

Make the 3rd Opinion your own.



How to talk to your doctor about what you want from your treatment plan

A lung cancer diagnosis can be overwhelming. To help you navigate this challenging time, the guide can help you prepare for productive discussions with your healthcare team.

All doctors want to provide the optimal treatment plan, but after multiple tests, a confirmed diagnosis comes as a huge shock. It's natural to want to know more, but the speed at which you have to start making decisions feels overwhelming. It's easy to feel like you have to put your life on hold while you seek treatment.

We created 'The 3rd Opinion' to give a name to the moment when medical advice meets what truly matters to you. To provide you with space to understand what's important to you so that you can walk into each appointment with clarity and confidence. Not as a passive participant, but as an active partner in your care.

As you go through this guide, remember:

- **Your doctor is here to help:** Their scientific knowledge is the foundation of your decisions.
- **Avoid misinformation:** View online sources with caution and seek reputable advice.
- **You are the expert on YOU:** Your goals, values, and hopes matter; express them with confidence.



*Did you know that 3 out of 4 lung cancer patients remain silent, leaving their treatment journey entirely to their doctor?**

The Starting Point: What Matters Most to You?

Before your appointment, take a moment to reflect on what you hope to gain from your treatment and care. Here are a few suggestions to get you started:

- More time with loved ones
- Maintaining my independence
- Being able to do daily activities (e.g., work, hobbies)
- Experiencing specific milestones (e.g., a family event, travel)
- Reducing pain or discomfort
- Feeling more in control of my health

Building your confidence to speak out

With a lung cancer diagnosis, there's a lot of new information to understand quickly. Combined with pressure to decide swiftly on treatment options, it's understandable that 77% of patients trust the plan provided by their doctor.¹ This guide is designed to help you gain the confidence to ask questions, express your opinion, and partner with your doctor to make a treatment plan your own.

From diagnosis to treatment to long-term management, you need a holistic plan that outlines all the steps, therapies, and holistic kinds of support (e.g. emotional or financial) involved in your care. We will go through all these steps, so you have a starting point for conversations with your doctor.

1. My Diagnosis

While getting a diagnosis, it's important to understand what tests you are undertaking, what information they provide, and what that will mean for your treatment options.

Suggested questions for your doctor

During tests	During diagnosis
Which tests do I need, and what information will they provide?	What type of cancer is it? And what stage? Has it spread? If so, where?
What is genetic testing? And what options are available to me? How are they performed and why would I need it? What does it mean for my treatment? When do I get test results?	How will the test results affect my treatment plan? Do I have an actionable mutation?
What risks or complications might these tests carry?	When do I need to decide on a new treatment plan?

2. My Treatment Options

Once you have a confirmed diagnosis, you will want to understand the treatment options available to you quickly. Here are common areas to explore:

Treatment options From surgery to chemotherapy, radiotherapy, targeted therapies or immunotherapy there can be multiple options	<ul style="list-style-type: none">• Do I need surgery? What is the expected outcome? What are the risks?• If surgery isn't possible, what is the best alternative?• If I receive the best available treatment from the start, what might my survival and quality of life look like? Is cure possible?• How will we know if targeted therapy is effective?• Are there treatment options you haven't recommended? Why?
Genetic mutations A change in the DNA sequence that can occur spontaneously, often due to errors accumulated during DNA replication.	<ul style="list-style-type: none">• My genetic test shows a mutation—what does that mean? What are my options?• I have a _____ gene mutation and want to maximize survival—what should I consider?• My report shows additional mutations (e.g., MET amplification, TP53). Is that serious? What does it mean?
Side effects and long term management What will your experience be during any given procedure in the short, medium and long term.	<ul style="list-style-type: none">• What if the cancer has spread to other parts of my body – how serious is that, and how is it treated?• How long would a treatment last for?• Will I need to make any lifestyle changes?



Remember, your doctor is there to support you. Voice your opinions, what you want to achieve, and discuss with your doctor about what matters most to you through treatment.

- How might this treatment help me achieve my personal goals (e.g., more time with loved ones)?
- What are the chances this treatment will help me live longer or feel better?
- How will this treatment impact my ability to continue with my daily life, work, or hobbies?
- How will we know if the treatment is working for me?
- What are the alternatives if this treatment isn't right for me, or if it stops working?
- How can we manage any side effects so I can still achieve my goals?

3. My Healthcare Plan

Treatment is only one part of the care you need. The following questions will help you understand the other kinds of care your doctor can provide:

- Who will be part of my care team, and what is each person's role?
- Who should I contact if I have questions between appointments?
- Who can help me with my mental, physical or financial well-being during treatment or coping with the stress of my diagnosis?

It's also important to consider how to manage your care for the long term. Ask the following:

- How often should I have follow-up scans? Which tests each time?
- If cancer returns, what options are available?
- Should I make lifestyle changes regarding diet, nutrition or physical activity?

References: 1. Chee Khoon Lee et al. Navigating advanced lung cancer care, patient–physician alliance, cancer stigma, and psychosocial support in Asia-Pacific: perspectives from patients, caregivers, and physicians. DOI: 10.1080/14796694.2025.2499511

Your voice matters:
Make the 3rd Opinion your own today

This is your lung cancer care journey, and you have the right to be an active partner in every decision. Raise your voice so your treatment plan aligns with your personal goals and what truly matters to you.

Work with your doctor so their medical advice meets what truly matters to you.

Some patients seek second opinions, but their own 3rd opinion is often disregarded. Help lung cancer patients find their voice.



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The **3rd** Opinion

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