

## What Is CAR T-Cell Therapy?

**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.

## Advice for Approaching the CAR T-Cell Therapy Process

- Ensure that patient and care partner have protected time together to prepare for the journey.
- Never hesitate to ask questions.
- As the care partner, make time for self-care

## CAR T-Cell Therapy Healthcare Team

- CAR T Physician
- Nurse Practitioner / Physician Assistant
- Nurse
- CAR T-Cell Therapy Coordinator
- Social Worker
- Pharmacist
- Other doctors caring for patient:
  - Cardiologist
  - Endocrinologist
  - Pulmonologist

## Monitoring for CAR T-Cell Therapy Side Effects

**Cytokine Release Syndrome (CRS):** Be aware of symptoms like fever, low blood pressure, and difficulty breathing.

**Neurotoxicity:** Look for signs of confusion, difficulty speaking, or seizures.

**Infection:** Watch for any symptoms such as fever, chills, or cough.

## Glossary

**Bone Marrow Biopsy:** Procedure that involves collecting a small sample of bone marrow, usually from the hip bone, in order to be examined by a laboratory. This procedure is used to confirm a diagnosis and may be used to monitor the disease over time.

**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.

**M-Protein (M-Spike):** Abnormal protein secreted by plasma cells that usually indicates disease when found in the blood or urine. This M-protein is commonly associated with multiple myeloma.

**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.

**PET (Positron Emission Tomography) Scan:** Imaging test that uses a special dye with radioactive tracers to allow your doctor to check for diseases in your body.

**Remission:** A decrease in or disappearance of signs and symptoms of cancer.

**Relapse:** Return of a disease or the signs and symptoms of a disease after a period of improvement.



This program is brought to you by the Patient Empowerment Network. It is sponsored by Janssen Oncology and Legend Biotech and through generous donations from people like you.

## Resources & Support

**CancerGRACE**

**Cancer Hope Network**

**Myeloma Patients Europe**