What Is the CAR T-Cell Therapy Process?

1. Referral to a CAR T-cell physician at a tertiary care institution.
2. Assessment to determine which is the best type of CAR T-cell therapy for the individual patient, including clinical trial eligibility.
3. Financial and insurance approval.
4. Institutional approval process, which evaluates patient performance status and disease pace.

<table>
<thead>
<tr>
<th>FDA-Approved CAR T-Cell Therapies for Myeloma</th>
<th>CAR T-Cell Therapy Dietary Recommendation</th>
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</thead>
<tbody>
<tr>
<td>▪ Ciltacabtagene autoleucel (Carvykti) also referred to as cilta-cel.</td>
<td>▪ Maintain a well-balanced, neutropenic diet.</td>
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<tr>
<td>▪ Idecabtagene Vicleucel (Abecma) also referred to as ide-cel.</td>
<td>▪ Avoid raw, undercooked and/or unpasteurized meats, fish, and foods.</td>
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<tr>
<td>These two CAR T-cell therapies are FDA-approved for people with relapsed or refractory multiple myeloma who have already received four or more lines of therapy.</td>
<td>▪ Wash fruits and vegetables.</td>
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<td></td>
<td>▪ Thick-skinned fruits are preferred.</td>
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<td>▪ Avoid deli meat.</td>
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**Glossary Terms**

**Apheresis:** A process in which blood is removed from the body and is used to collect the patient’s T cells to start the CAR T-cell therapy process.

**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.

**Cytokine Release Syndrome (CRS):** Occurs when the immune system responds to infection or immunotherapy drugs more aggressively than it should. Symptoms include fever, nausea, fatigue, and body aches.

**Hemophagocytic Lymphohistiocytosis Syndrome:** A condition wherein certain white blood cells build up, leading to organ toxicity.

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

**MRD (minimal residual disease):** Measurement of the number of myeloma cells found in the bone marrow of patients in remission after a clinical response to treatment. MRD is relevant as the residual myeloma cells may indicate progression or relapse.

**Neurotoxicity:** The tendency of some treatments to cause damage to the nervous system. These neurologic adverse events may cause confusion, delirium, difficulty with communication, headache, impaired motor skills, seizure, or tremors.

**Educational Resources**

- **CancerGRACE:** cancergrace.org
- **Cure:** curtoday.com
- **The Leukemia & Lymphoma Society (LLS):** LLS.org
- **MyHealthTeam:** myhealthteam.com

This program is brought to you by the Patient Empowerment Network. It is sponsored by Gilead, Janssen Oncology, and Legend Biotech.