive actions to take while you wait for biomarker test results

- Familiarize yourself with your health insurance, see if there are options to adjust plan to better support needs
- Connect with social worker or other resource at cancer center to address concerns, which may include employment/family medical leave, practical (gas, grocery, utilities money, etc.), other needs
- Connect to patient advocacy groups: disease education, support groups, 1-on-1 care/support available <https://www.lungevity.org>
- You can also be introduced to another lung cancer patient who has been in your shoes and knows about the emotions that happen while waiting. Would you like that?
<https://www.lungevity.org/for-patients-caregivers/support-services/peer-to-peer-mentoring>

Care you can discuss with care team while waiting for biomarker test results

- Connect with PCP to get as healthy as possible, if you have **chronic diseases** (such as **diabetes** or **high blood pressure**) have a plan with your health care provider on how to stay healthy while undergoing cancer treatment
- If relevant, **Stop Smoking/Vaping program**, prior to treatment
- If relevant, fertility preservation prior to systemic therapy: **men women**
- Update flu, COVID-19 and other **vaccines/immunizations** prior to systemic therapy
- **Dental care** prior to systemic therapy
- Supportive care: distress screening and care, **nutritionist consult**, etc.