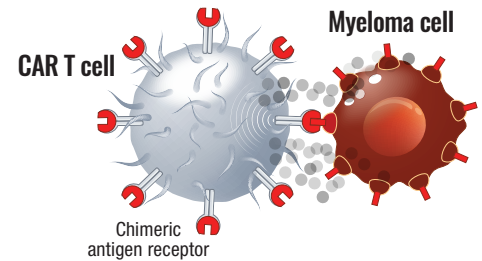


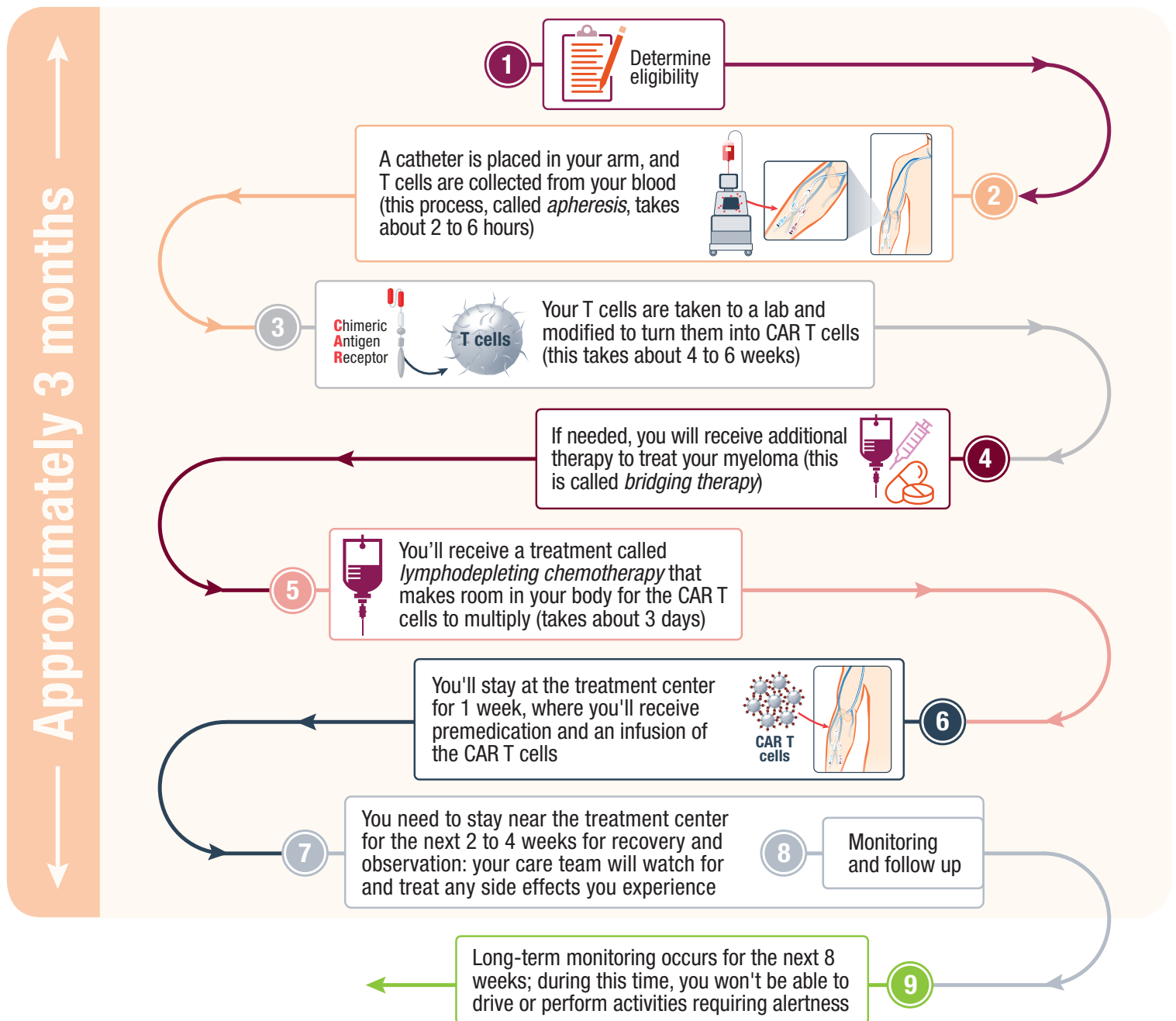
A Guide to CAR T-Cell Therapy in Myeloma

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 style="list-style-type: none"> • Fever • Difficulty breathing • Dizziness • Nausea • Headache 	<ul style="list-style-type: none"> • Rapid heartbeat • Low blood pressure 	1-9 days	5-11 days	<ul style="list-style-type: none"> • Actemra (tocilizumab) • Corticosteroids • Supportive care
Neurotoxicity (ICANS) 	<ul style="list-style-type: none"> • Headache • Confusion • Language disturbance 	<ul style="list-style-type: none"> • Seizures • Delirium • Brain swelling 	2-9 days	3-17 days	<ul style="list-style-type: none"> • Antiseizure medications • Corticosteroids

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.



CAR T-cell therapy can lead to drops in your blood counts, specifically white blood cells that fight off infection. As a result, you are also at risk for infections.



INFECTION PREVENTION



Hygiene and environment



Vaccinations



Preventive medicines*

*For example, monthly intravenous immunoglobulin (IVIG) treatment or growth factor injections.

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.

After CAR T-cell infusion:

- The first 4 weeks: check the patient's blood pressure and temperature at least 3 times a day
- The first 8 weeks: be available to drive or perform other activities that require alertness



Be aware of symptoms, side effects, or changes in the patient's health



During visits to the care team: ask questions and take notes



In an emergency, call 911 and alert the care team



Ensure that the patient has his or her wallet card at all times and that it's shown to any doctors at the hospital



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