

# Patient Experience - Small Cell Lung Cancer

57 year old Lay Har has never been a smoker and has always considered herself relatively healthy, was shocked when she was diagnosed with Stage 4 Small Cell Lung Cancer in April this year, after experiencing some “discomfort” in her chest. She was scared by her diagnosis but has found support from fellow patients and the 365 Cancer Prevention Society.

Lay Har has shared her experience to mark Lung Cancer Awareness Month.

“For two days in a row, I felt some discomfort in a specific area of my chest, so I went to a polyclinic to get an x-ray. The x-ray revealed a mass in my lungs, and I was scheduled for more scans at the hospital. It was after all these tests that I received the shocking diagnosis.

I remembered during those bad days, I was feeling scared. I was searching for more information about the cancer, when I stumbled upon the 365 Cancer Prevention Society’s Facebook page. I made contact and was referred to one of their social service centres.

I was able to manage better with their help and support, which has included counselling, diet-related advice and regular check-ins from a care leader.

I was also able to speak with other patients going through similar experiences. They inspire me, because they say that overall the experience of going through has made them stronger.

These people give me hope to go on being courageous and to adopt a more positive mindset.

I am on targeted therapy, I take oral medication. I am exercising well, and eating a balanced diet.

Now I am focused on my treatment and hope I can do well and live well. I hope I can share my experience with the other cancer fighters.

It is important to keep a calm, positive attitude and stay busy with enjoyable

activities.

Also remember to get enough rest.

Lung cancer can happen to anyone. It is a silent disease with almost no symptoms and is usually only detected in later stages.

I hope to see greater awareness of this cancer, so others can understand the risks.

What gives me hope for the future?

I hope there are new and better treatment options to help those who are diagnosed after me.”