

## Cognitive & Emotional Health

- **Track Mental Clarity:** CAR T-cell therapy can lead to neurotoxicity, including confusion and memory issues, known as ICANS (Immune Effector Cell-Associated Neurotoxicity Syndrome) Note any changes in memory, focus, or mood and share with your care team.
- **Seek Emotional Support:** Consider therapy, support groups, or peer mentors to process your experience.

## Physical Recovery & Monitoring

- **Monitor for Late Side Effects:** You may experience fatigue, infections, or neurological changes. Follow-up with your care team as needed.
- **Stay Active:** Engage in light physical activity as approved by your doctor to help you rebuild strength.
- **Track Lab Results:** Keep a personal record of post-treatment labs and scans to spot trends. Monitoring blood counts and biomarkers can help detect relapse or complications early. [Source](#)

## Nutrition & Immune Health

- **Eat to Heal & Hydrate:** Focus on nutrient-dense foods that support immune recovery. Drink at least 2 liters of non-caffeinated fluids daily to support kidney function and recovery. Hydration is extra important if you're experiencing nausea, diarrhea, or reduced appetite.
- **Avoid Risks:** You are considered immunocompromised post-therapy so follow hygiene protocols.
- **Ask About Vaccines:** Discuss re-vaccination (due to your immune system reset) schedules with your care team [Source](#)

## Practical & Financial Planning

- **Review Insurance Coverage:** Understand what's covered for follow-up care, labs, and medications.
- **Explore Disability or Leave Options:** If returning to work is delayed, ask about short-term disability or FMLA.
- **Apply for Assistance:** Look into grants or nonprofit programs for travel, lodging, or co-pay support. [Source](#)

## Staying Informed & Engaged

- **Join a Registry or Study:** Long-term follow-up studies can help improve future care, track outcomes and contributes to research.
- **Stay Updated:** Follow trusted sources like American Society for Transplantation and Cellular Therapy (ASTCT) or National Comprehensive Cancer Network (NCCN) for new CAR T-cell therapy developments.
- **Educate Others:** Share your story to help others considering or recovering from CAR T therapy.