

Supporting Your Loved One Through Bispecific Antibody Therapy

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| <p>1. Ask these questions of the care team:</p> <ul style="list-style-type: none"> - What is the risk of cytokine release syndrome? - What's the risk of neurotoxicity? - How long should I be watching for side effects? | <p>2. Write everything down.</p> <p>3. Develop a solid plan for what to do if side effects arise.</p> <ul style="list-style-type: none"> - Confirm the plan with the care team. |
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Care Partner Planning Advice

- Understand the treatment regimen.
- Know which additional medications will be taken to prevent infection or other issues.
- Ask where and how often office visits will take place.
 - Can the treatment be administered locally?

Support and Resources

- International Myeloma Foundation: myeloma.org
- The Leukemia & Lymphoma Society: lls.org
- Patient Empowerment Network: powerfulpatients.org

Monitoring Patients for Side Effects

- **Cytokine Release Syndrome (CRS):** Care partners should 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.

Practice Self-Care

Take care of your own health. Be sure to maintain a healthy diet, drink water, and exercise when you can.

Arrange for in-home assistance (if needed). Ask your team what services are available to you. If friends offer to help, don't hesitate to take them up on it.

Consider joining a support group. Connecting with other care partners to share experiences and advice can be beneficial and can make you feel less alone.

Seek professional help. Don't hesitate to seek counseling or therapy for emotional support if you are struggling.

Take breaks: It's important to schedule time for yourself to relax and to recharge.

Glossary

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.

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.

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