

A Pulmón – Lunging It: Climbing Mountains and Breaking Barriers in Lung Cancer Advocacy — Updated Nationwide Results

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01 INTRODUCTION

- Lung cancer remains strongly linked to stigma, poor prognosis and perceived physical limitations, despite major treatment advances — undermining patients' quality of life, social participation and empowerment.
- A Pulmón – Lunging It is a nationwide Spanish patient advocacy initiative uniting people living with lung cancer, healthcare professionals and mountain guides to climb emblematic peaks across Spain.
- It aims to challenge misconceptions, promote physical activity and patient empowerment, and raise public awareness through shared experiences and media outreach.
- Following preliminary results at WCLC 2025, we report updated nationwide results: new expeditions, participant characteristics, safety data and broader impact.

02 METHODS

- Nationwide, prospective initiative across Spain: each expedition brings together patients, healthcare professionals and professional mountain guides to climb an emblematic peak representing a Spanish region.
- Participants undergo individual assessment and tailored physical preparation beforehand; clinical/demographic data, stage, molecular profile, treatment status and safety events are collected prospectively.
- Additional outcomes: completion, participation, media coverage and organizational costs — analyzed descriptively across all expeditions since 2023.



03 RESULTS

43
PATIENTS

43
Healthcare

Since 2023, A Pulmón has expanded nationwide, completing 15 mountain expeditions across Spanish regions. Two more are planned in 2026: Murcia and Balearic Islands.

PATIENT & EXPEDITION PROFILE

48.8% WOMEN **49** MEAN AGE (YEARS) **79.1%** STAGE IV DISEASE **13** EGFR MUTATED **10** ALK POSITIVE

In the dataset submitted for WCLC 2026, 43 patients participated in the 14 evaluated expeditions: 48.8% were women, with a mean age of 49 years, and 79.1% had stage IV disease. Molecular subgroups included EGFR mutated (n=13) and ALK positive (n=10) disease.

IMPACT & SAFETY

0 ADVERSE EVENTS **>30** MEDIA APPEARANCES **~€8,150** AVEG. COST PER EXPEDITION

Importantly, no expedition-related adverse events were reported, supporting the feasibility of challenging outdoor physical activity in appropriately selected patients with lung cancer. The initiative also achieved substantial public visibility, generating >30 media appearances, while estimated mean organizational cost was approximately € 8,150 per expedition.

17
MOUNTAIN EXPEDITIONS

42.316m
Total height



04 DISCUSSION AND CONCLUSION

- A Pulmón demonstrates that challenging mountain activities are feasible and safe for selected patients with lung cancer, including advanced disease.
- Beyond physical activity, it creates a shared space between patients and clinicians — challenging stigma, redefining perceptions of life with lung cancer and promoting empowerment.
- Its nationwide expansion and growing media visibility suggest that experiential, community-based advocacy initiatives can complement traditional awareness strategies.



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- Nationwide, community-based advocacy initiatives like A Pulmón can complement traditional strategies to challenge stigma and promote empowerment in lung cancer care.