A patient's guide to Immuno-Oncology



Things you may want to know about cancer immunotherapy

This guide is a starting point to help you understand:

- How immunotherapy works in your body
- What your immunotherapy experience may be like
- What help and support is available to you throughout your journey

After reading this guide, we hope that you will feel more comfortable:

- Playing an active role in your treatment
- Having open and honest conversations with your care team
- Explaining immunotherapy to your loved ones

Introduction

What is immuno-oncology?

You may already know about some of the treatment options available for cancer, such as surgery, chemotherapy, radiation, or targeted therapy.

With advances in science, there's now another way to treat certain cancers: **immuno-oncology (I-O)**, sometimes known as **cancer immunotherapy**, or just **immunotherapy**.

"Immuno" in immunotherapy refers to your immune system. Immunotherapy uses drugs that may help your body's own immune system fight cancer.

Who is on my healthcare and care team?

Your **healthcare team** consists of doctors, nurses, and other healthcare professionals who work together to help with your care.

Your **care team** includes your healthcare team, as well as your friends, family, and caregivers.

Your care team is dedicated to helping you through your journey. You can lean on them for support with any part of your experience with immuno-oncology.

Your care team is **bigger** than you think! **Ask me who else** can support you.

Don't be afraid to ask me what my role is. Your care team may include:

- Your oncologists, your primary care physician (PCP), your surgeon, and any other specialists that you see
- Nurses, treatment navigators
 (sometimes called nurse or patient navigators), pharmacists, or dietitians
- Social workers, counselors, therapists, psychiatrists, insurance or financial advisors
- Caregivers, friends, support groups, or spiritual advisors
- and more

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how your care team works together.

We're in this together! All of your questions are important.

I am happy to **explain**

What's in this guide?

Part 1: The story of Immuno-Oncology
 A garden analogy to help you understand immunotherapy The immune system and cancer Immunotherapy as a treatment option Methods for receiving immunotherapy Possible effects of immunotherapy

- Your journey through treatment
- Understanding cancer survivorship
- Emotional well-being
- Talking to your healthcare team and learning more

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In this guide, we've provided space for you to take notes and write down your questions. **Keep this guide for your reference** and consider bringing it to your appointments.

PART 1 The story of Immuno-Oncology

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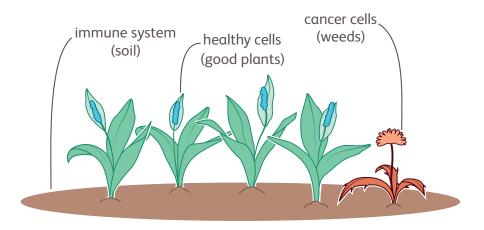
A garden analogy to help you understand immunotherapy

The following pages will introduce you to immunotherapy as a type of cancer treatment. We will use an analogy of your body as a garden to explain how immunotherapy works, and how it is different from other treatments.

The following pages will answer these questions:

- How might immunotherapy work with my immune system to fight cancer?
- How is immunotherapy different from other types of cancer treatment?
- What is a biomarker test and what does it have to do with treatment options?

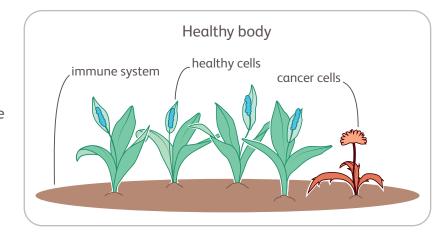
Body (garden)



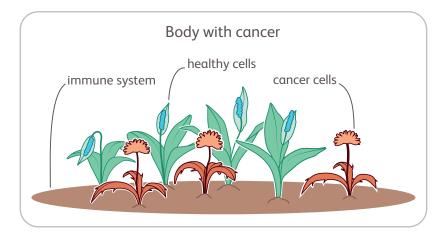
How might immunotherapy work with my immune system to fight cancer?

Immunotherapy may help your body's own immune system fight cancer. Here is an analogy to explain the concept.

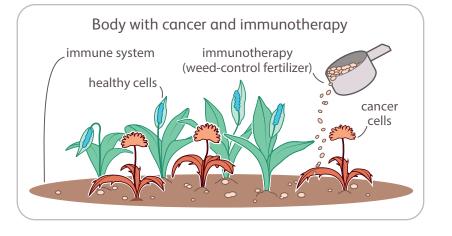
Imagine your body as a garden, where the soil is your immune system. When you're healthy, the soil is rich and well tended, and the garden is green. Normally, the soil is able to prevent weeds from growing out of control.



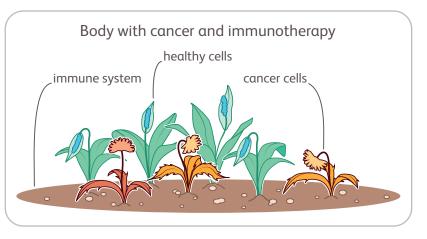
Cancer cells are like weeds in your garden. Sometimes, the soil can allow weeds to grow and spread, and soon, the entire garden suffers as your plants compete for space and nutrients.



Immunotherapy is like adding weed-control fertilizer to the soil. It enriches the garden's existing soil.



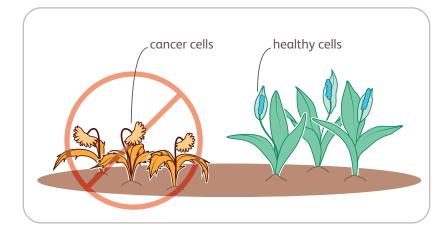
Now the soil can help keep the weeds under control and can maintain the garden's health. But too much fertilizer may harm your garden.



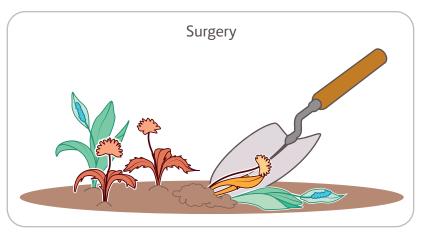
How is immunotherapy different from other types of cancer treatment?

Immunotherapy is a unique approach that may **help your body's own immune system fight cancer**. To understand how immunotherapy is different from other types of cancer treatment, let's continue with the garden analogy.

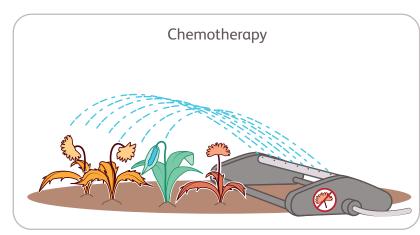
If your body is like a garden, you and your healthcare team will decide how to remove the weeds (cancer cells) while doing the smallest amount of harm to the good plants (healthy cells).



Surgery removes large patches of weeds and the soil around them, sometimes disturbing the good plants and leaving some weed roots behind.

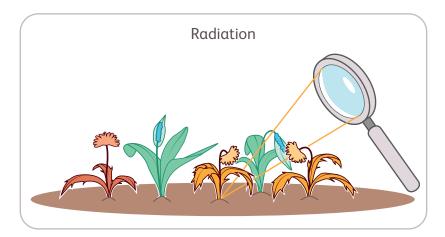


Chemotherapy is like spraying a general weed killer on the whole garden. This approach may not kill all the weeds, and may also harm some good plants.

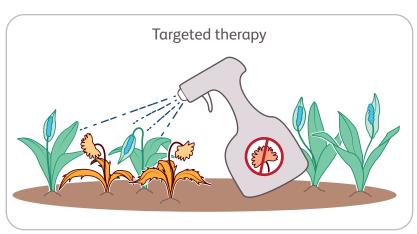


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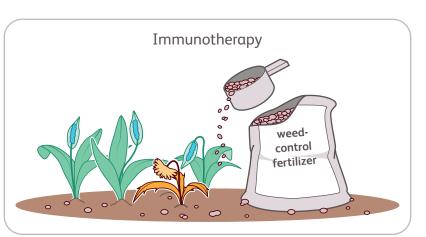
Radiation is like increasing the power of the sun with a magnifying glass to target and dry out the weeds, but in the process, some of the good plants can also be harmed.



With targeted therapy, weeds are directly sprayed with weed killer. Good plants may still be harmed.



Instead of targeting the weeds, immunotherapy is like adding a weed-control fertilizer to the soil. This fertilizer enriches the soil to help control weeds, which in turn restores the health of your garden. But too much fertilizer in the soil might harm your garden.



Ask your healthcare team about the different treatment options available to you.

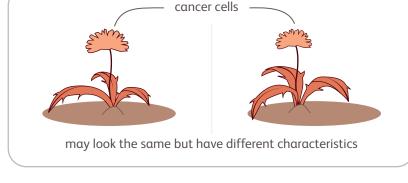
What is a biomarker test, and what does it have to do with my treatment options?

Your healthcare team may order several tests throughout your cancer treatment to better understand your cancer. Some of these tests are known as biomarker tests.

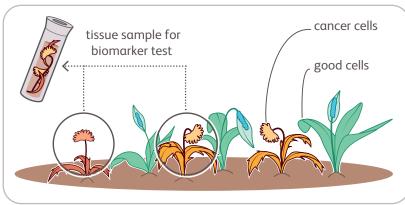
Testing for specific biomarkers may help guide treatment decisions by providing you and your healthcare team with information about how your body is responding to treatment now, and may respond to a potential treatment later.

Depending on the cancer you have, your healthcare team may mention biomarkers when talking about any cancer treatment options. To understand how biomarkers may be used, let's continue with the garden analogy.

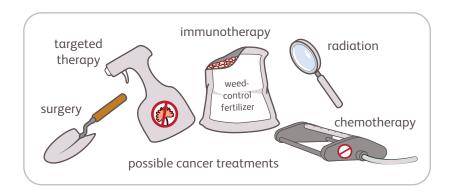
Every person's garden may have different types of weeds. And even if those weeds look the same. they each have their own unique characteristics which would change the way a gardener might go about removing them.



One way to help choose what to use to remove a particular weed is to take a closer look. Getting a biomarker test could be like taking a few pieces of your weeds out of your garden to take a look at them more closely.



The test results may help you and your healthcare team understand more about your garden and how to try controlling the weeds.



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The immune system and cancer

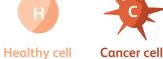
The following pages will answer these questions:

- What is the role of the immune system?
- How can the immune system be "tricked" by cancer?

-Cell guide-

Look for these key players as you read on:



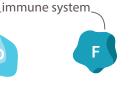




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Some cells of the



Fighter cell

What is the role of the immune system?

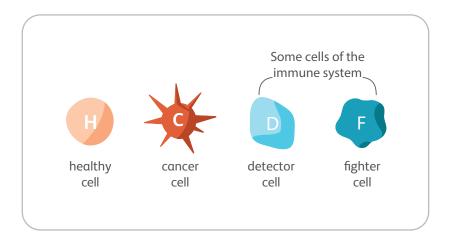
Your immune system can protect healthy cells from infections and diseases, and can prevent unhealthy cells from growing out of control. Let's take a closer look.

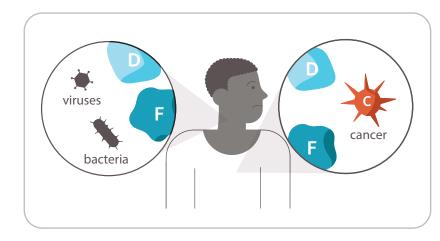
Normally, you have different healthy cells in your body. In some cases, there may be unhealthy cells, like cancer cells.

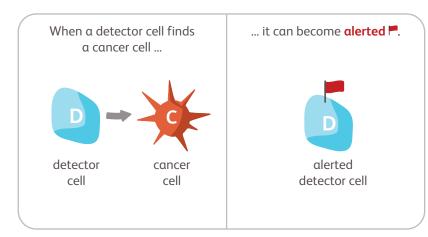
Your **immune system** is made up of many types of cells, including: **detector** cells and **fighter cells**.

Detector cells and fighter cells travel around your whole body looking for threats from outside of your body like viruses and bacteria, and threats inside your body such as cancer.

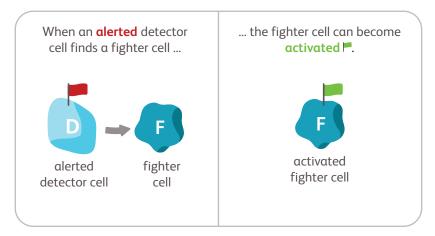
Normally, when detector cells find threats — like cancer cells — they can become **alerted**.



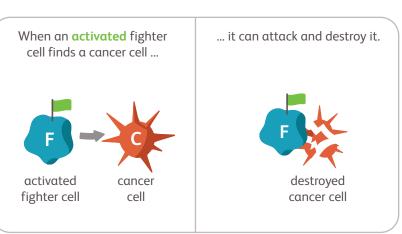




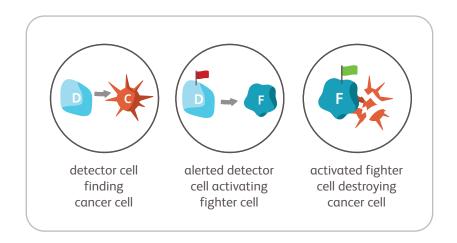
Alerted detector cells seek out fighter cells for help.
When found, the fighter cells can become activated.



Activated fighter cells can then seek out, find, attack, and destroy cancer cells.



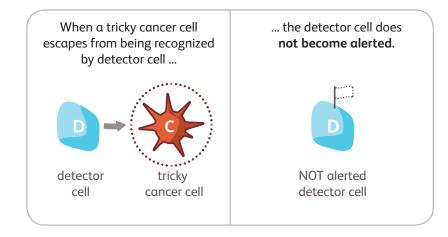
Through these interactions, the immune system can work to keep your body healthy. This is happening in your body all the time.



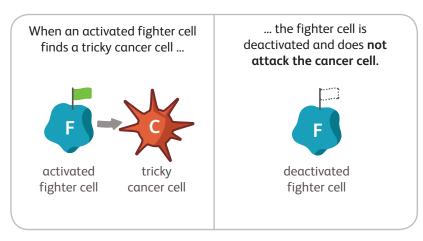
How can the immune system be "tricked" by cancer?

Your immune system can be tricked by cancer cells. Cancer cells can change the way immune cells normally react to cancer. Let's take a closer look.

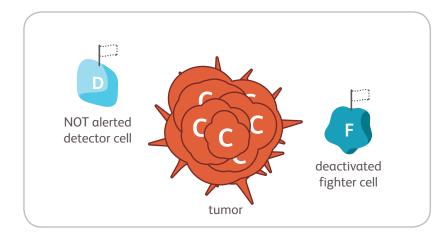
Tricky cancer cells
can escape from being
recognized by detector cells.
In turn, the detector cells do
not become alerted.



Fighter cells can be deactivated by tricky cancer cells, and in turn do not attack cancer cells.



Over time, tricky cancer cells that can escape from detector cells and deactivate fighter cells can continue to survive and grow into a tumor.



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Immunotherapy as a treatment option

The following pages will answer these questions:

- How might immunotherapy help the immune system fight cancer?
- What might happen if I receive immunotherapy with another cancer treatment?

Cell guide

Look for these key players as you read on:

Healthy cell

Cancer cell

Some cells of the immune system

Detector cell

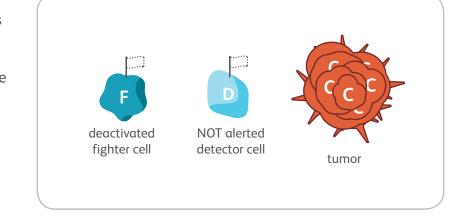
Fighter cell

How might immunotherapy help the immune system fight cancer?

There are different types of immunotherapies. They can all help the immune system in different ways. Let's take a closer look.

Tricky cancer cells can
escape from detector cells
and deactivate fighter
cells. In turn, these cancer
cells can continue to survive
and grow into a tumor.

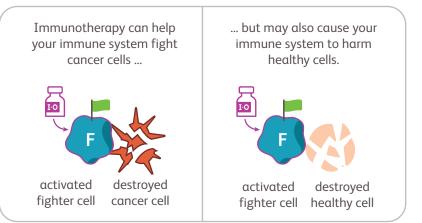
Your immune system may need help finding and attacking the tricky cancer cells again.



That's where immunotherapy comes in.

Immunotherapy can help your immune system fight cancer cells. However, immunotherapy might also cause your immune system to harm healthy cells.

Some immunotherapies help detector cells stop tricky cancer cells from escaping. Then, detector cells can become alerted.



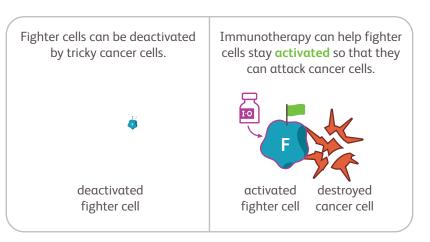
Tricky cancer cells can escape from detector cells.

Immunotherapy can stop tricky cancer cells from escaping detector cells so that they can become alerted.

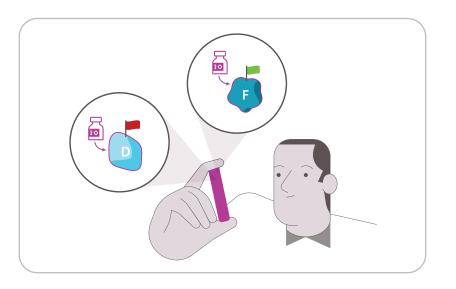
NOT alerted detector cell

Immunotherapy can stop tricky cancer cells from escaping detector cells so that they can become alerted.

Other immunotherapies can help fighter cells stay activated. The activated fighter cells can then attack cancer cells.



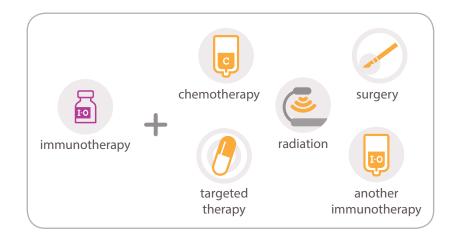
There is research being done to see how new immunotherapies may help your immune system fight cancer.



What might happen if I receive immunotherapy with another cancer treatment?

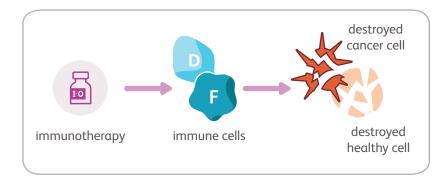
There is ongoing research into how immunotherapies can be used with other treatments to fight cancer. Generally, when you take more than one cancer treatment, both the risks and benefits may be increased.

Immunotherapy can be used together with other treatments, like chemotherapy, radiation, surgery, targeted therapy, and another immunotherapy.



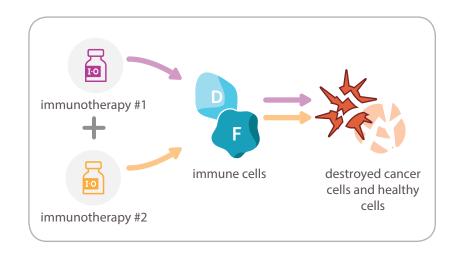
One immunotherapy:

Taking one type of immunotherapy treatment can help your immune system fight cancer.
But, it can also harm healthy cells in the process.



Two different types of immunotherapies together:

If you take two
different types of
immunotherapies
together, there may be
a greater chance your
immune cells will attack
cancer. There may also
be a greater chance
of harming healthy cells.

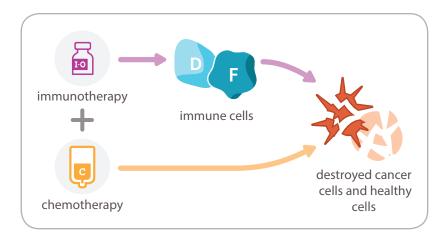


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Immunotherapy with chemotherapy:

The idea is similar when immunotherapy is used with another type of cancer treatment.

There may be a greater chance of fighting cancer, but also a greater chance of harming healthy cells.



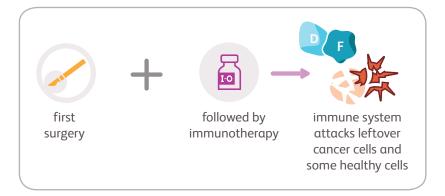
Immunotherapy with surgery:

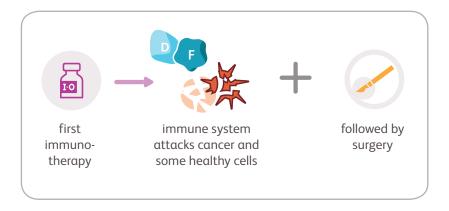
Your doctor may recommend immunotherapy and surgery to be used one right after the other.

Surgery may be the first treatment, followed by immunotherapy to help your immune system attack leftover cancer cells that may have been missed during surgery. You may hear this called "adjuvant" therapy.

Immunotherapy can be the first treatment to help the immune system attack cancer and make the tumor smaller. Surgery will follow. You may hear this called "neoadjuvant" therapy.

You may even have surgery around immunotherapy treatments. Your doctor may call this "perioperative" therapy.







Methods for receiving immunotherapy

The following pages will answer these questions:

- How might I receive immunotherapy?
- What are the differences between intravenous (IV) and subcutaneous (SC) administration?
- If I'm already receiving IV immunotherapy, could SC immunotherapy be an option for me?

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How might I receive immunotherapy?

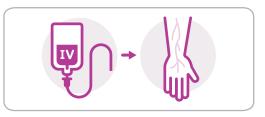
If you and your healthcare team decide that immunotherapy is an option for your cancer treatment, you might wonder how it will be given to you. There are different ways to receive immunotherapy, such as through a vein (intravenous or IV) or under the skin (subcutaneous or SC).

SC injections are different than other injections you might be familiar with, like routine vaccinations. SC injections for immunotherapy can take several minutes to administer the medicine. The method you'll use may depend on your treatment plan, the place where you receive care, and your personal preferences.

What are the differences between intravenous (IV) and subcutaneous (SC) administration?

The intravenous (IV) method is a common way to deliver treatment directly into the vein. It has been used for a long time as a way to give cancer treatment. Receiving treatment through the IV method can potentially take 30 minutes or more.

The **subcutaneous (SC) method** allows treatment to be given **under the skin**, usually in the stomach area (abdomen) or in the thigh area. The injection administration time typically is about **2 to 8 minutes**. The SC injection is made up of the cancer treatment and hyaluronidase. Hyaluronidase helps the cancer





treatment get absorbed into the body when injected under the skin. Some patients prefer this method because they might feel more comfortable when receiving treatment, spend less time at the clinic or hospital, and have more flexibility in scheduling appointments.

While SC and IV methods may have different treatment doses, both methods work to treat cancer. Researchers perform careful studies to make sure the SC method works just as well as the IV method in treating cancer. **The best choice for you depends on your treatment plan and personal comfort.**

If I'm already receiving IV immunotherapy, could SC immunotherapy be an option for me?



If you're thinking about receiving subcutaneous immunotherapy, talk to your healthcare team. They'll help you understand your options and make necessary adjustments to your treatment plan.

Possible effects of **immunotherapy**

The following pages will answer these questions:

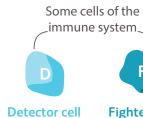
- How might my tumor respond to immunotherapy?
- How does immunotherapy cause side effects?
- What are some possible side effects of immunotherapy?
- What should I do if I have side effects?

Cell guide

Look for these key players as you read on:





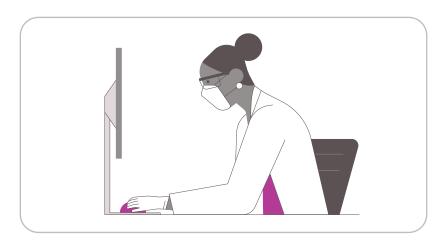


Fighter cell

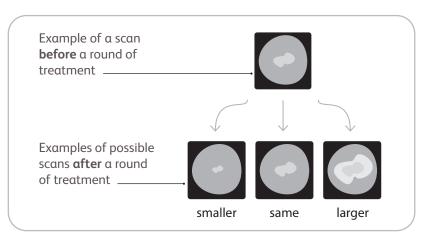
How might my tumor respond to immunotherapy?

Tumors can respond differently to immunotherapy depending on the type of immunotherapy and how your immune system reacts to it. For some people, immunotherapy can help shrink the tumor. For others, the tumor may stop growing even if it does not get smaller. It is also possible that the tumor may not respond to immunotherapy at all.

At your hospital or clinic visits, your healthcare team may use scans to monitor your progress.



After a round of immunotherapy treatment, the tumor may look smaller, the same, or **larger** compared to before. If your tumor looks larger in the scans, it does not necessarily mean that immunotherapy is not working.



For some people who have surgery first and then immunotherapy, the scans may look different from the images above.

Here is an analogy to explain why this could happen.

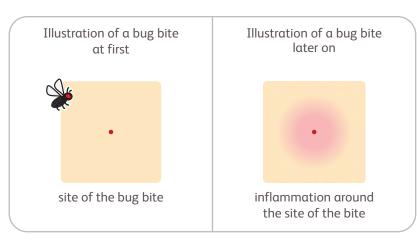
Think of a bug bite, where the skin becomes red, hot, and swollen around the site of the bite. This is a sign of inflammation, which results from your immune system's reaction to a threat, not from the bite itself.

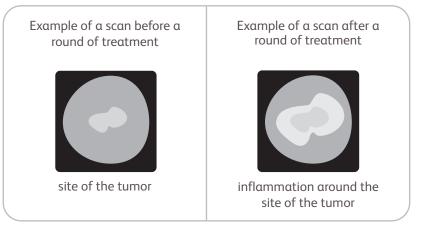
A similar thing could appear in your scans. If the immunotherapy is working, inflammation may happen around the tumor as your immune system moves to surround it. This can make your tumor look larger on scans.

In other cases when the tumor appears larger on scans, it might be that immunotherapy isn't working and the tumor is growing.

Everyone responds to immunotherapy differently.

Scans are not the only way to see if immunotherapy is working. Your healthcare team will also be looking at other lab results and your overall well-being.



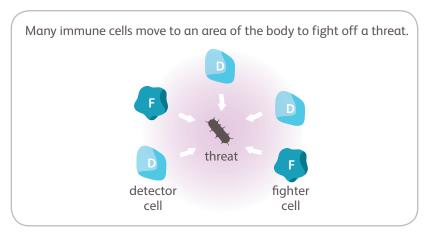




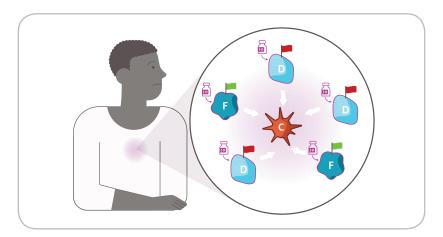
How does immunotherapy cause side effects?

Side effects can also occur because immunotherapy may cause inflammation in **areas of the body beyond the tumor**. Some of these side effects can become serious or even life-threatening.

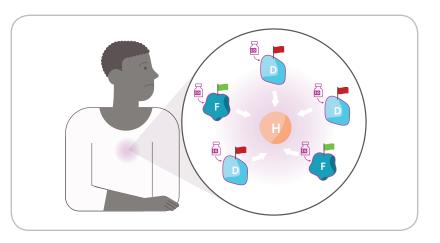
Inflammation happens when many different immune cells move to an injured or threatened area of the body to fight off the threat.



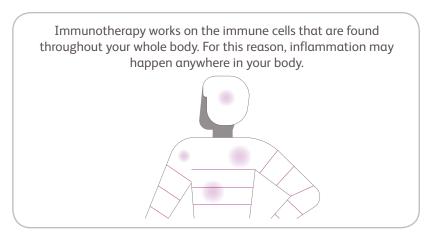
Immunotherapy can help your immune cells attack cancer cells. This can cause inflammation around the tumor.



However, immunotherapy can also cause your immune cells to **attack healthy cells.** This may lead to inflammation around a healthy body part.



Immunotherapy works on the immune cells that are found throughout your whole body. For this reason, inflammation may happen anywhere in your body. It may also happen at any time during or after treatment.

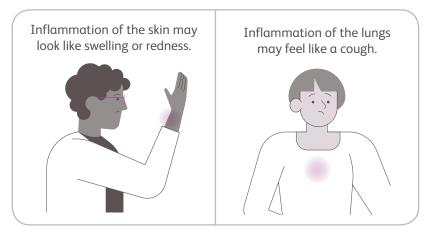


Inflammation looks and feels different depending on where it is in the body.

You may be familiar with inflammation of the skin, which looks like swelling and redness. But those are not the only signs. For example, inflammation of the lungs may feel more like a cough.

Inflammation is not the only cause of side effects of immunotherapy.

Some side effects of immunotherapy can also be serious or life-threatening. Some side effects may start during or even after treatment is done.







Remember to keep track of all changes to your body, regardless of how long ago you were treated.

What are some possible side effects of immunotherapy?

Your healthcare team will have a better idea of what side effects you may experience. It is important to know that side effects may also happen because of the method of receiving immunotherapy. Ask your healthcare team for a list of side effects so that you can recognize them as soon as they come up.

The side effects that you may get will depend on the treatment combination you are receiving, how you are receiving the treatment, and how your immune system reacts to it. Everyone's experience with immunotherapy side effects will be different.

Remember, side effects can happen anytime during or after immunotherapy. These side effects may happen anywhere in the body, and some may be serious, life-threatening, and life-long.



Your healthcare team can give you a list of possible side effects for your specific immunotherapy.

Talk with your healthcare team about the kind of resources you can use to understand possible side effects with immunotherapy.

What should I do if I have side effects?

It is important to keep your healthcare team up-to-date on how you feel. Tell your healthcare team about any changes that are **new**, **different**, or **bothersome**. Keep close track of your symptoms, and if you have a caregiver helping you, tell them about it too.

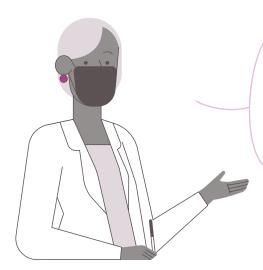


You know your body the best, and you can tell when you are feeling good or bad.

It may help to keep a record of symptoms as they come up, so that you can share them with your healthcare team.

Here are some tips on how you can identify, keep track of, and report your side effects:

- Find a way of tracking that works best for you, such as a journal
- Note how you feel after an immunotherapy treatment visit
- Let your healthcare team know if you feel any changes that are new, different, or bothersome
- Tell your healthcare team about side effects as soon as possible! This may help them manage your side effects earlier.



I notice some
patients are reluctant to report side
effects to their healthcare team. My advice
would be "Do not hesitate!" We are here to help
you, and we need to be fully informed to provide
the best care possible.

Tracking your side effects is key to monitoring your progress.

My doctor has always told me to remember three things about side effects:

Identify side effects:

Ask my healthcare team for a list of side effects for my specific immunotherapy.

Keep track of side effects:

Find a personal way to keep track of what I am experiencing on paper or digitally.

And get help from my caregiver if I need it.

Tell my healthcare team:

Do not hesitate!



PART 2 Your experience through cancer

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alking to your healthcare eam and learning more	44

Your journey through treatment

The following pages will answer questions that relate to your journey before, during, and after treatment.

Before treatment:

- What factors are important for me to consider before starting immunotherapy?
- Where can I learn more about immunotherapy as an option?

During treatment:

- What could my immunotherapy treatment journey be like?
- How do I prepare for treatment visits?
- What is telemedicine?

After treatment:

• What will my journey be after I am finished with my treatment?

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What factors are important for me to consider before starting immunotherapy?

You may want to consider some of the following factors:

- What kind of **support from friends and family** will I need to help me through this treatment?
- How will I **get to the hospital or clinic** for my treatment visits?
- Will I be able to **take time off work** if I need to?
- How can I continue to take part in activities that are important to me?
- Will I be able to pay for this treatment?

Talk to your healthcare team about any hesitation that you may have with starting immunotherapy. It is important to have real and honest conversations with your healthcare team about factors that are important to you.

Where can I learn more about immunotherapy as an option?

Your healthcare team is your best source of information. They can:

- Answer your questions about immunotherapy
- Recommend trustworthy educational resources



When I was researching treatments online, I felt pretty overwhelmed. It was hard to tell which resources were genuine, so I talked to my doctor, and she helped me find resources that were right for me.

What could my immunotherapy treatment journey be like?

Going on immunotherapy is a big decision that you will make together with your healthcare team. Your immunotherapy journey will be unique. Keep in mind that immunotherapy may not work for everyone.

The general steps of an immunotherapy journey may be:

1. Considering immunotherapy as a treatment

- Talk to your doctor about immunotherapy, how it differs from your other cancer treatment options, and which method of receiving it might be the best fit for you.
- Think about important life factors such as cost, travel, and time commitment
- Think about whether you will be willing to:
 - Talk to your healthcare team about all of your side effects
 - Keep your healthcare team up-to-date and informed about your health

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• Be an active partner with your healthcare team throughout your immunotherapy treatment

If you and your doctor decide that immunotherapy is the right option for you, then you will go on to steps 2 and 3.

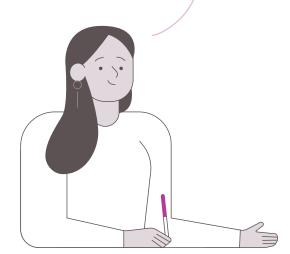
2. Being an active partner in your treatment

- Attend all of your immunotherapy treatment visits
- Tell your healthcare team about how you feel, including things that may be new, different, or bothersome
- Have medical tests done to monitor your progress and your possible side effects

3. Monitoring your health

- Keep track of your overall health and well-being, including any side effects
- Talk with the people around you about the kind of help that you may need

My doctor and I are a team. When we first discussed immunotherapy, we talked about side effects, life factors, and tests that had to happen before I even decided to receive the treatment.



How do I prepare for treatment visits?

Consider doing the things listed below before going to your treatment visit.

- Call ahead to confirm the appointment. Ask what you might need to bring, or what you may need to do to prepare
- Arrange transportation to and from the visit
- Write down any questions that you might have, and any topics that you may want to discuss with your healthcare team (like anything new, different, or bothersome)
- **Keep your health information** in one place and bring it to every visit
- Wear comfortable, loose clothing to make it easier to receive your treatment
- Bring something to do while waiting for or while receiving your immunotherapy treatment infusions
- Bring back-up a friend or family member who can act as a second set
 of ears and eyes at an appointment



Sometimes, when I get home after my appointment, I remember other things I wanted to ask. I should have written them down!

I took my laptop, books, knitting, music, even a movie to watch — just things to take my mind off the treatment.

What is telemedicine?

Telemedicine is when you and your doctor see and talk with each other using a computer, tablet, or smartphone. It may also include communicating with your healthcare team through texts, direct messages, or online health records.

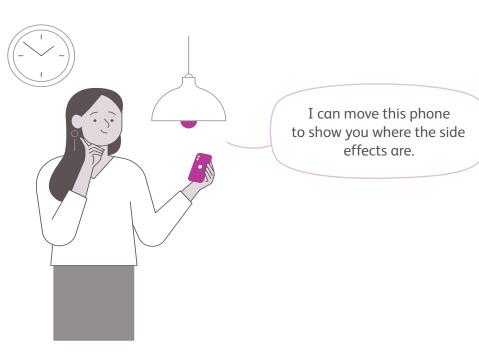
On a telemedicine call your healthcare team can:

- See what you look like, and see any swelling or redness
- Hear if you're coughing or having a hard time breathing
- Share your scans over email or computer screen
- **Provide** emotional support, and more

Your healthcare team can also teach you how to take your own heartbeat, blood pressure, and temperature with your home devices. They can show you how to do other parts of the physical exam too.



Talk to your healthcare team about how to prepare for telemedicine visits.



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What will my journey be after I am finished with my treatment?

Everyone's journey after treatment will be different. Here are some things that may become important to you after you finish your treatment.



I am now focused on being a husband again. I don't want my wife to keep thinking of me as a patient. I feel like I have leftover energy from the few years of treatment. I am working on getting my life back and reintroducing myself to my friends.

For my treatment,
I had surgery and then immunotherapy right
after. Later, when I saw my primary care physician for a
general check-up, I was the one who had to explain the
immunotherapy journey to him. This empowered me to
share my story with others.





Even four years
after my treatment, I continue to feel
anxious every time I have to come in for follow-up
scans. I connect with support groups online, and we
help each other through these feelings that we
call "scanxiety."

I have been finished with treatment for many years, but I still have long-term side effects. I continue to track my side effects and I tell my doctor about them right away.





It has always been important for me to tell my story of going through immunotherapy treatment. I am now a patient advocate and my wife speaks about her experience as a caregiver.

PART 2: YOUR EXPERIENCE THROUGH CANCER

Understanding cancer survivorship

The following pages will answer these questions:

- What is cancer survivorship?
- What are the elements of cancer survivorship?
- What is a survivorship care plan?
- Why do I need a survivorship care plan?

What is cancer survivorship?

The process of living with, through, and beyond cancer, from diagnosis, treatment, and into follow-up is often referred to as "cancer survivorship." People with cancer are living longer than they did in the past, and have new and different needs now.

People may have different definitions of what cancer survivorship means to them.



Take a moment to think about what cancer survivorship may mean to you.

PART 2: YOUR EXPERIENCE THROUGH CANCER

What are the elements of cancer survivorship?

Each person living with cancer is unique and has different needs and challenges along their cancer survivorship journey.

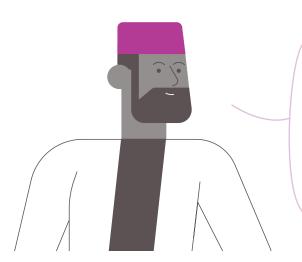
Cancer survivorship can have many elements that are important in your life. **Some will** matter most to you at diagnosis, while others at the end of your treatment.



Talk to your care team about the elements of cancer survivorship that matter to you now.

Here are some common elements to start your conversation and figure out what cancer survivorship means to you:

- Emotional well-being and how you are feeling day-to-day
- Exercise and how you are eating
- Family planning and your role as a parent or grandparent
- Sexual health
- Continuing or returning to work
- Re-discovering relationships
- Financial planning and cost of care
- Spiritual well-being
- Enhancing your relationship with your **primary care physician (PCP)**



What mattered to me most changed throughout my experience with cancer and with immunotherapy.

I always talked to my care team about the elements of survivorship that were important to me.

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What is a survivorship care plan?

A survivorship care plan is a tool to help your oncologist, primary care physician, and other members of your care team to work with you in delivering the best care for your medical, physical, emotional, mental, social, and spiritual needs, even after your treatment ends.

Why do I need a survivorship care plan?

It is important for your entire care team because it helps all care team members communicate with you and each other about your care in a holistic way. It is also important as a document that your caregiver and family can use to know your whole care journey, especially if you are not able to explain it yourself.

A survivorship care plan for immunotherapy treatment may include:

- All elements of cancer survivorship that matter most to you, including emotional well-being, insurance, managing relationships, sexual health, and more
- **Contact information** for your entire care team, including your caregivers
- **Details of your immunotherapy treatment** and any other cancer treatment that you received or are receiving
- How your **side effects have been managed**, including what worked and didn't work

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• What your **follow-up** may be after treatment

PART 2: YOUR EXPERIENCE THROUGH CANCER

Emotional well-being

The following pages will answer these questions:

- Is it normal to feel the way I do?
- What can I do to cope?
- What can I do to keep track of my feelings?
- Who can I talk to for more support?
- How can I maintain my general well-being?

Is it normal to feel the way I do?

Living with cancer can be an emotional time. The feelings you are having are normal responses to this life-changing experience.

Sometimes, you can cope with these feelings on your own, but other times, you may want help from others. Remember that you are human too, and not just a patient. You are not alone as you navigate your cancer care.

What can I do to cope?

Your emotional, mental, physical, and spiritual well-being are all equally important. Identifying how you are feeling is the first step in taking care of yourself.



Consider taking some time every week to reflect on:

- How you are maintaining **relationships** with others
- The **emotions** that you are feeling (good or bad)

PART 2: YOUR EXPERIENCE THROUGH CANCER PART 2: YOUR EXPERIENCE THROUGH CANCER

What can I do to keep track of my feelings?

From time to time, use the self-reflection list below to help you tune in to how you are doing. Feel free to make copies of this page.

In the past 7 days:

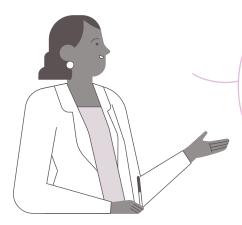
I felt worried	I felt sαd
NeverRarelySometimesOftenAlways	NeverRarelySometimesOftenAlways
I felt afraid	I felt hopeful
NeverRarelySometimesOftenAlways	NeverRarelySometimesOftenAlways
I felt angry	I felt optimistic
NeverRarelySometimesOftenAlways	NeverRarelySometimesOftenAlways
I felt helpless	I felt energetic
NeverRarelySometimesOftenAlways	NeverRarelySometimesOftenAlways
I felt guilty	I felt hαppy
NeverRarelySometimesOftenAlways	NeverRarelySometimesOftenAlways
I felt anxious	I felt empowered
NeverRarelySometimesOftenAlways	NeverRarelySometimesOftenAlways
I felt in deniαl	I felt grateful
I felt in denial NeverRarelySometimesOftenAlways	I felt grateful NeverRarelySometimesOftenAlways
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Consider sharing the self-reflections above with your care team to start a conversation. Discussing your feelings and concerns can help others understand how they can help you.

Who can I talk to for more support?

You may find it helpful to allow others to take part in your journey and learn from their experiences and insights. It is very common for patients to be active in their community, seek support, and ask for help from other people like:

- Fellow immunotherapy patients
- Support groups (in your area or online)
- Professionals like therapists, counselors, or spiritual leaders
- Friends and family members



We know that this is a difficult time for you. Feel free to approach us for additional help. We may be able to introduce you to other resources in your area or online.

How can I maintain my general well-being?

Consider doing the activities listed below to maintain your general well-being. Always check with your healthcare team before starting any new activity.

- Going for a walk and getting fresh air
- Exercising
- Eating healthy meals
- Doing an activity that you enjoy
- Resting

Talking to your healthcare team and learning more

The following pages will answer these questions:

- How do I talk to my healthcare team?
- What kind of questions can I ask my healthcare team?
- What are some words that I can look up to learn more?
- Which online resources can give me more information about cancer, immunotherapy, and available support?

How do I talk to my healthcare team?

You may feel intimidated about talking to your healthcare team and asking questions. Sometimes, it is also hard to understand what the doctor says, or remember what you wanted to ask and talk about.

But, asking questions is an important way to address the things that may be worrying you.

Here are a few tips about asking questions:

- Think about and write down what you want to ask **before** you talk to your care team
- Take notes or ask if you can record the visit
- Ask if a **video or transcript** of your telemedicine call may be available
- Ask a caregiver, family member, or friend to be a second set of eyes and ears during your conversation with your healthcare team
- If you don't understand your healthcare team's answer to your question, ask for clarification. **Don't be shy about asking for more information!**

For me personally, it was important to stand up and be my own advocate, and to ask **all** of my questions.





I was delighted to learn that I could email my questions to the healthcare team **between my visits**. I wasn't worried about remembering everything during the visit.



Ask your healthcare team how to communicate with them if you have additional questions after your visit.

What kind of questions can I ask my healthcare team?

You can ask **any questions** you would like. To help you get started, here is a list of example questions to think about.

QUESTIONS ABOUT IMMUNOTHERAPY	✓ NOTES
Is immunotherapy right for me?	
Are there approved immunotherapies for my cancer?	
Is there another patient that I can talk to about their immunotherapy experience?	
Will I or my female partner be allowed to get pregnant while I am on immunotherapy?	
What are my other options?	
If there is no approved immunotherapy for my cancer, then is there an immunotherapy-related or other clinical trial available for me?	
How will I receive immunotherapy (e.g., an intravenous infusion, a subcutaneous injection, or a pill)?	
Do some methods of receiving immunotherapy work better than others?	
QUESTIONS ABOUT BIOMARKERS	✓ NOTES
What are biomarker tests?	
What can biomarker tests tell us about my cancer?	

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QUESTIONS ABOUT BIOMARKERS (CONT.)	✓ NOTES
When and how will I get my biomarker tests?	
How long will it take to get my biomarker test results?	
QUESTIONS ABOUT HOW IMMUNOTHERAPY MAY BE USED WITH OTHER TREATMENTS	✓ NOTES
Will this immunotherapy be my only creatment? If not, what other treatments could be part of my treatment plan?	
Will I receive other treatments that might require an intravenous infusion?	
Will I have more side effects if I receive more than one type of treatment?	
Will I be receiving the treatments at the same time or one after the other?	
Will I have to come in multiple times to the hospital or clinic to receive multiple treatments, or do they happen all in one day?	
Will all of my treatments be in the same nospital or clinic?	
How many different treatments can I have?	
Can I talk to anyone who has had multiple treatments?	······································
What kind of research has been done about this?	

QUESTIONS ABOUT COSTS	✓ NOTES
How much will immunotherapy cost?	
Who can I talk to if I have questions about costs, insurance coverage, and payments?	
QUESTIONS ABOUT IMMUNOTHERAPY TREATMENT VISITS	✓ NOTES
How often do I need to come to the hospital or clinic for my immunotherapy treatment visits?	
How long does each method of receiving immunotherapy take?	
What happens during each visit?	
Should someone come with me to each visit?	
How will I feel after each visit?	
Who can I contact after hours?	
If I move, can I continue immunotherapy at another hospital or clinic?	

QUESTIONS ABOUT SIDE EFFECTS	✓ NOTES
What side effects might I experience with each method of receiving immunotherapy?	
When do side effects usually happen?	
Who should I talk to if I have side effects?	
How will I know when I should call the doctor and when I should just keep track of my side effects?	
If I have to see an ER doctor or any other healthcare professional, what do I tell them about my immunotherapy and side effects?	
Will immunotherapy affect my ability to have children?	
QUESTIONS ABOUT TELEMEDICINE	✓ NOTES
I don't have a computer; can I still have a telemedicine visit?	
How long are the telemedicine visits?	
How will my doctor do a physical exam if I need one?	

What are some words that I can look up to learn more?

Below is a list of words and phrases from this guide and their definitions. You can use this list as search terms to learn more about these topics online, to talk to your support groups, or ask your care team about them.

Adjuvant therapy is a type of combination treatment of immunotherapy plus surgery. Surgery may be the first treatment, followed by immunotherapy to help your immune system attack leftover cancer cells that may have been missed during surgery.

Cancer survivorship is the process of living with, through, and beyond cancer, from diagnosis, treatment, and into follow-up.

Immune system is your body's way of protecting healthy cells from infections and diseases. Your immune system can help prevent unhealthy cells from growing out of control.

Immuno-oncology (sometimes called cancer immunotherapy, or just immunotherapy) is using drugs that may help your body's own immune system fight cancer.

Neoadjuvant therapy is a type of combination treatment of immunotherapy plus surgery. Immunotherapy may be the first treatment to help your immune system attack cancer and make the tumor smaller. Surgery will follow.

Perioperative therapy is a type of combination treatment of immunotherapy plus surgery. In this treatment you may have surgery around two immunotherapy treatments. You may start with immunotherapy, then have surgery, and then have immunotherapy again.

Scanxiety is a feeling of anxiety or distress that you may feel before, during, or after you have to do a scan to monitor your cancer during treatment or follow-up.

Survivorship care plan is a tool to help your oncologist, primary care physician, and other members of your care team to work with you in delivering the best care for your medical, physical, emotional, mental, social, and spiritual needs, even after your treatment ends.

MY WORDS AND PHRASES	✓ MY DEFINITIONS

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You can always ask your care team to explain any words that are unclear.

Which online resources can give me more information about cancer, immunotherapy, and available support?

American Cancer Society cancer.org

Bright Spot Network brightspotnetwork.org

Cancer and Careers cancerandcareers.org

Cancer Support Community cancersupportcommunity.org

Cancer Research Institute cancerresearch.org

CancerCare cancercare.org

Caring Bridge caringbridge.org

ClinicalTrials.gov
ClinicalTrials.gov

Family Reach familyreach.org

Food and Drug Administration's database

Drugs@FDA or accessdata.fda.gov/scripts/cder/daf/

INSPIRE inspire.com

Stand Up To Cancer standuptocancer.org

This list of resources is provided as a convenience. Bristol Myers Squibb does not endorse, and is not responsible, for information provided by third-party organizations.

What can I do next?

- **Consider visiting the links listed on the previous page** to get more information about cancer, immunotherapy, and support.
- **Consider preparing for any conversations with your care team** by reviewing the example questions in this guide, and writing down any other questions that you might have.
- Consider the factors in your own life that may be affected by receiving immunotherapy, and start planning ways to gain more control of your life and treatment.



