

What is CAR T-cell therapy?

CAR T-cell therapy, sometimes called CAR T, uses your body's own cells to fight cancer. It has been shown to help patients with some blood cancers:

- B-cell Acute Lymphoblastic Leukemia (ALL)
- B-cell Non-Hodgkin Lymphoma (NHL)
- Multiple Myeloma (MM)

CAR T may be available if one or more of your treatment(s) did not work, or your cancer returned.

CAR T

Pronounced *CAR TEE*, it stands for:

Chimeric
Antigen
Receptor
T cell



Available since **2017** with over 10 years of research data



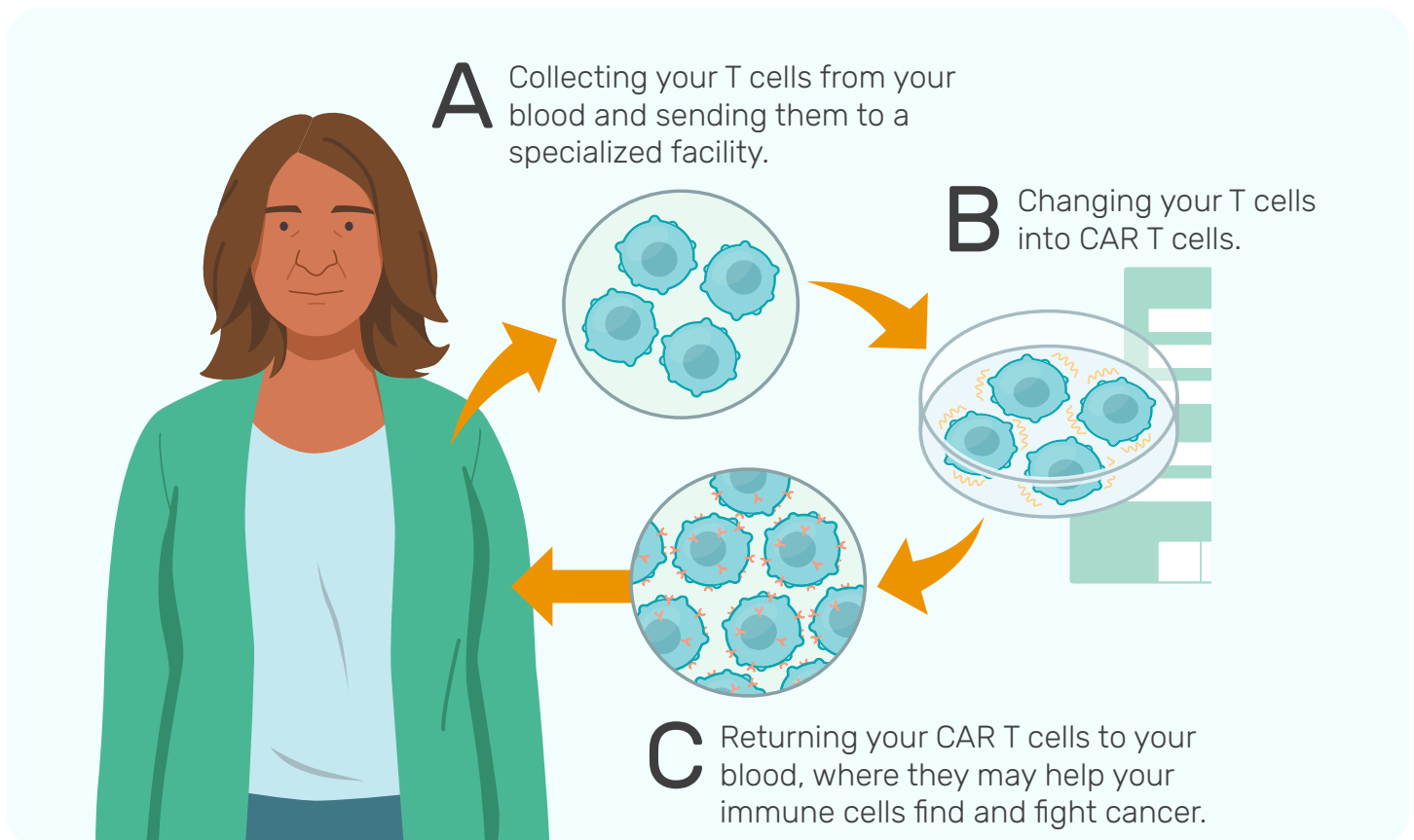
6 available CAR T-cell therapies to help treat **5** different blood cancers



22,000+ blood cancer patients treated worldwide (as of 2022)

How does CAR T work with my immune system?

CAR T uses your own immune cells—specifically, your T cells. CAR T involves:



What are some important things to know about CAR T?

CAR T is not a treatment that can be received anywhere at any time. It's important to know that:



CAR T is only available at specialized medical centers



If you don't live close to a CAR T medical center, you may need to travel, find lodging, and consider other costs



The CAR T treatment process can include waiting time and you may need to organize and prepare for each step.



For several weeks after your CAR T infusion, you'll be closely monitored for possible side effects and will need a dedicated caregiver

All of this might sound like a lot, but remember that:

- your CAR T treatment team will be there every step of the way
- people in different circumstances have been able to receive CAR T
- you can learn about help that may be available if needed
- the entire treatment process generally only happens once

You're not alone! We're here to help.



What is the CAR T treatment process like?

CAR T-cell therapy is given as an infusion. The entire treatment process can take several weeks, but it generally happens once. You, your caregiver, and your healthcare team will make a plan that's unique to you and adjust as needed along the way.



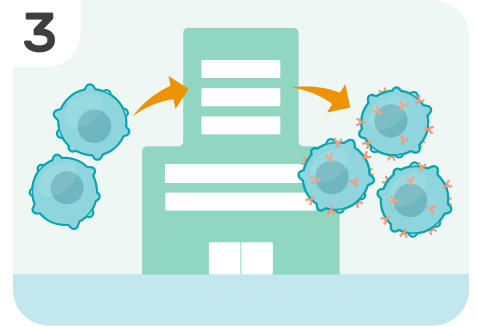
1 Attending your CAR T consultation

You'll meet the team at a CAR T medical center. This consultation will include various tests and checks to make sure CAR T is right for you.



2 Collecting your T cells (apheresis or leukapheresis)

At the CAR T medical center or apheresis center, your T cells will be collected from your blood.



3 Waiting for your CAR T cells

You'll wait for a few weeks, at home or near the CAR T medical center, while your CAR T cells are made at a specialized facility.



4 Preparing your body to receive your CAR T cells

Before your CAR T infusion, you'll receive a low dose of chemotherapy to prepare your body for CAR T.



5 Receiving your CAR T cells and staying at or near the CAR T medical center for close monitoring

You'll return to the CAR T medical center to receive your CAR T infusion. You will need to stay at or near the CAR T medical center while your CAR T treatment team takes care of you and manages any side effects.



6 Recovering at home

When your CAR T treatment team feels that you are ready, you will return home and continue to have follow-ups with your healthcare team(s).

What types of support should I consider?

You can consider the types of support below as a starting point. You may need to apply and qualify to receive support.



Caregiving

You will need to find one or more caregivers throughout your treatment. Caregivers are an important part of the CAR T treatment process.



Educational

Your healthcare team is your main resource when it comes to understanding your treatment. There are also programs that connect you with information specialists, or to patients and caregivers with cancer experience.



Financial

There will likely be costs that go along with CAR T, beyond the cost of the treatment itself. Your health insurance may provide coverage of these extra costs. Other programs may also be able to help.



Mental or emotional health

You may already have ways to cope with feelings on your own. It can also be helpful to ask for support from a professional. You don't have to go through this experience by yourself.



Physical well-being

You may want help adjusting habits or setting new ones to stay physically well as you go through treatment.



Practical

Since you may be away from home for weeks, you may want help with a range of things like caring for your family, your home, transportation, and more.

Questions for my healthcare team

- Is CAR T-cell therapy right for me?
- How can I plan or prepare for CAR T?
- Where can I learn more about CAR T?



Learn more about CAR T at LetsChatCART.com