HOW TO PLAY AN ACTIVE ROLE IN YOUR DLBCL TREATMENT AND CARE DECISIONS

Program Resource Guide

Expert Advice for Newly Diagnosed Patients

- Make a list of concise questions in advance of your office visits.
- If you have follow-up questions, consider sending them electronically via your patient portal after your visit.
- If you have trouble speaking up, put your thoughts or concerns in writing.
- Bring a friend or family member with you to take notes and help you retain information.

Combination DLBCL Treatment Approaches Include:

| CHOP: A treatment regimen that includes cyclophosphamide, doxorubicin hydrochloride, vincristine sulfate, and prednisone. |
| R-CHOP: A treatment regimen that includes rituximab, cyclophosphamide, doxorubicin hydrochloride, vincristine sulfate, and prednisone. |

Who Is on Your DLBCL Team?

- Physician
- Nurse
- Social worker
- Nurse practitioner or physician assistant (PA)
- Pharmacist
- Caregiver
- YOU!

Glossary Terms

Antibody Drug Conjugates (ADCs): Monoclonal antibodies that bind to specific proteins or receptors on cancer cells.

Bispecific Antibodies: Antibodies that bind to two different antigens at the same time. These antibodies are being studied in the treatment of cancer.

CAR (Chimeric Antigen Receptor) T-Cell Therapy: Treatment in which the T cells (a type of immune system cell) of a patient are laboratory-altered to attack cancer cells in the body.

Double Hit Lymphoma (DHL): An aggressive type of B-cell non-Hodgkin lymphoma (NHL) characterized by re-arrangements of two genes, the MYC gene and either BCL-2 or BCL-6 gene.

Immunotherapy: Type of therapy that harnesses one’s own immune system to help the body fight cancer, infection, and other diseases.

Polatuzumab Vedotin (Polivy): A targeted treatment approved to treat diffuse large B-cell lymphoma patients with relapsed disease.

Shared Decision-Making (SDM): Process of communication by which patients and clinicians collaborate to make healthcare decisions. The process encourages patients to take a more active role in their care and treatment.

Stem Cell Transplant: Also called a bone marrow transplant, is a procedure in which healthy blood stem cells are used to replace damaged or diseased bone marrow. This procedure can be used to treat certain types of blood cancers.
**HOW TO PLAY AN ACTIVE ROLE IN YOUR DLBCL TREATMENT AND CARE DECISIONS**

*Program Resource Guide*

**Treatment Considerations Include:**

<table>
<thead>
<tr>
<th>Refractory vs. Relapsed Disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>▪ Age and overall health of the patient.</td>
</tr>
<tr>
<td>▪ Existing medical conditions and comorbidities.</td>
</tr>
<tr>
<td>▪ Potential treatment side effects.</td>
</tr>
<tr>
<td>▪ Patient’s preference and lifestyle.</td>
</tr>
<tr>
<td><strong>Refractory Disease:</strong> The disease is not responding to treatment.</td>
</tr>
<tr>
<td><strong>Relapsed Disease:</strong> The disease or symptoms have returned following a period of remission.</td>
</tr>
</tbody>
</table>

**Advice for Finding a Clinical Trial**

- Ask your doctor or another member of your care team if there is a clinical trial that may be right for you.
- Consider a second opinion if there are no trials available at your institution.
- Research clinical trial options using credible online resources, such as:
  - clinicaltrials.gov
  - The Leukemia & Lymphoma Society (LLS): LLS.org
  - Leukemia Research Foundation: allbloodcancers.org
  - Lymphoma Research Foundation: lymphoma.org

**MORE TOOLS FOR EMPOWERMENT**

- Digitally Empowered™
- PEN-Powered Activity Guide
- Empowered Blog
- Empowered! Podcast

The **Pro-Active DLBCL Patient Toolkit** is brought to you by the Patient Empowerment Network. Funding is provided by an unrestricted educational grant from Pharmacyclics, an AbbVie Company, and Janssen Biotech, Inc.

© 2022 Patient Empowerment Network, a 501(c)(3) Public Charity

www.powerfulpatients.org

Produced by Health Content Collective

question@powerfulpatients.org

@power4patients

PowerfulPatients.org