

## What is CAR T-cell therapy?

CAR T-cell therapy is a type of immunotherapy that uses your body's own T cells (a type of immune cell that fights off infections and cancer) to find and destroy myeloma cells.



## What steps are involved with CAR T-cell therapy?



## Main side effects of CAR T-cell therapy

SIDE EFFECT	SYMPTOMS		ONSET AFTER CAR T-CELL INFUSION	TIME	TREATMENTS
Cytokine release syndrome (CRS)	<ul> <li>Fever</li> <li>Difficulty breathing</li> <li>Dizziness</li> <li>Nausea</li> <li>Headache</li> </ul>	<ul> <li>Rapid heartbeat</li> <li>Low blood pressure</li> </ul>	1–9 days	5–11 days	<ul> <li>Actemra (tocilizumab)</li> <li>Corticosteroids</li> <li>Supportive care</li> </ul>
Neurotoxicity (ICANS)	<ul> <li>Headache</li> <li>Confusion</li> <li>Language disturbance</li> </ul>	<ul><li>Seizures</li><li>Delirium</li><li>Brain swelling</li></ul>	2–9 days	3-17 days	<ul> <li>Antiseizure medications</li> <li>Corticosteroids</li> </ul>

Report fever of more than 100.4°F, shaking chills even without fever, dizziness, shortness of breath, or low blood pressure to your care team.



## The importance of caregivers

One of the important ways your caregiver can help during and after your CAR T-cell therapy is by watching for side effects.

