**Staying on Track With Your Treatment**

**Committing to your two part treatment program is important. You will get the best results from your treatment when you follow your plan completely and on schedule. However staying on track can sometimes be challenging.**

There are many reasons why some people may not be able to stick with their treatment plan. For example, they may have difficulty getting to and from the treatment centre or they may be feeling a little bit down about their diagnosis and treatment. If you having trouble sticking to your treatment plan, you are not alone – these are common problems.

It is important to take control of your own health. It does not mean doing everything on your own. However it means taking an active role in managing your health on a day-to-day basis, working together with your doctors and nurses.

This includes doing things that will improve your health, such as doing more physical activity and changing your diet. It also includes things you do to look after your lung cancer, such as taking your medicines and attending your appointments – and letting your doctor or nurse know if you notice any changes.

**Below are tips to help you stay on track.**

**Staying on track with your medical appointments**

* **Use a calendar to record treatment sessions or other medical appointments**
* **Add family, community, and work-related events to your calendar**
* **Plan your appointments for the time of the week that works best for you**
* **Find a friend, family member, neighbor, or other support person to go with you to your appointments**

**Managing treatment schedules with the demands of work and home**

* **Tell your family, friends, and co-workers what your treatment schedule will be, and ask for help when you need it**
* **Hire help at home if at all possible**
* **Ask your boss if you can arrange your schedule so you can work more on non-treatment days and take time off for treatment and recovery**
* **Seek out other sources of assistance and help if needed**

**Taking care of your emotional wellbeing**

* **Think about lung cancer as a chronic disease like diabetes or high blood pressure**
* **If you have questions about your treatment, ask your doctor or nurse**
* **Ask for help with any emotional distress or depression**
* **Join a support group or ask to be matched with another survivor**
* Take an active role in managing your health on a day-to-day basis