

# 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.

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Treatment Considerations Include:	Refractory vs. Relapsed Disease
<ul style="list-style-type: none"> <li>▪ Age and overall health of the patient.</li> <li>▪ Existing medical conditions and comorbidities.</li> <li>▪ Potential treatment side effects.</li> <li>▪ Patient’s preference and lifestyle.</li> </ul>	<p><b>Refractory Disease:</b> The disease is not responding to treatment.</p> <p><b>Relapsed Disease:</b> The disease or symptoms have returned following a period of remission.</p>

## 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](https://clinicaltrials.gov).
  - The Leukemia & Lymphoma Society (LLS): [LLS.org](https://lls.org)
  - Leukemia Research Foundation: [allbloodcancers.org](https://allbloodcancers.org)
  - Lymphoma Research Foundation: [lymphoma.org](https://lymphoma.org)

## MORE TOOLS FOR EMPOWERMENT

- [Digitally Empowered™](#)
- [PEN-Powered Activity Guide](#)
- [Empowered Blog](#)
- [Empowered! Podcast](#)



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[question@powerfulpatients.org](mailto:question@powerfulpatients.org)



@power4patients



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