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cases. Chemotherapy and radiation are used.

- C. Surgery is usually the treatment for early stage non-small cell lung cancer. Operations used are
 1. Wedge resection removes the section with tumor.
 2. Lobectomy involves removing an entire lobe of one lung.
 3. Pneumonectomy is when an entire lung is removed.

VII. The client/caregiver can list measures for management of disease.

- A. Increase fluid intake to liquefy secretions.
- B. Nutritional measures
 1. Eat a diet that is high in protein and calories.
 2. Eat small, frequent meals rather than three large ones.
 3. Suggest easily digested foods such as soups or broth, rice, toast, baked potatoes, and so forth.
 4. Avoid rich or spicy foods.
- C. Do not smoke and avoid secondhand smoke.
- D. Regular exercise balanced with adequate rest.
- E. Report weight loss, increased coughing, pain, fatigue, or blood in sputum to physician.
- F. Reduce stress.
- G. Keep follow-up appointments with physician.

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VIII. The client/caregiver can list possible complications.

- A. Atelectasis (collapse of lung)
- B. Pneumonia
- C. Metastasis (especially small cell tumors) to brain, bones, liver, and so forth

RESOURCES

The National Cancer Institute
800-4-CANCER or 800-422-6237
www.cancer.gov/

American Cancer Society
800-227-2345
www.cancer.gov/

Support groups
Smoking cessation

The Office of the Surgeon General
www.surgeongeneral.gov/tobacco/index.html
www.smokefree.gov/

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