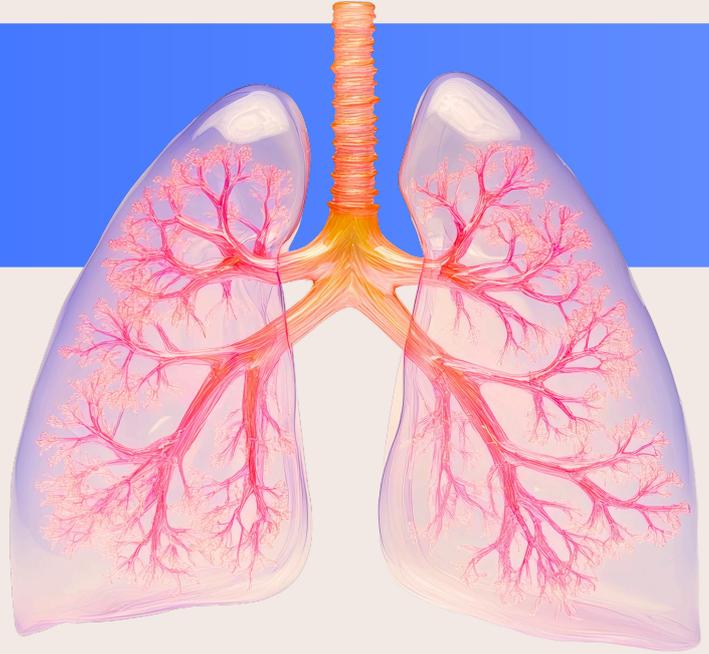




Plain Language Summary

Treatment Options for Advanced-Stage Non-Small Cell Lung Cancer



There are two main types of lung cancer: non-small cell lung cancer and small cell lung cancer. Non-small cell lung cancer is the most common type, and advanced-stage means the cancer has spread beyond the lung to other parts of the body. Treatment usually does not involve surgery and often includes chemotherapy, targeted therapy, or immunotherapy, and sometimes radiation therapy to control the cancer.

Who is this summary for?

This summary is intended for adults with advanced non-small cell lung cancer who are considering their treatment options, as well as their families, caregivers, patient advocates, and healthcare professionals.

What does the guideline recommend for advanced non-small cell lung cancer

01

In lung cancer that has spread to a small number of places, is treating all cancer spots with radiation or surgery better than treatment with medicines alone?

For patients whose lung cancer has spread to only a few places, it is recommended to treat both the main lung tumor and the areas where the cancer has spread using focused radiation, surgery, or both, rather than using whole-body treatments like chemotherapy alone.

Why is it recommended?

Better outcomes: Studies show that treating all known cancer areas with focused treatments can help people live longer compared with using medicines alone

02

For people with advanced non-small cell lung cancer that has an EGFR mutation, how well do newer targeted drugs (second- and third-generation TKIs) work compared with older targeted drugs, with or without chemotherapy or other medicines?

For patients with advanced non-small cell lung cancer that has an EGFR gene change, newer targeted medicines are recommended instead of older targeted drugs

Why is it recommended?

Better control of cancer: Studies show that newer targeted medicines work better than older ones in controlling the cancer and helping people live longer.

For people with advanced non-small cell lung cancer that does not have a known gene change, does immunotherapy, given alone or with other treatments, help people live longer compared with chemotherapy alone?

03

For patients with advanced non-small cell lung cancer without a targetable gene change, immunotherapy is recommended instead of chemotherapy alone. Immunotherapy may be given by itself or together with other treatments.

Why is it recommended?

Improved Survival: Studies show that immunotherapy helps people live longer than chemotherapy alone in this group.

Different Stages of Lung Cancer

STAGE
01

The cancer is small and limited to the lung. It has not spread to lymph nodes or other parts of the body.

STAGE
02

The cancer is larger than 5 cm and may have spread to nearby areas, such as lymph nodes close to the lung.

STAGE
03

The cancer has spread further to surrounding areas, especially lymph nodes in the centre of the chest. This is called regional spread.

STAGE
04

The cancer has spread to distant parts of the body, such as the other lung, brain, bones, or liver.

Key Medical Terms: Made Simple

Advanced non-small cell lung cancer

A type of lung cancer that has grown or spread beyond the lung, making it harder to treat with surgery alone

EGFR mutation

A change in the EGFR gene in some lung cancers. Tumours with this change can often be treated more effectively with drugs that specifically target EGFR

Radiotherapy/Radiation Therapy

High-energy rays used to kill cancer cells in a specific area

Chemotherapy

Medicines that kill or slow cancer cell growth

Immunotherapy

Medicines that help your immune system fight cancer

TKI (Tyrosine Kinase Inhibitors)

Medicines that block specific signals inside cancer cells that tell them to grow and divide. In some lung cancers, these drugs can slow or stop cancer growth, especially when certain gene changes are present.

Who developed these guidelines?

These guidelines were released by the Ministry of Health & Family Welfare. They were developed by Department of Health Research, Directorate General of Health Services & National Health Systems Resource Centre. These recommendations are based on careful review of the best available studies



To read the complete guidelines, scan the QR code