



Roche

Your  questions  
answered.



**TECENTRIQ  
COMBINATION  
THERAPY  
PATIENT  
INFORMATION**  
TECENTRIQ  
+ NAB-PACLITAXEL

**1L mTNBC**

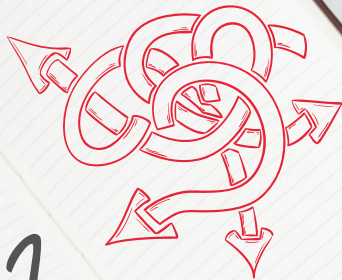
First Line Metastatic Triple  
Negative Breast Cancer

 **TECENTRIQ**  
atezolizumab

▼ This medicinal product is subject to additional monitoring.  
This will allow quick identification of new safety information.  
Healthcare professionals are asked to report any suspected adverse reactions.

Being diagnosed with breast cancer can be overwhelming. You probably have many questions about what to expect going forward. The next few pages will provide important answers to help you prepare for your treatment.

## DIAGNOSIS



What now?



## Metastatic Triple Negative Breast Cancer TNBC



Metastatic breast cancer occurs when cells in the breasts become abnormal, grow out of control, form into cancer and then spread to other areas of the body.

There are different types of breast cancer. Some breast cancer cells have receptors that hormones or proteins can attach to. Triple negative breast cancer (TNBC) has neither receptors for oestrogen and progesterone hormones nor for a specific protein called HER2. Some TNBC express a protein called PD-L1. This protein enables cancer cells to hide from the immune system. TNBC patients with PD-L1 can be prescribed TECENTRIQ.

Your physician has prescribed **TECENTRIQ** in combination with chemotherapy. TECENTRIQ is a new therapy that harnesses the power of the body's own immune system to shrink tumours and help you stay alive longer. **This is called CANCER IMMUNOTHERAPY.**

**TREATMENT**

I have been prescribed a cancer immunotherapy combined with chemotherapy.

How do they work?

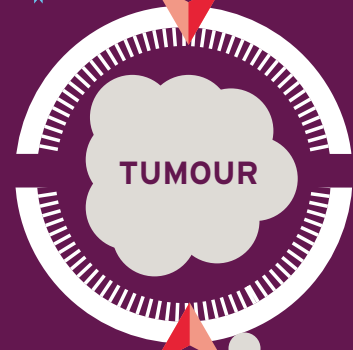


**Your treatment fights cancer in two different ways:**

**TECENTRIQ**

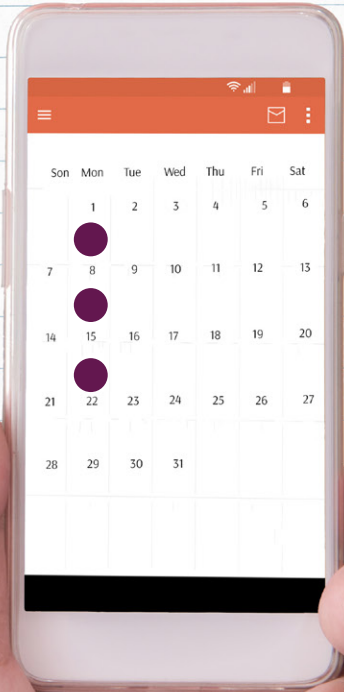
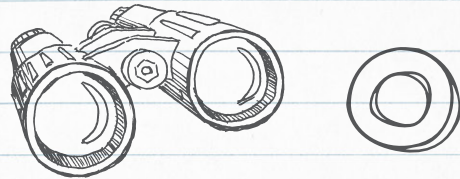
**IMMUNOTHERAPY**

activates the immune system to recognize, attack and destroy cancer cells by blocking PD-L1. PD-L1 is a protein that enables cancer cells to hide from the immune system.



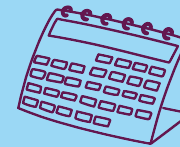
**CHEMOTHERAPY**

stops the growth of cancer cells. It can also help trigger the immune response to the tumour, helping the cancer immunotherapy treatment work better.



GOALS

What can I expect from my treatment?



### A CHANCE TO LIVE LONGER

This combination therapy can help control cancer to allow you to live longer than on chemotherapy alone.



### 1 WEEK WITH NO TREATMENT EACH MONTH

3 INFUSIONS PER MONTH

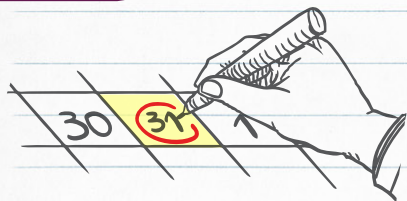
Your doctor will decide how long you will receive TECENTRIQ and chemotherapy treatment. Typically, your doctor will continue with this combination therapy as long as your cancer remains under control and you tolerate the treatment.

You will be monitored throughout your treatment to identify and control side effects quickly.



How can I  
*prepare*  
for infusion  
day?

## PLANNING



### MARK YOUR APPOINTMENT DATES ON YOUR CALENDAR!

Write down your questions for your doctor or nurse and be sure to bring them to your appointment.

### ARRIVE WELL-RESTED AND FED

Unless your doctor or nurse has instructed otherwise, you might wish to eat a light meal beforehand in case you experience nausea during treatment.

### WEAR COMFORTABLE CLOTHES

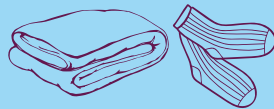
A short-sleeve or V-neck shirt might make it easier to administer your treatment.



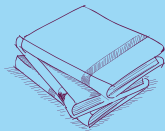
### BRING

#### Fluids & Snacks

Drinking water or juice will keep you hydrated. You may also get hungry during treatment so bring some of your preferred snacks.



**Sweater/blanket & warm socks**  
to put on in case you get cold.



#### Entertainment

Books, newspapers or magazines  
Laptop/tablet with charger & headphones  
Puzzles and games  
Knitting, or similar

### CONSIDER BRINGING A COMPANION

especially to the first infusion. Be sure to ask if your facility allows this.

### PLAN A RIDE HOME

You may find that the medications make you drowsy or cause other side effects that make travelling on your own difficult.

### PREPARE SOME MEALS

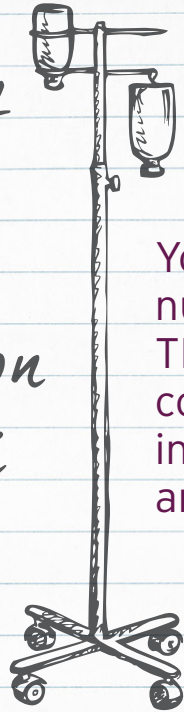
for when you return home as you may not feel like cooking immediately following treatment.

### REST AFTER INFUSION

You may feel quite tired or unwell for 2-3 days after infusion, so plan for some immediate rest as you make arrangements for work, children, pets or other commitments.



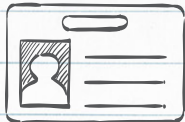
What does a typical infusion day look like?



Your doctor or nurse will administer **TECENTRIQ** combination therapy into your vein through an intravenous line.



## INFUSION-DAY



### PATIENT ALERT CARD

You will receive a Patient Alert Card at or before your first infusion. Be sure to keep it with you at all times and show it to any and all healthcare professionals who may treat you.

1

### CONSULTATION

with your doctor or nurse who will make sure you are fit for treatment. Be sure to ask any questions you have.

2

### PRE-MEDICATION

You may be given medication before treatment to reduce the risk of allergic reactions and chemotherapy side-effects.

3

## Treatment cycle

### 3 INFUSIONS EVERY 4 WEEKS

DAY 1 | DAY 15



**TECENTRIQ**

**CHEMOTHERAPY**  
nab-paclitaxel



**1 hour infusion**  
except for the first infusion: 1.5 hours

DAY 8

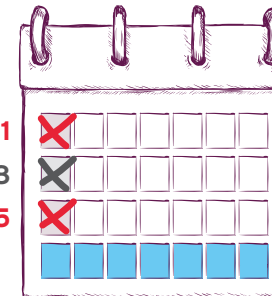


**CHEMOTHERAPY**  
nab-paclitaxel



**1/2 hour infusion**

DAY 1  
DAY 8  
DAY 15



**TECENTRIQ + CHEMOTHERAPY**  
**CHEMOTHERAPY**

**TECENTRIQ + CHEMOTHERAPY**

One week each cycle with no infusion!

4

### MONITORING FOR AN ALLERGIC REACTION

Your nurse will check you for signs of a reaction which can include:

- ..... rash
- ..... feeling itchy, flushed or short of breath
- ..... swelling of your face or lips
- ..... feeling dizzy
- ..... pain in the stomach, back or chest
- ..... feeling unwell

**Tell your nurse immediately if you have any of these symptoms during or up to one day after infusion!**

It can happen that you may feel pain along the vein. Inform the nurse and he/she will slow the drip to ease your pain.

How will  
I feel  
after  
treatment?

## AT HOME



### ACCEPT SUPPORT

Establish a network of caregivers - family and friends whom you can lean on for physical, emotional and mental support.

### KEEP A HEALTH JOURNAL

Note your questions for your doctor or nurse and describe your symptoms, if you have any.

People treated with **TECENTRIQ** combination therapy usually tolerate the treatment well and are able to continue performing their everyday activities.

As with any other drug, **TECENTRIQ** combination therapy can affect the normal functioning of your organs and tissues. We call these problems side effects. They can sometimes become serious or life-threatening.

Be sure to inform your doctor or nurse of any side effects, so he/she can help you manage and treat them.



### EAT A BALANCED DIET

Your body needs to get enough protein and calories to heal tissues and fight infections during treatment.

Because treatment side effects may affect your appetite and make eating difficult, try to eat five or six small healthy meals throughout the day, instead of three larger meals. Also, don't forget to stay hydrated!



### GET SOME FRESH AIR

Gentle activity can help reduce stress and fatigue, and even help you feel like eating. Outdoor, daytime activity can also help you get better nighttime sleep. It's important not to push yourself too hard, however. Speak with your doctor about how much is good for you.




### REST

You may feel more tired than usual during treatment. Try to get as much sleep at night as you feel you need to get you going during the day. During the day, try to stay as physically active as possible, but do take short breaks if you feel too tired.

How can  
I best  
take care  
of myself  
during  
treatment?





When   
I should  
I **call** my  
doctor  
or nurse?



## SAFETY INFORMATION

**CALL RIGHT AWAY**  
if your side effects  
become worse, or you  
develop new side effects.

**DO NOT** try to treat  
symptoms yourself!

## POSSIBLE SIDE EFFECTS

You may experience one or several of the side effects listed below.

The most common side effects are in bold.

Always be alert for any new symptoms, particularly in the first 2-3 days after treatment. Be sure to get instructions from your doctor or nurse regarding the specific symptoms you should look out for and immediately report them to the emergency contact the hospital provides. Getting medical treatment right away may help keep these problems from becoming more serious!

### EYES

- My eyesight has changed
- I have double vision
- My eyes have become more sensitive to light
- The whites of my eyes have become more yellow

### MOUTH AND HEAD

- I am more thirsty than usual
- I have a dry mouth
- I feel faint or dizzy
- I have headaches that will not go away or are unusual for me
- My neck is stiffer than usual

### STOMACH AND BOWELS

- **I feel less or more hungry than usual**
- **I've been nauseated and vomiting**
- **I'm constipated**
- **I have diarrhea**
- My stools are black, tarry, sticky or have blood or mucus
- I have stomach pain

### GENERAL

- **I have a fever**
- **I have developed ulcers in the mouth, nose, throat, or genital area**
- I feel tired or confused
- I feel colder than normal
- I've lost or gained weight
- I or others have noticed a change in my behavior
- I'm feeling generally unwell
- I am finding exercise more difficult than usual

### SKIN AND HAIR

- **I have a rash or my skin feels itchy**
- My skin has become more yellowish
- My skin has lost some of its colour
- I am bleeding or bruising more than usual
- I'm sweating more than normal
- I am losing my hair
- My skin is blistering or peeling
- I am more sensitive to hot and cold than I used to be
- My skin is flushing

### THROAT, CHEST & HEART

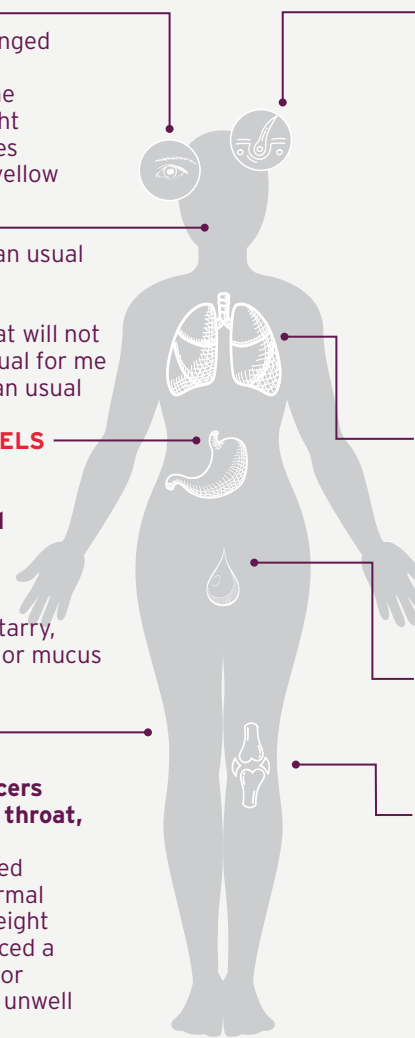
- **I have developed a new or worse cough**
- My voice is getting deeper
- I feel more short of breath
- I have chest pain
- I've noticed a rapid or irregular heartbeat

### URINE

- The amount and colour of my urine has changed
- My urine is dark

### MUSCLES, NERVES, JOINTS AND LEGS

- **My muscles ache or feel weak**
- **I have numbness, pricking or tingling in my hands and feet**
- There is a swelling in my legs



Because many of these side effects can also occur from other causes that would require different treatments, make sure all your nurses and doctors know - including your family doctor - that you are or were on immunotherapy. **Always show your Patient Alert Card!**



# Where can I find more information and support?

## TECENTRIQ PRODUCT INFORMATION

www.xxxxxxxxxx.ch  
www.xxxxxxxxxx.ch  
www.xxxxxxxxxx.ch

## BREAST CANCER INFORMATION

www.xxxxxxxxxx.ch  
www.xxxxxxxxxx.ch  
www.xxxxxxxxxx.ch

## PATIENT SUPPORT

www.xxxxxxxxxx.ch  
www.xxxxxxxxxx.ch  
www.xxxxxxxxxx.ch

## OTHER LINKS

www.xxxxxxxxxx.ch  
www.xxxxxxxxxx.ch  
www.xxxxxxxxxx.ch

## Important Contacts

Your doctor or nurse will highlight the most important numbers for you to call.

Doctor

Nurse

Oncology ward

Acute oncology service

After-hours contact number

Accident & Emergency number

Patient support line





*Cancer control  
is possible together.*



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F. Hoffmann-La Roche Ltd  
4070 Basel, Switzerland  
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PR/TCN/1901/0003

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 **TECENTRIQ**<sup>®</sup>  
*atezolizumab*