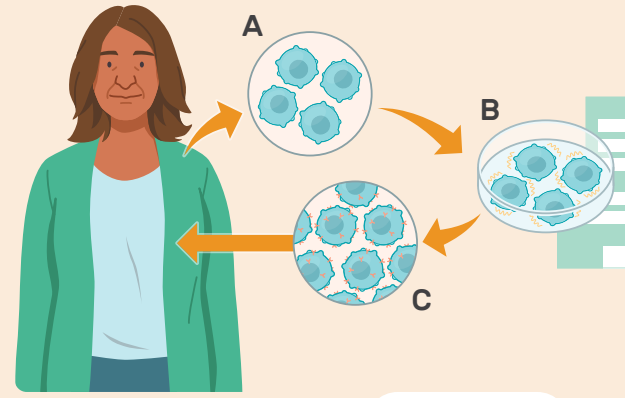


# What is CAR T-cell therapy (CAR T)?

## CAR T involves:

- A** Collecting your **T cells** from your blood and sending them to a specialized facility
- B** Changing your **T cells** into CAR T cells
- C** Returning your **CAR T cells** to your blood, where they may help your immune cells find and fight cancer



[Video](#)

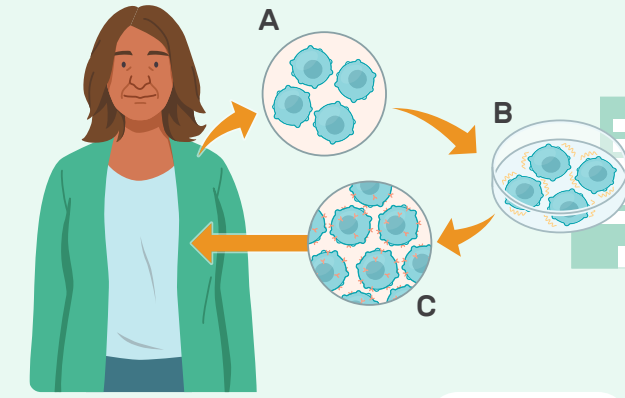


T cells are a type of white blood cell in your body. White blood cells are part of your immune system. To help explain, you can think of the T cells in your body as fighters...

# What is CAR T-cell therapy (CAR T)?

## CAR T involves:

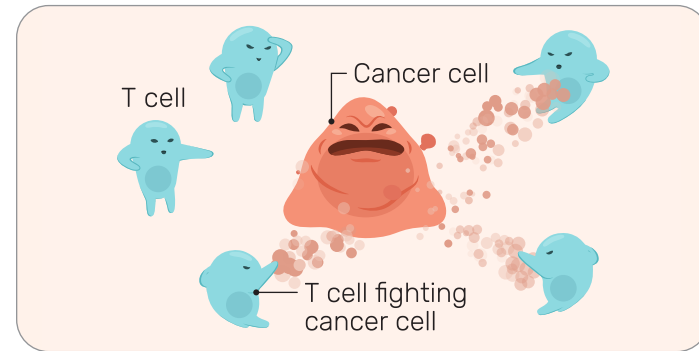
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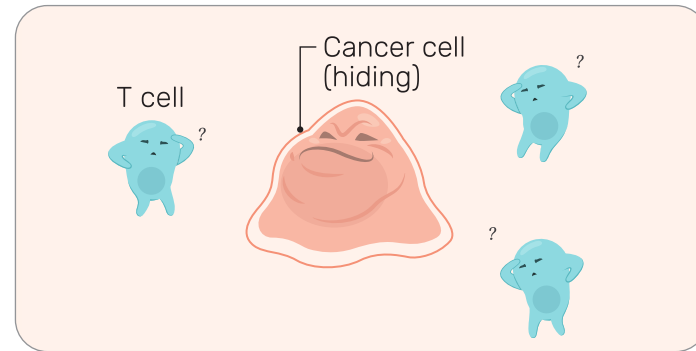
[Video](#)



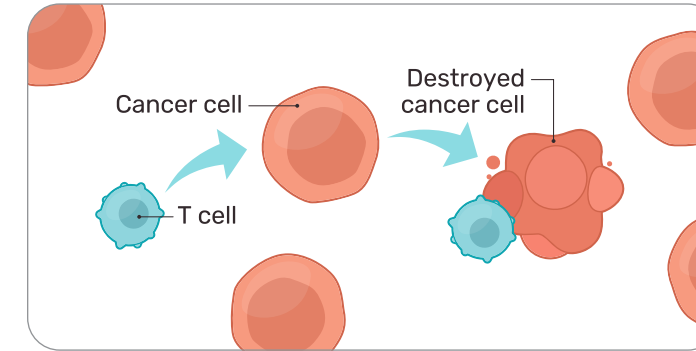
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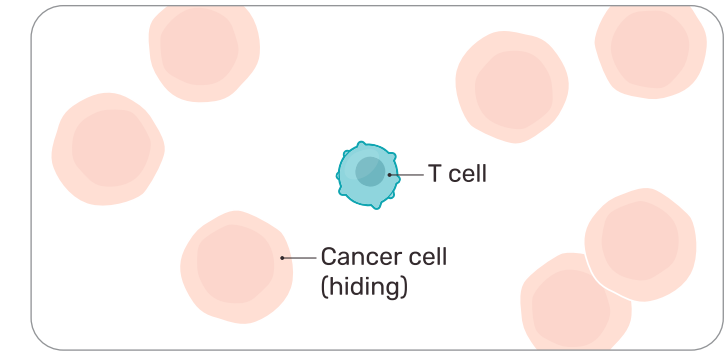
1. The body's immune system includes **T cells**. One job of **T cells** is to find and fight off cancer cells.



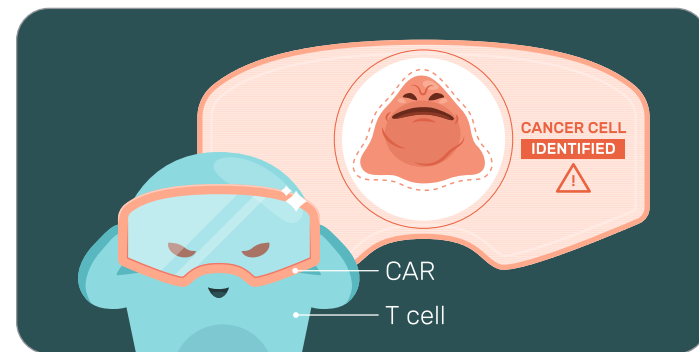
2. But some cancer cells can hide from **T cells**. It's like the cancer cells have turned invisible to the **T cells** and can continue to grow.



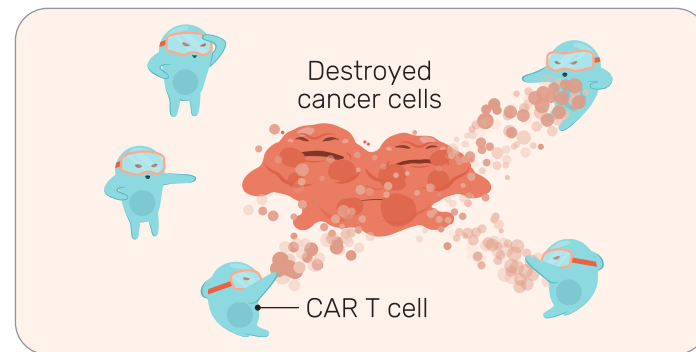
1. Normally, **T cells** help to find and fight off infections and cancer cells in the body.



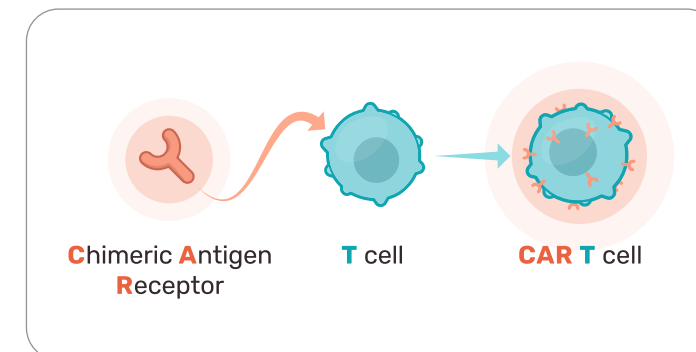
2. In some cancers, cancer cells can hide from your **T cells**. When your **T cells** can't "see" the cancer cells, this may allow cancer to grow.



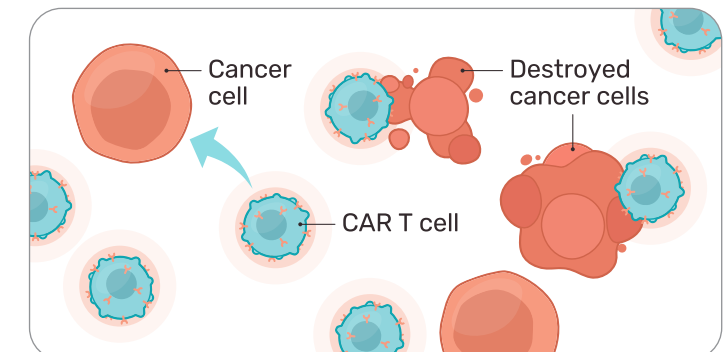
3. As part of treatment, **T cells** are changed so they can make **CARs** (Chimeric Antigen Receptors). **CARs** are like special goggles that **T cells** use to see hidden cancer cells.



4. T cells with CARs are called **CAR T cells**. **CAR T cells** can "see" the cancer cells and help fight them off.



3. CAR T can help your **T cells** fight cancer again. It does this by adding a **CAR** to your **T cells**. **CAR** stands for Chimeric Antigen Receptor.



4. Once in your body, your **CAR T cells** can help find and fight cancer cells.

## After receiving CAR T, some patients saw some, or all, symptoms of cancer disappear\*



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



CAR T has over **10** years of research data, and has been available since **2017**



Over **26,000** blood cancer patients treated worldwide (as of 2022)

\*There is a chance that cancer symptoms may come back.

## What are some of the possible side effects?

In addition to helping your immune system fight cancer, CAR T can cause your immune system to become overactive or affect the rest of your body in unwanted ways.

**Cytokine release syndrome** and **neurotoxicity** are two side effects that many patients have experienced and can become life-threatening. There are other CAR T side effects. Each person's experience and potential side effects will be different.

Some examples of the symptoms you may feel are below.

With **cytokine release syndrome** you may feel:

- feverish (feeling hot or chills)
- muscle aches, pains
- tired
- a loss of appetite

With **neurotoxicity** you may experience:

- changes to your mental state
- confusion
- difficulty with movement or language
- seizures

**The CAR T treatment team is trained to monitor and manage any side effects.**

For at least four weeks after your CAR T infusion, you'll stay at or near the CAR T medical center so that your CAR T treatment team can monitor and manage any side effects.

## How will we know if CAR T is right for me?



**CAR T is only available at specialized medical centers**

These centers are certified to provide CAR T and have teams who are specially trained to prescribe CAR T and treat and support patients through each step of CAR T.

1

### Referral to a CAR T medical center for consultation

The consultation will be to confirm if CAR T is an appropriate treatment for you. It may take time and multiple appointments to see if CAR T is right for you, followed by receiving approvals from insurance.

2

### Prepare for your CAR T consultation at the CAR T medical center

Before your consultation, prepare your questions, consider any travel or lodging that is necessary, and line up any additional support you may need.

Visit [www.LetsChatCART.com/finding-support](http://www.LetsChatCART.com/finding-support)

3

### Attend your CAR T consultation at the CAR T medical center

Each CAR T medical center has different staff and processes, but you can expect to:

- meet the CAR T treatment team—they're specialists who can answer any detailed questions about CAR T
- review your medical history and undergo some tests
- speak with a clinical nurse coordinator (may also be called a nurse navigator or case management nurse) to discuss more detail about how CAR T works, steps of treatment, side effects, logistics or financial needs, and caregiving requirements
- be referred to or meet a social worker, who can provide counseling and connect you to support services

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



Learn more about CAR T by asking the CAR T treatment team that you have been referred to, or visit [www.LetsChatCART.com](http://www.LetsChatCART.com)



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