About CAR T-Cell Therapy
CAR (Chimeric Antigen Receptor) T-cell therapy is a 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.

Questions to Ask When Considering CAR T-Cell Therapy
- Am I a candidate?
- What are the risks and benefits?
- Are there alternatives?
- Is the timing right for me?
- What side effects may I expect?
- What is the cost?
- Is there a CAR T therapy center near me for continued care and monitoring?

Myeloma Care Team Members
- Myeloma Specialists (Hematologists)
- Nurse Practitioners
- Nurses
- Transplant and CAR T Coordinators
- Patient Navigators
- Social Workers

Managing Your Emotional State
- Speak up. Share changes in your mood with your healthcare provider.
- Consider seeing a mental health professional.
- Join a support group or find peer support.

FDA-Approved Myeloma CAR T-Cell Therapies
- **Ciltacabtagene autoleucel (Carvykti):** Also referred to as Cilta-cel, FDA-approved CAR T-cell therapy for adults with relapsed or refractory multiple myeloma who have already received four or more lines of therapy.
- **Idecabtagene vicleucel (Abecma):** Also referred to as Ide-cel, FDA-approved CAR T-cell therapy for people with relapsed or refractory multiple myeloma who have already received four or more lines of therapy.

Potential CAR T-Cell Therapy Side Effects
- **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.
- **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.
- **Weakened immune system and low blood cell counts:** May increase the possibility of infections, fatigue, and bruising or bleeding

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