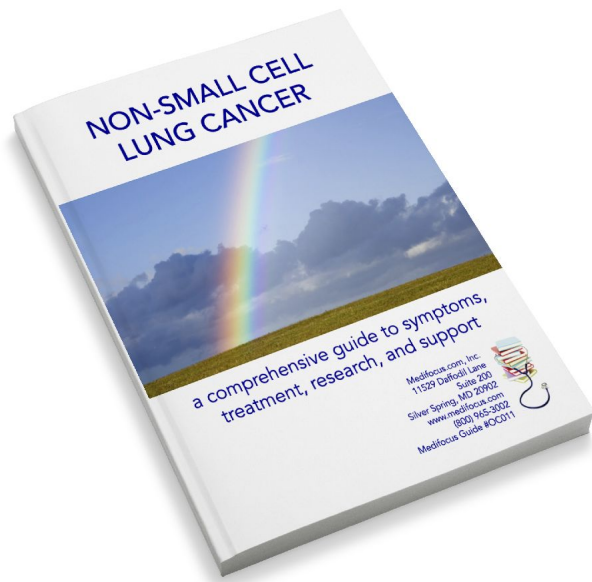


Preview of the Medifocus Guidebook on: Non-Small Cell Lung Cancer

Updated October 18, 2009



This document is only a SHORT PREVIEW of the **Medifocus Guidebook on Non-Small Cell Lung Cancer**. It is intended primarily to give you a general overview of the **format and structure** of the Guidebook as well as select pages from each major Guidebook section listed in the Table of Contents.

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1 - Background Information

Introduction

Chronic or life-threatening illnesses can have a devastating impact on both the patient and the family. In today's new world of medicine, many consumers have come to realize that they are the ones who are primarily responsible for their own health care as well as for the health care of their loved ones.

When facing a chronic or life-threatening illness, you need to become an educated consumer in order to make an informed health care decision. Essentially that means finding out everything about the illness - the treatment options, the doctors, and the hospitals - so that you can become an educated health care consumer and make the tough decisions. In the past, consumers would go to a library and read everything available about a particular illness or medical condition. In today's world, many turn to the Internet for their medical information needs.

The first sites visited are usually the well known health "portals" or disease organizations and support groups which contain a general overview of the condition for the layperson. That's a good start but soon all of the basic information is exhausted and the need for more advanced information still exists. What are the latest "cutting-edge" treatment options? What are the results of the most up-to-date clinical trials? Who are the most notable experts? Where are the top-ranked medical institutions and hospitals?

The best source for authoritative medical information in the United States is the National Library of Medicine's medical database called PubMed®, that indexes citations and abstracts (brief summaries) of over 7 million articles from more than 3,800 medical journals published worldwide. PubMed® was developed for medical professionals and is the primary source utilized by health care providers for keeping up with the latest advances in clinical medicine.

A typical PubMed® search for a specific disease or condition, however, usually retrieves hundreds or even thousands of "hits" of journal article citations. That's an avalanche of information that needs to be evaluated and transformed into truly useful knowledge. What are the most relevant journal articles? Which ones apply to your specific situation? Which articles are considered to be the most authoritative - the ones your physician would rely on in making clinical decisions? This is where *Medifocus.com* provides an effective solution.

Medifocus.com has developed an extensive library of *MediFocus Guidebooks* covering a wide spectrum of chronic and life threatening diseases. Each *MediFocus Guidebook* is a

high quality, up- to-date digest of "professional-level" medical information consisting of the most relevant citations and abstracts of journal articles published in authoritative, trustworthy medical journals. This information represents the latest advances known to modern medicine for the treatment and management of the condition, including published results from clinical trials. Each *Guidebook* also includes a valuable index of leading authors and medical institutions as well as a directory of disease organizations and support groups. *MediFocus Guidebooks* are reviewed, revised and updated every 4-months to ensure that you receive the latest and most up-to-date information about the specific condition.

About Your MediFocus Guidebook

Introduction

Your *MediFocus Guidebook* is a valuable resource that represents a comprehensive synthesis of the most up-to-date, advanced medical information published about the condition in well-respected, trustworthy medical journals. It is the same type of professional-level information used by physicians and other health-care professionals to keep abreast of the latest developments in biomedical research and clinical medicine. The *Guidebook* is intended for patients who have a need for more advanced, in-depth medical information than is generally available to consumers from a variety of other resources. The primary goal of a *MediFocus Guidebook* is to educate patients and their families about their treatment options so that they can make informed health-care decisions and become active participants in the medical decision making process.

The *Guidebook* production process involves a team of professionals with expertise in diverse areas including experienced medical database researchers and practicing physicians who serve as members of the *Medifocus.com* Medical Advisory Board (MAB). This team approach to the development and production of the *MediFocus Guidebooks* is designed to ensure the accuracy, completeness, and clinical relevance of the information. The *Guidebook* is intended to serve as a basis for more meaningful discussions between patients and their health-care providers in a joint effort to seek the most appropriate course of treatment for the disease.

Guidebook Organization and Content

Section 1 - Background Information

This section provides detailed information about the organization and content of the *Guidebook* including tips and suggestions for conducting additional research about the condition.

Section 2 - The Intelligent Patient Overview

This section of your *MediFocus Guidebook* represents a detailed overview of the disease or condition specifically written from the patient's perspective. It is designed to satisfy the basic informational needs of consumers and their families who are confronted with the illness and are facing difficult choices. Important aspects which are addressed in "The Intelligent Patient" section include:

- The etiology or cause of the disease
- Signs and symptoms
- How the condition is diagnosed
- The current standard of care for the disease

- Treatment options
- New developments
- Important questions to ask your health care provider

Section 3 - Guide to the Medical Literature

This is a roadmap to important and up-to-date medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest developments and breakthroughs in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new clinical developments, and advances in research. To facilitate your review and analysis of this information, the articles are grouped by specific categories. A typical *MediFocus Guidebook* usually contains one or more of the following article groupings:

- *Review Articles*: Articles included in this category are broad in scope and are intended to provide the reader with a detailed overview of the condition including such important aspects as its cause, diagnosis, treatment, and new advances.
- *General Interest Articles*: These articles are broad in scope and contain supplementary information about the condition that may be of interest to select groups of patients.
- *Drug Therapy*: Articles that provide information about the effectiveness of specific drugs or other biological agents for the treatment of the condition.
- *Surgical Therapy*: Articles that provide information about specific surgical treatments for the condition.
- *Clinical Trials*: Articles in this category summarize studies which compare the safety and efficacy of a new, experimental treatment modality to currently available standard treatments for the condition. In many cases, clinical trials represent the latest advances in the field and may be considered as being on the "cutting edge" of medicine. Some of these experimental treatments may have already been incorporated into clinical practice.

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Article title
- Author Name(s)
- Institution where the study was done

- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the corresponding URL address that is provided for each cited article. If you purchased a printed copy of a *MediFocus Guidebook*, you can still access the article abstracts online by entering the individual URL address for a particular article into your web browser.

Section 4 - Centers of Research

We've compiled a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of the specific medical condition. The "Centers of Research" directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of the condition.

Inclusion of the names of specific doctors, researchers, hospitals, medical centers, or research institutions in this *Guidebook* does not imply endorsement by Medifocus.com, Inc. or any of its affiliates. Consumers are encouraged to conduct additional research to identify health-care professionals, hospitals, and medical institutions with expertise in providing specific medical advice, guidance, and treatment for this condition.

Section 5 - Tips on Finding and Choosing a Doctor

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver high-level, quality medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it. This section of your *Guidebook* offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Section 6 - Directory of Organizations

This section of your *Guidebook* is a directory of select disease organizations and support groups that are in the business of helping patients and their families by providing access to information, resources, and services. Many of these organizations can answer your questions, enable you to network with other patients, and help you find a doctor in your geographical area who specializes in managing your condition.

2 - The Intelligent Patient Overview

NON-SMALL CELL LUNG CANCER

Introduction to Non-Small Cell Lung Cancer

The lungs are a vital part of the respiratory system that enable oxygen from the air to be taken into the body (inhalation) while also enabling the body to eliminate carbon dioxide, a waste gas produced by the cells, through the air that is breathed out (exhalation). The respiratory system consists of the nose, throat, larynx (voice box), trachea (windpipe), and the lungs. The lungs consist of segments called lobes. The right lung has three lobes while the left lung, which is smaller, has only two lobes.

Respiration is the technical term used to describe the exchange of oxygen from the air that is inhaled into the body for carbon dioxide that is eliminated from the body by the process of exhalation. In the average person, the process of respiration occurs automatically at a rate of about 25,000 times each day.

When air is inhaled through the nostrils, the trachea (windpipe) brings the air down into the lungs. The upper portion of the trachea is located in the neck while the bottom portion extends down into the chest cavity where it divides into two tubes called the right and left *bronchi*. The right bronchus brings air into the right lung and the left bronchus brings air into the left lung. Within the lungs, the bronchi divide into smaller branches called *bronchioles*. At the end of the bronchioles are tiny air sacs called *alveoli* where the process of respiration, the exchange of oxygen and carbon dioxide, takes place in the lungs.

Although most cases of lung cancer start in the bronchi, it may also originate in other areas such as the trachea, bronchioles, or alveoli. Lung cancer is the second most common form of cancer and is the leading cause of cancer death in the United States for both men and women. According to the American Cancer Society, about 174,000 new cases of lung cancer are diagnosed each year in the United States. The average age of people who are diagnosed with lung cancer is about 60 and it rarely occurs in younger people under age 40.

The two major forms of lung cancer are known as *small cell lung cancer* and *non-small cell lung cancer*. Small cell lung cancer accounts for about 20% of all lung cancer cases and is usually caused by smoking. Non-small cell lung cancer is much more common than small cell lung cancer and is the focus of the information presented in this Guidebook.

Non-Small Cell Lung Cancer

Non-small cell lung cancer (NSCLC) is the most common type of lung cancer and accounts for about 80% of all U.S. lung cancer cases. The data are presented for NSCLC occurring in the U.S.

Whereas the types of lung cancer do not differ, the relative percentages vary among different countries.

There are three subtypes of non-small cell lung cancer that can be differentiated on the basis of size, shape, and chemical composition of the cells:

- Squamous Cell (epidermoid) Carcinoma
 - accounts for about 30% of NSCLC cases
 - usually located centrally in the chest near one of the bronchi
 - usually occurs in smokers
- Adenocarcinoma
 - accounts for about 35% of cases of non-small cell lung cancer
 - usually develops in the outer area of the lung and often presents as metastatic disease
 - can occur in both smokers and non-smokers
- Large Cell Carcinoma
 - represents less than 10% of non-small cell lung cancer cases
 - this is a very aggressive form of non-small cell lung cancer that grows and spreads rapidly and is usually associated with a poor prognosis (likelihood for recovery).

Risk Factors for Lung Cancer

A risk factor is anything that increases a person's chances of getting a disease. The risk factors for lung cancer are well-defined and include:

- Smoking - This is the leading risk factor for lung cancer. Tobacco smoke from cigarettes, cigars, and pipes accounts for about 80% of all lung cancer cases. If a person stops smoking at any age, the risk of lung cancer is significantly reduced. There is no scientific evidence that people who smoke "low-tar" cigarettes have a reduced risk for developing lung cancer.
- Secondhand smoke - The risk of lung cancer is higher for people who are exposed to secondhand smoke even though they themselves may not be smokers.
- Asbestos - Occupational or environmental exposure to asbestos is also recognized as a major risk factor for lung cancer. Exposure to asbestos causes a type of lung cancer called *mesothelioma*. The risk for developing mesothelioma is higher for smokers who have been exposed to asbestos.
- Radon - Exposure to radon, an odorless radioactive gas that is a breakdown product of uranium, increases a person's risk for developing lung cancer.

- Chemicals - Occupational or environmental exposure to certain chemicals increases the risk for developing lung cancer. Some of these chemicals include:
 - arsenic
 - nickel chromates
 - vinyl chloride
 - gasoline
 - diesel fuel exhaust
- Air pollution - Environmental exposure to air pollutants, such as the combustion by-products of diesel and fossil fuels, may increase the risk for developing lung cancer.
- Lung diseases - Scarring of lung tissue that can occur with some lung diseases such as tuberculosis or pneumonia may increase the risk for developing lung cancer.
- Genetic factors - Some genetic factors may play a role in the development of lung cancer.
- Gender - Women who are exposed to tobacco smoke may be at higher risk than men for developing lung cancer

Staging of Non-Small Cell Lung Cancer

Staging is the process used by doctors to evaluate how far the cancer has spread. Staging is an important factor in making treatment decisions and also plays an important role in helping doctors predict the chance of recovery (prognosis).

The classification system used for staging patients with non-small cell lung cancer (NSCLC) is called the TNM staging system. The TNM staging system takes into consideration the following three major variables:

- T = Tumor Size - the size of the tumor is graded on a scale of 0 to 4.
- N = Node Involvement - the extent of lymph node involvement is graded on a scale of 0 to 3.
- M = Metastases (spread of the tumor to distant organs) - graded on a scale of 0 to 1. A score of "0" indicates no metastases while a score of "1" indicates that the tumor has metastasized.

The TNM scores are then grouped together to classify the extent of the disease into one of the following 4 Stages:

- Stage I - the tumor is localized (confined) to the lung
- Stage II - The tumor has spread to nearby lymph nodes or it has spread to the chest wall,

diaphragm, mediastinal pleura (the membrane that covers the outside of the lungs near the heart), or the parietal pericardium (the outer membrane of tissue that covers the heart). Stage II is further subdivided into Stage IIA and Stage IIB based on the size of the tumor and whether or not it has spread to the regional lymph nodes.

- Stage III - The tumor has spread to the lymph nodes in the mediastinum (the space within the chest located between the lungs that contains the heart, major blood vessels, trachea, and esophagus) OR the tumor has spread to the lymph nodes on the opposite side of the chest or in the lower neck. Stage III is further subdivided into Stage IIIA and Stage IIIB.
- Stage IV - The cancer has spread to other parts of the body or to another lobe of the lung.

The **Intelligent Patient Overview** in the complete **Medifocus Guidebook on Non-Small Cell Lung Cancer** also includes the following additional sections:

- **Diagnosis of Non-Small Cell Lung Cancer**
- **Treatment Options for Non-Small Cell Lung Cancer**
- **The Role of Complementary and Alternative Therapies in Cancer**
- **Quality of Life Issues in Cancer**
- **New Developments in Non-Small Cell Lung Cancer**
- **Questions to Ask Your Health Care Provider about Non-Small Cell Lung Cancer**

To Order the Complete **Guidebook on Non-Small Cell Lung Cancer** [Click Here](#)
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3 - Guide to the Medical Literature

Introduction

This section of your *MediFocus Guidebook* is a comprehensive bibliography of important recent medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest advances in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new developments, and advances in research.

To facilitate your review and analysis of this information, the articles in this *MediFocus Guidebook* are grouped in the following categories:

- Review Articles - 57 Articles
- General Interest Articles - 9 Articles
- Drug Therapy Articles - 28 Articles
- Surgical Therapy Articles - 23 Articles
- Clinical Trials Articles - 141 Articles
- Radiation Therapy Articles - 12 Articles

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Title of the article
- Name of the authors
- Institution where the study was done
- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the URI that is provided for each cited article. If you purchased a printed copy of the *MediFocus Guidebook*, you can still access the abstracts online by entering the individual URI for a particular abstract into your computer's web browser.

Recent Literature: What Your Doctor Reads

Database: PubMed <January 2006 to October 2009>

Review Articles

1.

Therapeutic options for elderly patients with advanced non-small cell lung cancer.

Authors: Avery EJ; Kessinger A; Ganti AK
Institution: Department of Internal Medicine, University of Nebraska Medical Center, Omaha, NE 68198-2055, USA. ejavery@unmc.edu
Journal: Cancer Treat Rev. 2009 Jun;35(4):340-4. Epub 2009 Jan 19.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=OC011&ID=19155139>

2.

Treatment of non-small cell lung cancer patients with performance status2 (PS2).

Authors: Boukovinas I; Kosmidis P
Institution: Second Department of Medical Oncology, Theagenion Cancer Hospital, 2 Simeonidou Street, 54007 Thessaloniki, Greece. ibouk@otenet.gr
Journal: Lung Cancer. 2009 Jan;63(1):10-5. Epub 2008 Jun 30.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=OC011&ID=18586349>

3.

Adjuvant treatment of resected lung cancer.

Authors: Chhatwani L; Cabebe E; Wakelee HA
Institution: Pulmonary and Critical Care Medicine Division, Virginia Commonwealth University Medical center, Richmond, Virginia, USA.
Journal: Proc Am Thorac Soc. 2009 Apr 15;6(2):194-200.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=OC011&ID=19349488>

The **Guide to the Medical Literature** in the complete **Medifocus Guidebook on Non-Small Cell Lung Cancer** includes the following sections:

- Review Articles - 57 Articles
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- Radiation Therapy Articles - 12 Articles

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4 - Centers of Research

This section of your *MediFocus Guidebook* is a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition. The *Centers of Research* directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of this disorder.

Use the *Centers of Research* directory to contact, consult, or network with leading experts in the field and to locate a hospital or medical center that can help you.

The following information is provided in the *Centers of Research* directory:

- **Geographic Location**

- United States: the information is divided by individual states listed in alphabetical order. Not all states may be included.
- Other Countries: information is presented for select countries worldwide listed in alphabetical order. Not all countries may be included.

- **Names of Authors**

- Select names of individual authors (doctors, researchers, or other health-care professionals) with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition, who have recently published articles in leading medical journals about the condition.
- E-mail addresses for individual authors, if listed on their specific publications, is also provided.

- **Institutional Affiliations**

- Next to each individual author's name is their **institutional affiliation** (hospital, medical center, or research institution) where the study was conducted as listed in their publication(s).
- In many cases, information about the specific **department** within the medical institution where the individual author was located at the time the study was conducted is also provided.

Centers of Research

United States

AL - Alabama

Name of Author

Bryant AS

Institutional Affiliation

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AZ - Arizona

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TGen Clinical Research Services at Scottsdale Healthcare, Scottsdale, AZ, USA.

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CA - California

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Gandara D

Oncology, Stanford University, 875 Blake Wilbur Drive, Room 2233, Stanford, California 94305-5826, USA.
hwakelee@stanford.edu

The **Centers of Research** in the complete **Medifocus Guidebook on Non-Small Cell Lung Cancer** includes the following sections:

- Centers of Research for relevant states in the United States
- Centers of Research listed for relevant countries outside the United States

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5 - Tips on Finding and Choosing a Doctor

Introduction

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver a high level and quality of medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it.

The process of finding and choosing a physician to manage your specific illness or condition is, in some respects, analogous to the process of making a decision about whether or not to invest in a particular stock or mutual fund. After all, you wouldn't invest your hard earned money in a stock or mutual fund without first doing exhaustive research about the stock or fund's past performance, current financial status, and projected future earnings. More than likely you would spend a considerable amount of time and energy doing your own research and consulting with your stock broker before making an informed decision about investing. The same general principle applies to the process of finding and choosing a physician. Although the process requires a considerable investment in terms of both time and energy, the potential payoff can be well worth it--after all, what can be more important than your health and well-being?

This section of your Guidebook offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Tips for Finding Physicians

Finding a highly qualified, competent, and compassionate physician to manage your specific illness or condition takes a lot of hard work and energy but is an investment that is well-worth the effort. It is important to keep in mind that you are not looking for just any general physician but rather for a physician who has expertise in the treatment and management of your specific illness or condition. Here are some suggestions for where you can turn to identify and locate physicians who specialize in managing your disorder:

- **Your Doctor** - Your family physician (family medicine or internal medicine specialist) is a good starting point for finding a physician who specializes in your illness. Chances are that your doctor already knows several specialists in your geographic area who specialize in your illness and can recommend several names to you. Your doctor can also provide you with information about their qualifications, training, and hospital affiliations.

The **Tips on Finding and Choosing a Doctor** in the complete **Medifocus Guidebook on Non-Small Cell Lung Cancer** includes additional information that will assist you in locating a highly qualified and competent physician to manage your specific illness.

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6 - Directory of Organizations

American Association for Respiratory Care

9425 N. MacArthur Boulevard; Suite 100; Irving, TX 75063

972.243.2272

info@aarc.org

www.aarc.org

American Cancer Society

1599 Clifton Road NE; Atlanta, GA 30329-4251

800.227.2345

www.cancer.org

American Institute for Cancer Research; Nutrition Hotline

1759 R St. NW; Washington, DC 20009

800.843.8114; 202.328.7744

aicrweb@aicr.org

www.aicr.org

American Lung Association

61 Broadway; 6th Floor; New York, NY 10006

800.548.8252; 212.315.8700

www.lungusa.org

Association of Cancer Online Resources

www.acor.org

British Lung Foundation

73-75 Goswell Road; London EC1V 7ER UNITED KINGDOM

08458 50 50 20

enquiries@blf-uk.org

www.blf-uk.org

Canadian Lung Association

1750 Courtwood Crescent, Suite 300 Ottawa, ON K2C 2B5 Canada

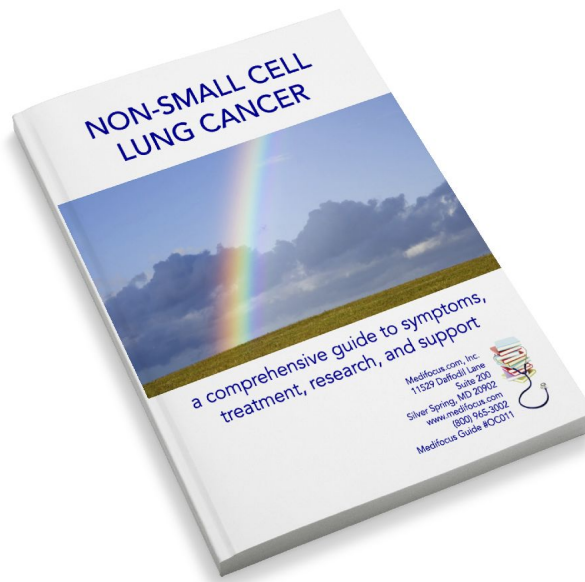
888.566.5864; 613.569.6411

info@lung.ca

www.lung.ca

The **Directory of Organizations** in the complete **Medifocus Guidebook on Non-Small Cell Lung Cancer** includes a list of selected disease organizations and support groups that are helping people diagnosed with Non-Small Cell Lung Cancer.

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