

CAR T-CELL EXPERT [ACT]IVATION TIPS

An [ACT]IVATED patient is informed, empowered, and engaged in their care.

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[ACT]IVATION TIP: "Bring up CAR T to your doctors. I think a lot of people have this misunderstanding that CAR T isn't for everybody, but I will say it's actually more likely that you're going to be eligible for CAR T over auto transplant. So I think it's just bringing it up, talking to them, and seeing a specialist to discuss which ones are the right one for you and when to go." - Dr. Krina Patel

[ACT]IVATION TIP: "If you live in rural America where you don't have access or you are in a minority population (African American, Hispanic, etc.), or are considered older/frail, absolutely make sure to talk to your doctors about these novel therapies, because you still can get them safely and they will work. They can work. You just have to go to a center where they know how to adjust those types of therapies to make sure you get the best options out there as well." - Dr. Krina Patel

[ACT]IVATION TIP: "Talk to your teams, if it's not the doctor, at least the nurse practitioner or the nurses about resources, because through the pharmaceutical companies as well as things like LLS and other places, they actually have funds for people going through clinical trials or CAR T therapies, etcetera, that can help." - Dr. Krina Patel

[ACT]IVATION TIP: "Tell your doctor, 'I'm interested in CAR T. I want to go talk to a CAR T center.' That's where they can tell you if something is possible or not. For the most part, most of my patients can get through CAR T. We'll talk about the different products. We'll talk about how we would do it, how we would change it potentially." - Dr. Krina Patel

[ACT]IVATION TIP: "The long-term side effect really is infection. We try to prevent that by giving IVIG regularly. Any time you get an infection, just talk to your doctors, don't say, this is just a cold, just make sure that someone's following. The other big thing is your blood count, so if your blood counts start doing something crazy, your white count's getting high or too low, you're not on any therapy, your hemoglobin is getting really low, your platelets are getting low, that's where we want to make sure there's not a secondary cancer involved." - Dr. Krina Patel

[ACT]IVATION TIP: "Before you start bispecific therapy, talk to your doctor about CAR T. The reason I say that is that when you get a bispecific therapy and currently that is not a fixed duration therapy, it is a continuous therapy. So patients are on it until they relapse. The problem is that once you relapse on that T-cell therapy, your risk of losing BCMA, losing the antigen is much higher. There are mutations that we're seeing that most patients get. That means the next time we try to use a different BCMA therapy, there's a big chance it's not going to work. We have small studies that show that, that people who get a bispecific, and then we try to go to CAR T that the response rates go down and the progression-free survival." - Dr. Krina Patel

CAR T-CELL THERAPY ELIGIBILITY & RESOURCES

Candidate Eligibility

- Confirmed diagnosis that has either not responded or has relapsed after 4 prior lines of therapy. As of April 2024, 2 new CAR-T therapies have been approved for relapsed after 2 or even 1 line of therapy.
- Prior therapy must have included a proteasome inhibitor, an immunomodulatory drug, and an anti-CD 38 monoclonal antibody.*
- Patient organ health, and daily living abilities are good (ECOG ≤ 2).
- Patient must not have currently active infections.

*This eligibility criteria are under FDA review. New CAR Ts including one called ddBCMA are also in development.

Consideration: CAR T-cell therapy can be an option even if you have a history of kidney or heart failure or stroke. A specialist can work with you to assess and monitor for your specific needs.

[Sources: 1, 2, 3]

- [Patient Empowerment Network](#)
- [International Myeloma Foundation](#)
- [Multiple Myeloma Resource Foundation](#)
- [HealthTree Foundation](#)
- [Cancer Support Community](#)
- [American Cancer Society](#)
- [Blood & Marrow Transplant InfoNet](#)
- [The Leukemia & Lymphoma Society \(LLS\)](#)
- [National Comprehensive Cancer Network](#)
- [National Cancer Institute](#)
- [Society for Immunotherapy of Cancer](#)
- [Cancer Research Institute](#)
- [ASGCT](#)
- [Nature Reviews Clinical Oncology](#)

CAR T-CELL THERAPY CHECKLIST

- 1. **Schedule a meeting with your doctor.** Discuss diagnosis and treatment options (including CAR T) with your oncologist.
- 2. **Understand CAR T-cell therapy.** Research CAR T through reputable sources to understand the technology, treatment process, potential side effects, and realistic outcomes.
- 3. **Establish your care team.** Find treatment centers that are FACT-accredited, considering success rates and location.
- 4. **Research costs.** Understand insurance coverage and explore financial assistance options through the help of your care team.
- 5. **Explore clinical trials.** Discuss your suitability with your doctor to weigh benefits and risks and if there's financial support to participate.
- 6. **Seek emotional support.** Talk openly with loved ones, consider talk therapy, and connect with relevant support groups.
- 7. **Maintain healthy lifestyle.** Discuss a plan with your care team that includes diet, exercise, and stress management.
- 8. **Stay informed.** Communicate regularly with your healthcare team, ask questions, and remain updated on advancements.
- 9. **Think about a myeloma specialist.** Strongly consider an expert opinion from a myeloma specialist.

[Sources: 1, 2]