

My name is Lisa Moran. I live in Colorado Springs, Colorado. In August of this year, at the age of 44, I went from having a very active, healthy, life with a persistent cough and a little shortness of breath, to finding out I have stage iv non small cell lung cancer (NSCLC). At the time of my diagnosis my lung cancer had already spread throughout both my lungs and to my spine.

How could this be? I was an on again off again smoker in my teens and twenties and had quit smoking 14 years before my diagnosis. I had no pain. I was a city letter carrier on walking routes. I would go to runner's club once a week, after a full day of work. Just weeks before my diagnosis I climbed the Manitou incline and ran down the Barr Trail, for the first time. The incline has more steps than the Empire State Building.

What are the odds that I would receive a lung cancer diagnosis in August and the World Conference on Lung Cancer would be in Denver at the beginning of September? At the time I was recovering from a surgical biopsy. But I was able to make the trip to Denver to participate in the Pancake Stroll and return the next day to attend a session. Those two days were overwhelming, in a good way. There were way too many medical and scientific sessions and displays for me to completely understand. That weekend I saw just a drop in the bucket of the people and organizations that are involved in treating and curing lung cancer. I met several stage iv lung cancer survivors at the walk. Both experiences at the conference gave me hope and inspiration.

My lung cancer has no cure. Surgery is not an option. My cancer can be managed. I had 10 radiation treatments to shrink the largest tumor in my upper right lobe. My cough and shortness of breath disappeared. I started my chemotherapy. Because my cancer has the EGFR genetic mutation, my chemo is a pill that I take once a day.

I was concerned when my cough returned. It was the same symptoms as before. We monitored it for several weeks. After a ct scan I found out it was a side effect of the radiation. It can be managed with steroids. But the best news I received was about the large tumor. It has decreased in size by 30% in one way and 60% in another. You don't know how exciting it is to see improvement like that.

I'm slowly getting back to the new normal. Luckily, I've experienced minimal treatment side effects. Adjusting to lower energy levels has been more of a mental than physical challenge. I still have no pain. I still go to work. I participated in the Run the Rocks 5k in October. And completed a 6K trail race at the beginning of this month. With good doctors, the latest treatments and my positive attitude, I am now continuing to live an active, otherwise healthy life with lung cancer.

Thank you!