



# TAKING CARE

## A Guide For Caregivers

### Being The Face Of Support

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As a caregiver for someone living with metastatic breast cancer, your role is absolutely vital. There may be no cure for the disease, but with your help, your loved one may find the comfort and support she needs.

We've developed this guide to help you learn more about your loved one's treatment with IBRANCE, and to offer you tips that can help you care for her as well as for yourself.

### What Is IBRANCE?

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IBRANCE is a prescription medicine used to treat hormone receptor-positive (HR+), human epidermal growth factor receptor 2-negative (HER2-) breast cancer that has spread to other parts of the body (metastatic) in combination with:

- an aromatase inhibitor as the first hormonal based therapy in women who have gone through menopause, or
- fulvestrant in women with disease progression following hormonal therapy.

#### SELECTED SAFETY INFORMATION

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**IBRANCE may cause serious side effects**, including low white blood cell counts that may cause serious infections that can lead to death.

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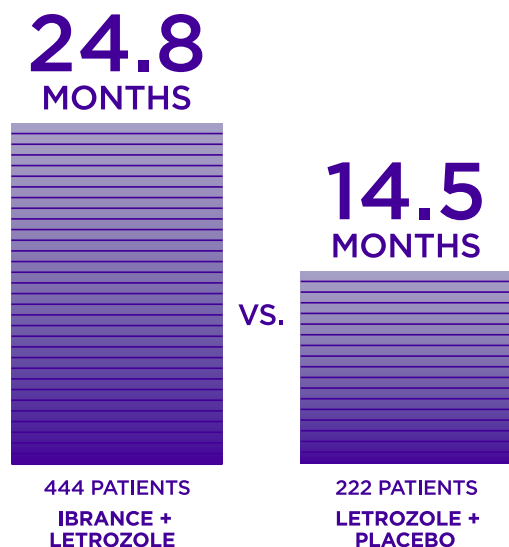
# IBRANCE® (palbociclib) + Letrozole Delayed Disease Progression By A Median Of 2+ Years

IBRANCE was studied in a clinical trial of 666 postmenopausal women with ER+/HER2- metastatic breast cancer who had not received prior hormone therapy for their metastatic disease. Patients were split into 2 groups. The first group took IBRANCE and letrozole (an aromatase inhibitor\*) together, while the second group took letrozole and placebo.

Together, the combination of IBRANCE and letrozole delayed disease progression for a median time of 24.8 months versus 14.5 months for those that received letrozole and placebo.

This means that IBRANCE plus letrozole was **significantly more effective at delaying disease progression** versus letrozole and placebo.

## DELAYED DISEASE PROGRESSION MEDIAN TIME TO DISEASE PROGRESSION



\*Aromatase inhibitor is a class of therapy that includes: letrozole, anastrozole, and exemestane.

## Shrinking The Tumor

In the same clinical trial, tumor response to treatment was measured. The results showed that in patients taking IBRANCE and letrozole, tumor response was 55% — meaning **more than half of these patients saw their tumors shrink in size** — compared to 44% who took letrozole and placebo.

## Her Treatment Cycle

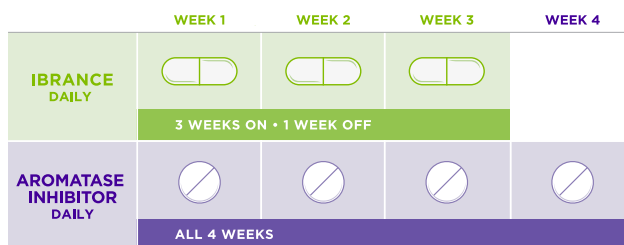
IBRANCE and an aromatase inhibitor are taken orally in a 4-week cycle. For the first 3 weeks (21 days), your loved one will take one IBRANCE and one aromatase inhibitor pill every day. Then for the last week (7 days), she'll take only one pill — an aromatase inhibitor. At the end of 4 weeks, the cycle will start over again. Her healthcare team will monitor her therapy throughout.

Even though your loved one will stop taking IBRANCE for the last week of each cycle, an aromatase inhibitor should be taken every day throughout her therapy. It should even be taken if her healthcare team stops her treatment with IBRANCE or adjusts her dose.

## Staying On Track

It's very important for your loved one to take her medicine exactly as prescribed. You can help by leaving simple reminders, like a note, text, or phone call. Or encourage her to download our Dosing Tracker at [IBRANCE.com](http://IBRANCE.com). Additionally, you can accompany your loved one to her follow-up appointments.

## IBRANCE + AROMATASE INHIBITOR



For illustrative purposes only.

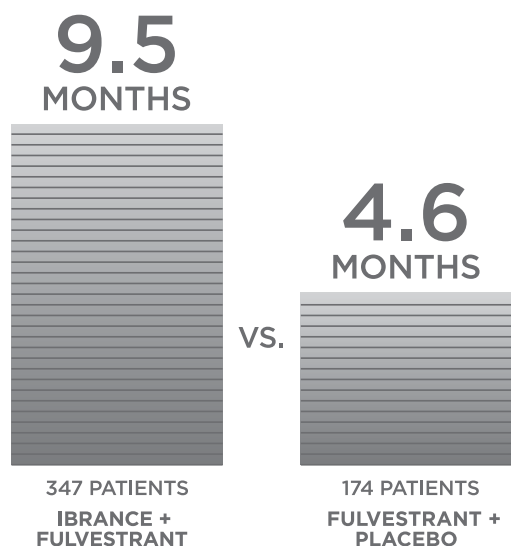
# IBRANCE® (palbociclib) + Fulvestrant Delayed Disease Progression 2X Longer

IBRANCE was studied in a clinical trial of 521 women with hormone receptor positive, HER2- metastatic breast cancer, regardless of their menopausal state, who had received hormone therapy either for early stage breast cancer or for metastatic disease. Hormone receptor positive includes both ER+ (estrogen receptor positive) and/or PR+ (progesterone receptor positive) subtypes. Patients were split into 2 groups. The first group took IBRANCE and fulvestrant together, while the second group took fulvestrant and placebo.

Together, the combination of IBRANCE and fulvestrant delayed disease progression for a median time of 9.5 months versus 4.6 months for those that received fulvestrant and placebo.

This means that IBRANCE plus fulvestrant was **2x more effective at delaying disease progression** versus fulvestrant and placebo.

## DELAYED DISEASE PROGRESSION MEDIAN TIME TO DISEASE PROGRESSION



## Shrinking The Tumor

In the same clinical trial, tumor response to treatment was measured. The results showed that in patients taking IBRANCE and fulvestrant, tumor response was 24.6% — meaning **24.6% of these patients saw their tumors shrink in size** — compared to 10.9% who took fulvestrant and placebo.

## Her Treatment Cycle

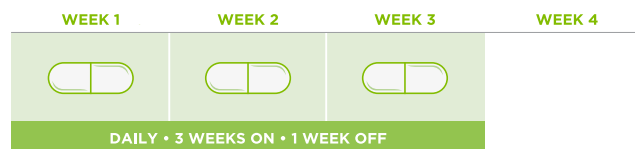
IBRANCE is taken orally over a 4-week cycle. For the first 3 weeks (21 days), your loved one will take one IBRANCE pill every day. Then for the last week (7 days), she won't take IBRANCE. At the end of 4 weeks, the cycle will start over again. Her healthcare team will monitor her therapy throughout.

Fulvestrant is an intramuscular injection that is administered by your loved one's healthcare provider. Each treatment is given as 2 injections (for a 500-mg total dose). Fulvestrant requires 3 doses during the first month of treatment. Your loved one's healthcare provider will give her one dose on days 1, 15, and 29 of the first month and then a single dose once a month thereafter. Please refer to the chart below, and remind your loved one to discuss scheduling her injection appointments with her healthcare team.

## Staying On Track

It's very important for your loved one to take her medicine exactly as prescribed. You can help by leaving simple reminders, like a note, text, or phone call. Or encourage her to download our Dosing Tracker at [IBRANCE.com](http://IBRANCE.com). Additionally, you can accompany your loved one to her follow-up appointments.

## IBRANCE



## + FULVESTRANT



For illustrative purposes only.

# Important Safety Information

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**IBRANCE® (palbociclib) may cause serious side effects, including:**

**Low white blood cell counts (neutropenia).** Low white blood cell counts are very common when taking IBRANCE and may cause serious infections that can lead to death. Your doctor should check your white blood cell counts before and during treatment.

If you develop low white blood cell counts during treatment with IBRANCE, your doctor may stop your treatment, decrease your dose, or may tell you to wait to begin your treatment cycle. Tell your doctor right away if you have signs and symptoms of low white blood cell counts or infections such as fever and chills.

**Before you take IBRANCE, tell your doctor if you:**

- have fever, chills, or any other signs or symptoms of infection.
- have liver or kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant; IBRANCE can harm your unborn baby.
  - Females who are able to become pregnant and who take IBRANCE should use effective birth control during treatment and for at least 3 weeks after stopping IBRANCE.
  - Males who are taking IBRANCE and have female partners who can become pregnant should use effective birth control during treatment with IBRANCE and for 3 months after the final dose of IBRANCE.
- are breastfeeding or plan to breastfeed; it is not known if IBRANCE passes into your breast milk. You and your doctor should decide if you will take IBRANCE or breastfeed. You should not do both.

**Common side effects of IBRANCE include:**

- Low red blood cell counts and low platelet counts. Call your doctor right away if you develop any of these symptoms during treatment:
  - dizziness
  - shortness of breath
  - weakness
  - bleeding or bruising more easily
  - nosebleeds

**Other common side effects include:** infections, tiredness, nausea, sore mouth, abnormalities in liver blood tests, diarrhea, hair thinning or hair loss, vomiting, rash, and loss of appetite.

IBRANCE may cause fertility problems in males. This may affect your ability to father a child. Talk to your doctor if this is a concern for you.

These are not all of the possible side effects of IBRANCE. For more information, ask your doctor. Tell your doctor if you have any side effect that bothers you or does not go away.

Tell your doctor about all of the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. IBRANCE and other medicines may affect each other, causing side effects.

Do not drink grapefruit juice or eat grapefruit products while taking IBRANCE as they may increase the amount of IBRANCE in your blood.

Tell your doctor if you start a new medicine. Take IBRANCE exactly as your doctor tells you.

If you take too much IBRANCE, call your doctor right away or go to the nearest hospital emergency room.

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Please click for the full [Prescribing Information](#) and [Patient Information](#) or visit [IBRANCE.com](http://IBRANCE.com).

# Giving Care

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Giving your loved one the support she needs starts with understanding what she wants. Explore the tips below to learn how to communicate more effectively, and to learn about a few simple things you can do that may make a big difference to her.

## **Keep the lines of communication open.**

Metastatic breast cancer may leave your loved one feeling isolated. Make sure she knows that you're there for her, and that she should feel comfortable sharing honestly with you. And if you aren't sure about how she's feeling or what she needs, ask.

## **Listen to her needs.**

Always listen carefully and ask if it is okay to offer advice. And remember, your loved one is the person facing metastatic breast cancer. So it's important to respect her decisions regarding treatment and how she manages the disease.

## **Give her emotional space.**

Your loved one will have good days and bad, and sometimes a bit of time alone may be what she needs most.

## **Be honest.**

Your feelings are important too. Sharing how you feel can help ensure that negative emotions don't get bottled up, but don't overwhelm your loved one with these feelings. If you're feeling stressed, make sure you take some time to calm down before discussing any personal concerns.

## **Learn about your rights and benefits.**

For instance, as part of the federal Family and Medical Leave Act, you may qualify for unpaid leave from work in order to care for your loved one.

## **Little things can go a long way.**

Just taking on a simple chore like cooking, cleaning, or filling out medical paperwork can be a big help, especially if she's having a rough day.

## **Establish a relationship with her healthcare team.**

Get to know your loved one's healthcare team and how to reach them. And ask your loved one if she'd like you to join her at her appointments. You may have questions that the healthcare team can answer, and it can be helpful to have someone take notes.

## **Help her remember just how beautiful she is.**

Metastatic breast cancer can take a heavy physical and emotional toll. Throughout all the ups and downs, find ways to help her look and feel her best.

## **Try different ways of communicating.**

You may find that leaving notes and showing physical affection can be good ways to communicate.

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Sign up on **IBRANCE.com** to receive additional tips and information throughout your loved one's treatment.

# Caring For Yourself

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While providing your loved one with support is vital, it's just as important to take care of yourself. We've put together the following tips to help you stay on top of the stress and fatigue that can come with helping your loved one battle metastatic breast cancer.

## **Set realistic expectations for yourself.**

Metastatic breast cancer can be daunting to face, for patients and caregivers alike. Even when you're doing everything you can, it can be frustrating to feel like you're coming up short. Focus on what you can accomplish to avoid feeling overwhelmed.

## **Maintain your hobbies.**

Preserving your personal life may give you an outlet for stress and help you relax so that you can be an effective caregiver. Make time for the things you want to do, and regularly plan activities you enjoy.

## **Keep your friends close.**

Caregiving can be a consuming job. Your friends can provide a welcome distraction and offer help if you need it. Just as you're supporting someone, it's important not to abandon your own support system.

## **Accept help if it's offered.**

When people offer a helping hand, there's no sense in turning it down. Often, people are happy to help out, but don't know where to start. Having a list of chores handy can make it easy to give friends and family members something meaningful to do.

## **Stay ahead of stress.**

If you're feeling tired or stressed, finding ways to relax, like yoga, meditation, or even taking a nap, can have a profound effect on your ability to give care effectively.

## **Consider joining a support group.**

If you ever feel overwhelmed, remember that you're not alone. Many groups exist (in person and online) to help caregivers find the support they need.

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For more caregiver resources, tools, and helpful links, visit our dedicated support section on **IBRANCE.com**.

# How To Get IBRANCE® (palbociclib)

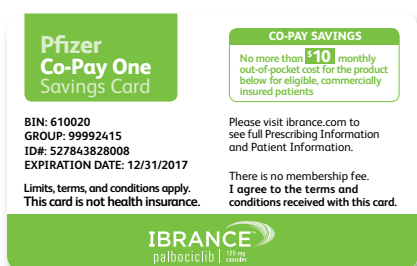
IBRANCE is available through Specialty Pharmacy Providers (SPPs). These are pharmacies that handle medicines that are often not stocked at regular neighborhood pharmacies. Your loved one's doctor's office can help her find an SPP that works with her insurance.

If your loved one needs help paying for her IBRANCE prescription, Pfizer offers a variety of support services to patients who qualify, regardless of their insurance coverage. So be sure that you or your loved one asks her SPP about the following programs.

## Commercially Insured?

With the Pfizer Co-Pay One Savings Program, eligible patients pay no more than \$10 a month\* for IBRANCE. Enrollment is simple, with no financial conditions, forms, or faxing.

To find out if your loved one is eligible, visit [PfizerCoPayOne.com/IBRANCE-card](http://PfizerCoPayOne.com/IBRANCE-card).



\*Limits, terms, and conditions apply. **The offer will be accepted only at participating pharmacies. This offer is not health insurance.** No membership fees apply. Please visit [PfizerCoPayOne.com/IBRANCE-card](http://PfizerCoPayOne.com/IBRANCE-card) or see savings card for complete terms and conditions. For any questions, please call 1-855-612-1951 or visit [PfizerCoPayOne.com/IBRANCE-card](http://PfizerCoPayOne.com/IBRANCE-card). Pfizer Co-Pay One Savings Card, 2250 Perimeter Park Drive, Suite 300, Morrisville, NC 27560.

## Uninsured?

Our Pfizer RxPathways® program can connect your loved one with services to help pay for her IBRANCE prescription. Services available to eligible patients include:

- Medicines for free or at a savings
- Specialty pharmacy referral
- Co-pay foundation assistance
- Appeals process information
- Insurance counseling when appropriate

To find out which services apply to IBRANCE, visit [PfizerRxPathways.com](http://PfizerRxPathways.com) or call 1-877-744-5675.

## On Medicare Or Government Insured?

Pfizer RxPathways® can provide insurance counseling and help locate independent foundation financial support. Our program can facilitate a comprehensive search for available funding through independent co-pay foundations.†

For more information, visit [PfizerRxPathways.com](http://PfizerRxPathways.com) or call 1-877-744-5675.

†Availability of financial support from independent co-pay foundations is determined solely by the foundations which exist and operate independently of Pfizer.



Please see the Important Safety Information on page 4. Click for the full [Prescribing Information](#) and [Patient Information](#) or visit [IBRANCE.com](http://IBRANCE.com).



For more information, visit [IBRANCE.com](http://IBRANCE.com).

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