

*This is a log of my experiences with Chemo and radiation treatment for lung cancer. The tumor was accidentally found while my primary care doctor ordered a cardiac score test December 21, 2008, to evaluate calcium buildup on my heart arteries since my father died of an aneurism of a heart artery. The test indicated my arteries were in great shape but they found a mass on my right lung , notified December 24, 2008. This was subsequently removed by surgery on Feb 6<sup>th</sup> and was found to be malignant. This necessitated chemo followed by radiation treatments. As you read below, you can relive my experiences back to good health. ....Bill Heybruck*

*In general I had my treatments on Thursdays at 3:00 or 3:30 depending on what I was getting. I was getting Navalbean on the short treatments and Cisplatin for the "heavy" ones. In addition there was always some fluids, then anti-nausea medicine. The active bag was always the next to last followed by a small bag of glucose.*

Feb 26 First Chemo Treatment

Took about 3 hrs, no real problems at the center.

Felt tired that night but otherwise OK.

Friday morning stayed home but otherwise aok.

Around 2pm, started to feel real tired and that was the beginning.

Had dinner (although not enthused), as well as breakfast, lunch and dinner on sat. Stayed in bed or on sofa all day Saturday. Sunday the same, bed or sofa but ate as everyone else.

Monday am stayed home but OK but slightly tired. Tuesday aok to go to work.

March 5<sup>th</sup> Second Treatment

Took longer since port did not work on giving blood. Out at 5 with no other problems.

Again tired that night but went to work the next morning and came home at noon.

Again on the sofa at 2pm but this time the loss of appetite seemed to be greater. Ate little if anything.

Did not eat much on Sat or Sun as the appetite was so low. Monday morning still real tired and no appetite so I had breakfast and in a few hours I started to feel better. Had lunch and was better in the afternoon. Reminder... eat all meals.

Tuesday went to work and ok till Thursday.

March 12 White blood count tool low (5). Had a shot to increase cell count , need another on Friday, Mon and Tues.

Friday. Another shot. Later afternoon side effects of shot- achy bones and joints kicks in. Took a Percocet and it took the edge off at 8pm.

Sat- 1:30 woke up with aches and pains. Could not sleep, took a Percocet. . 6AM.. woke up to go to hamfest and met Earl at 645. Took a Percocet at 7 and had full breakfast. Took another at 10 at hamfest and a bit sore but ok. At 2pm needed another and it did nothing... Went home at 4 and then took a Tylenol.. 20 mins later very little pain. 2 hrs later no more pain.

Monday- Had shot to increase count. No side effects.

Tuesday- went for shot but they took blood count and not needed.

Thursday March 19. Had first short treatment of the cycle. No problems. Slightly tired that night but went to work all day on Friday. Had a great weekend and following week.

Thursday March 26 Another long treatment. Slightly tired that evening but Friday went to work for ½ a day.

Back home by 2 and stayed on sofa remainder of the weekend. No appetite but ate all meals. This seems to reduce side effects.

Monday morning get up, felling pretty good but have a shin splint on left leg. Tried to walk it off, not working. Go to work, hobble to the office and the leg has pain and no pain depending on position and if it's hit or not. Came home at 230 and took a nap on the sofa. Took the dog for a walk though at 5pm.

Tuesday, leg pain seems more severe. Will call Dr Mitchell today. Go to work and call the Dr. He sets up Xrays. Go there at 1:30 and then home. The leg pain comes and goes but makes movement rough . Evening is ok as long as I don't move much.

Wed, April 1 leg pain mostly gone, moved to calf. A good day

THrusday April x Leg pain GONE.. went for treatment and told the doctor all aobouth it he told nurse to add a test to the blood test for clots D something.

Firday, Got call from nurse, test positive gone to hospital for untrasound of left leg at noon. Test negative went home

Saturday. Woke up with pain in RIGHT leg. Called Dr. Back to hospital for ultrasound of RIGHT leg. Took 4 hours but negative. Dr Recommended 400mg ibuprofen and it worked well.

Sunday – no problems other than normal tiredness from long treatment.

Mon- Wed- fairly normal. Noticeably less stamina.

Thurs April 9 - Short treatment day. White blood count low but not low enough for no treatment. Have to get shots Mon and Tues.. Friday office is closed.

Sunday, April 12, Easter Sunday, went to church, the kid behind was hacking the whole service.

Tuesday April 14, Starting to get a sore throat, just what I need now, a cold. Popping Cold Eze.

Wed. Coldeze is getting the head on it feeling pretty good.

Thursday April 16 , Get a treatment (short one). Coughing some but subsided during short treatment.

Coughing gets worse and deeper over the next few days.

Thursday April 23, Linda made appt w /Dr Mitchell.. He did not like the coughing so went for Immediate Xray at Univ, results were inconclusive so I went to Morrowcroft for a CAT scan which shows up small blood clots in the lungs. Immediate admission to Presby Matthews.

Over the next few days getting blood thinners for the clots and treating the cough as bronchitis and asthma symptoms. Cough slowly gets better.

Saturday, April 25 left leg swells up prior to taking shower. Notified Nurse (Mary) and she contacted doctor who ordered immediate Ultrasound. Nothing found.

Wednesday April 29, am notified that blood sugar is high and a diabetic counselor provided detail on measuring blood sugar and how to use the meter she provided. Am told by the nurse that I'm scheduled for discharge tomorrow. Verified with the night nurse and I should be headed home around NOON.

Thursday April 30 , Going home a noon, Called Jeff and he'll pick me up. He comes on time and we wait about 1 hr for everything to get ready.

Sunday May, 3. Feel real good this weekend. Lots of energy but expect it to drop getting the chemo on Thursday

Thursday May7 As expected no change until tomorrow, Have a 2 week shift on treatments and I'll now finish on June 25..

Saturday May 9 . As expected after a heavy treatment am slowed down some but not a lot.

Thursday May .14 Another heavy treatment today.. I bet this one kicks my butt this weekend.

Saturday May 16. Yep.. sure did. Basically wiped out all weekend. Spent a lot of time in bed trying to watch TV movies.

Thursdays the 21<sup>st</sup> and 28<sup>th</sup> were light treatments but I can feel that overall stamina is dropping. Am not recovering as much as I used to.

Thursdays June 4 and 11, heavy doses. Really kicking my butt now. But these are the LAST TWO heavy doses.

Thursdays June 18,25. The last two treatments and light ones at that. BUT, got a fat leg so off to the Ultrasound I go and as usual it's negative.

Friday June 19 get a CAT scan from head to groin. Get results on Dr Appt on the 25, turns out all is clear so I'll be having an appointment with the Radiation doctor in 2 week. (later call sets it for July 7<sup>th</sup>)

Sunday July 5, 2009 it's been 10 days since the last treatment and I really feel some improved stamina but I've got a LONG road to go.

June 25.. Last CHEMO day. Hurray. Stamina is now back at the bottom. It's amazing how 3 weeks of chemo will drag you down. Now I look forward to radiation.

July 14 Another CAT scan from the Radiation people. This determines where they zap and how many treatments.

July 17 Dry run radiation setup. They mark my body using sharpies and cover with tape so they will not wash off. Take a couple of X rays.

July 20 First radiation treatment. No ill effects. Meet with backup doctor as I will meet with a doctor every Monday. I'm out within an hour.

July 21<sup>st</sup>. 2<sup>nd</sup> treatment . In at 11am, walking out at 11:15. I hope they all go like this. Appt w/Dr Mitchell to review cough and lungs. NO problems another visit in 6 weeks. Stamina is improving. Not getting out of breath going up the stairs now.

July 31 10<sup>th</sup> treatment. This one was just like the 2<sup>nd</sup>. Have a Xray every Friday and doctor visit every Monday. Still no after effects.. 20 more to go.

August 11, 18<sup>th</sup> treatment.. Still no after effects however I may be losing some of the stamina I gained in the past few weeks. Notice I'm getting tired earlier in the day. Otherwise, no thickness in the throat or difficulty swallowing. 12 more to go !

August 20,21.. No treatment, went to Brisol TN for the race with Jeff. Had a ball and restarted on Monday. Get tired quickly but recover quick too.

August 25, 25<sup>th</sup> treatment, 5 More to go and I'm really feeling more tired every day but no where near as bad as with chemo. September 1 is last one !

September 1, Had the LAST radiation treatment and got a certificate to prove it. Started to notice that my eyesight is better without glasses than with ! I have to stop the habit of putting my glasses on at work as then the monitor is fuzzy!!.. GO figure. Noticed that the numbness in the feet seems to be getting worse. Not sure if it's just different but it's more annoying. 12 months from today I'll be putting together the package to send to the FAA for my medical. Feeling a little thickness in my throat when breathing. The last 10 treatments were at an angle through the esophagus and trachea so some irritation there is expected. It should clear up in a few weeks.

September 13, 2009 Did some work at the airport today and felt pretty good. Took my time and only once had to stop and take a break. I'm trying to monitor the numbness in the feet. Can't really tell if its getting worse or staying the same.

September 20, 2009. Definitely getting worse on the numbness of the feet BUT on the positive side, My eyes are still AOK Without glasses. I'm reading everything now. Made an appt with the eye doctor for Nov to check.. I hope this side effect lasts.

October 15, 2009 Stamina is getting better but real slow. I can climb stairs now without panting at the top. Drove alone for 4 hrs today and still feel good. No sudden changes.

December 1, 2009 Had my eye exam and the improvement seems to be caused by cataracts. Stamina is slowly increasing. My next oncology appointment is in March. Started to ride the bike on the trainer only twice a week for now. Hope to increase to 3-4 in January.