MYELOMA CAR T-CELL THERAPY: ADVICE FOR PREPARING, COPING, AND THRIVING

Program Resource Guide

Thriving With CAR T-Cell Therapy: Communication Is Key

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.

Communicate regularly with your healthcare team. **Report any and all side effects** or changes as soon as possible. **Early intervention** can help to address any issues before they become severe.

CAR T-Cell Therapy Side Effects

- **Cytokine Release Syndrome (CRS)**: Occurs when the immune system responds to infection or immunotherapy drugs by releasing a large number of cytokines into the blood. Symptoms include fever, nausea, fatigue, and body aches.
- **Neurotoxicity**: The tendency of some treatments to cause damage to the nervous system. These neurologic adverse events that may cause confusion, delirium, difficulty with communication, headache, impaired motor skills, seizure, or tremors.
- **Low Blood Counts**: Low red blood cells (anemia), white blood cells (neutropenia), and platelets (thrombocytopenia), which can cause fatigue and increase bleeding/infection risk.
- **Risk for Infection**: Due to the suppression of the immune system, patients are at high risk for serious infections.

Glossary Terms

Apheresis: Procedure where blood is drawn through a special machine to separate out specific cells and returns the rest of the blood to the body. For CAR T-cell therapy, apheresis is used to collect T cells, a type of immune cell.

B-cell maturation antigen (BCMA): Protein found on the surface of plasma cells in multiple myeloma.

CARTITUDE-4 Study: Evaluating the efficacy and safety of ciltacabtagene autoleucel (cilta-cel) versus standard of care in patients with progressive multiple myeloma (MM) after 1 to 3 prior lines of therapy.

Intravenous immunoglobulin (IVIG): Treatment that infuses a patient with a pooled antibody solution to help strengthen a weakened immune system and to fight infection.

Lymphodepleting chemotherapy: A brief course of chemotherapy (often cyclophosphamide and fludarabine) given before CAR T-cell therapy to lower existing lymphocytes, helping to create space and reduce immune suppression so the infused CAR T cells can expand and work more effectively.

Stem cell transplant: A procedure, also called a bone marrow transplant, 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.

CAR T-Cell Therapy Resources

Evolve CAR T-Cell Therapy **Elevate CAR T-Cell Therapy**	**Care Partner Toolkit | CAR T-Cell Therapy** **PEN Powered Activity Guides:** Financial Resources, Health Literacy, and Survivorship.

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