

It's Complicated

How a Marathoner Got Lung Cancer

Aaron Hawkins Shelby County ATOD Summit - April 26, 2024

Agenda

Background

My long history with tobacco

My (1st) diagnosis

- My discussions and choices

- What I learned (and unlearned)

My (2nd) diagnosis

- My discussions and choices

- What I learned (and unlearned)

Advocacy and making the world a better place

Background

History 1972 - 2003

- My hometown
- My 'athletic' history
- My work history
- My wife

My Tobacco History

- When and why I started
 - How I could've stopped
- At home and at work
- What the actual cost was
 - Financial
 - Physical

My First Diagnosis

January 9, 2003

- What happened
- The first six months
 - Grieving
 - Medication
 - The CHANGE
 - Wife's advice
 - Dentist
- A massive reprioritization

Health and Advocacy

Marathonng and the National MS Society

- I needed to change my outlook
 - Running
 - Directing my energy and focus
 - Raising money for a worthy cause







6:07 / 7:42 • Patient Relationship >

Shift in Doctor : Patient Relationship - Supplement to 2013 North American Education Program



National MS Society

45.5K subscrib

Safari

Subscribe

9



Share

Clip



My Second Diagnosis

October 31, 2019

- What happened
- The first two weeks
 - My FIRST call
 - American Lung Association's Fight for Air Climb
 - Marathon
 - Surgery
- Afterward





Health and Advocacy

Marathonng and the American Lung Association

- Reinvigoration
 - Running
 - Taking Advocacy to another level
 - LUNG FORCE Advocacy Day
 - Local involvement
 - Again, raising money for a worthy cause





client.fixedfocusphotography.com



MARATHON PHOTOGRAPHY

MARATHON PHOTOGRAPHY



Advocacy

The American Lung Association

- Just show up!
- Get involved, stay involved
- A little bit goes a long way
 - Fundraising
 - Board Membership
 - LUNG FORCE Advocacy Day
 - Hendersonville and Beyond!