# 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** 

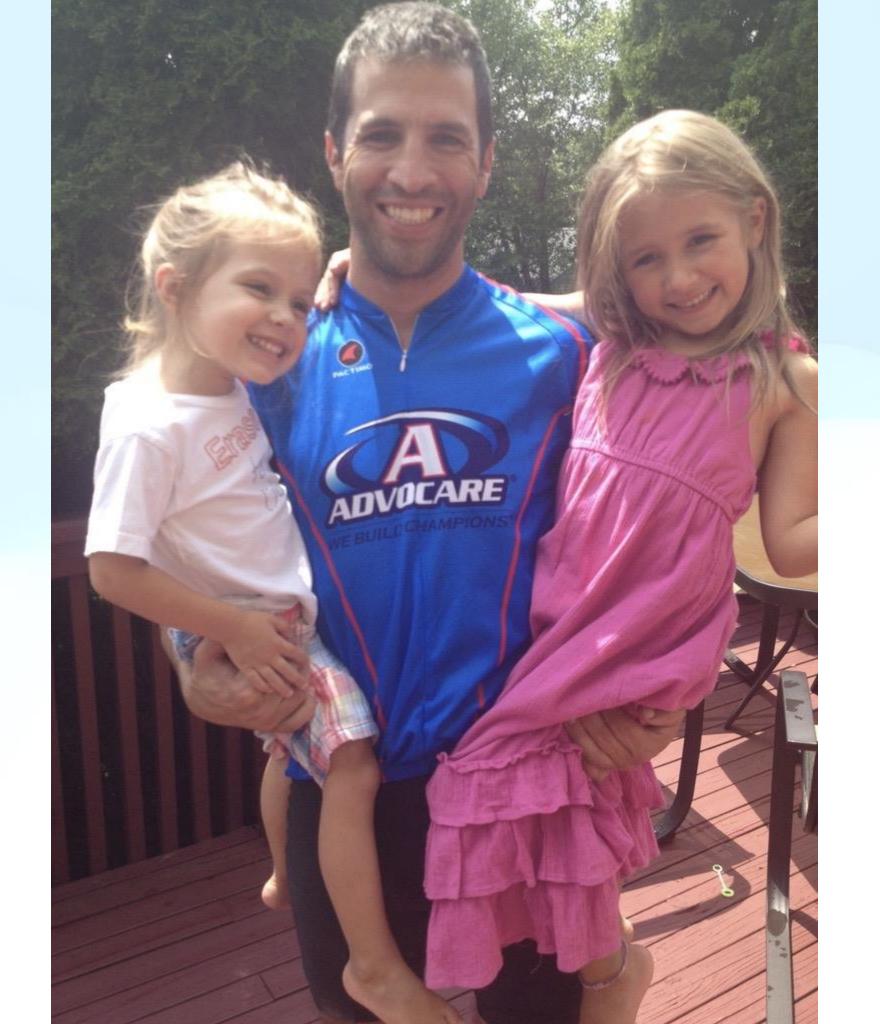
- What happened
- The first six months
  - Grieving
  - Medication
  - The CHANGE
    - Wife's advice
    - Dentist
- A massive reprioritization

### **Health and Advocacy**

Marathoning and the National MS Society

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







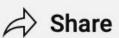
Shift in Doctor: Patient Relationship - Supplement to 2013 North American Education Program



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# **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



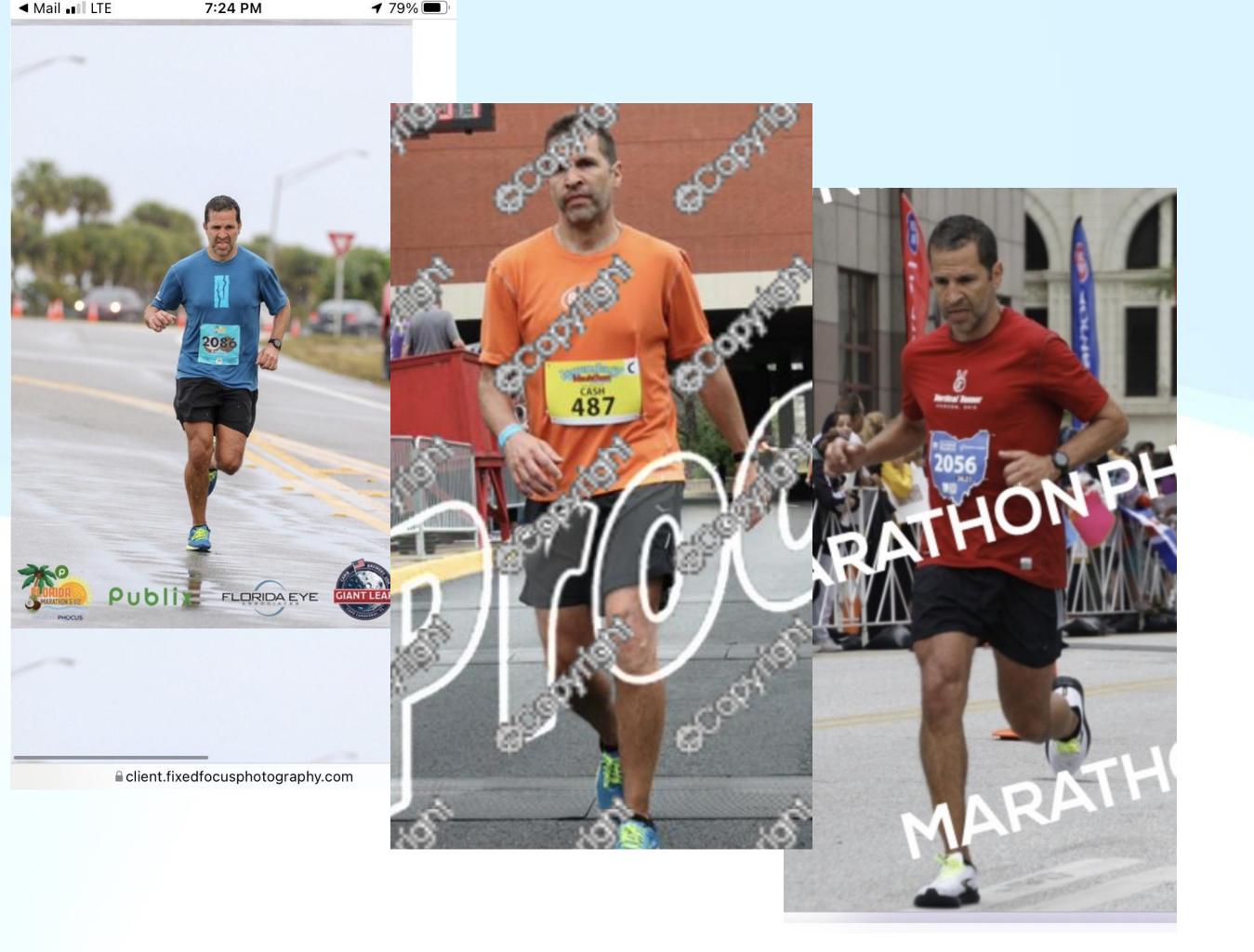


### **Health and Advocacy**

#### Marathoning 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







### 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!