Your Guide to Treatment With ABRAXANE

for Metastatic Breast Cancer (MBC)

ABRAXANE is a prescription medicine used to treat advanced breast cancer in people who have already received certain other medicines for their cancer.

Please see Important Safety Information on pages 6-9, and Patient Information and full Prescribing Information, including Boxed WARNING, in the back pocket.

People shown are not actual patients unless noted.
Face the Challenge With ABRAXANE

If you have metastatic (meh-tuh-STA-tik) breast cancer, or MBC, you are not alone. More than 155,000 people in the United States are living with cancer that has spread from the breast to other parts of the body. This type of cancer is also known as advanced or stage 4 cancer.

ABRAXANE (ah-BRAKS-ane) is a prescription medicine used to treat advanced breast cancer in people who have already received certain other medicines for their cancer.

What you will learn from reading this brochure

This brochure explains how ABRAXANE can help treat MBC. You and your caregivers will learn:

- Important Safety Information for ABRAXANE
- How ABRAXANE works
- How to prepare for treatment with ABRAXANE
- Why it is important to take an active role in your care
- Steps you can take to help with your journey
- How to get the support you need as you go through treatment

Please see the Medical Terms to Know pullout in the back pocket to learn the meaning of key words related to treatment with ABRAXANE.
Dealing with MBC can be overwhelming. To live as well as you can, it is important to work closely with your healthcare team. It is also important to let your caregivers know what you need from them. It is not always easy to speak up for yourself or to ask for help. But this is the time to put your needs first.

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Use the tools in the pocket to help you learn more about ABRAXANE, get organized for treatment, and take an active role in your care.

Preparing for My Treatment

Medical Terms to Know

Full Prescribing Information

The information in this brochure does not take the place of talking with your doctor about your medical condition or your treatment. Be sure to talk with your healthcare team about any concerns or questions you may have.
Important Safety Information
Important Safety Information
ABRAXANE is a prescription medicine used to treat advanced breast cancer in people who have already received certain other medicines for their cancer.

Important Safety Information About ABRAXANE

WARNING - LOW WHITE BLOOD CELL COUNT (NEUTROPENIA)

• Do not take ABRAXANE if your white blood cell count is below 1500 cells/mm³ (neutropenia), since you may be more likely to get a serious infection. While taking ABRAXANE, you must get regular blood tests to check for any problems that could develop

• ABRAXANE contains albumin, a substance found in human blood. Do not substitute for or with other paclitaxel formulations

Who should not receive ABRAXANE?

• Do not receive ABRAXANE if:
  – your white blood cell count is below 1500 cells/mm³
  – you have had a severe allergic reaction to ABRAXANE

Serious side effects

ABRAXANE may cause serious side effects, including:

• Decreased blood cell counts. ABRAXANE can cause a severe decrease in neutrophils, a type of white blood cell which helps fight infections, and blood cells called platelets which help to clot blood. Your healthcare provider will check your blood cell count during your treatment with ABRAXANE
Serious side effects (continued)

- **Nerve problems (neuropathy).** Tell your healthcare provider if you have numbness, tingling, pain, or weakness in your hands or feet.

- **Allergic reactions.** Severe allergic reactions are medical emergencies that can happen in people who receive ABRAXANE and can lead to death. You may have an increased risk of having an allergic reaction to ABRAXANE if you are allergic to other taxane medicines. Your healthcare provider will monitor you closely for allergic reactions during your infusion of ABRAXANE. Tell your healthcare provider right away if you get any of these signs of a serious allergic reaction: trouble breathing, sudden swelling of your face, lips, tongue, throat, or trouble swallowing, hives (raised bumps), rash, or redness all over your body.

Other risks

- Treatment with ABRAXANE can make liver problems worse. If you have liver problems, your starting dose of ABRAXANE should be lowered or withheld.

- ABRAXANE contains albumin (human), a product of human blood.

- Do not breastfeed during your treatment and for two weeks after the last dose of ABRAXANE.

Risks to pregnancy

- If you are pregnant or become pregnant, ABRAXANE can harm your unborn baby. Your healthcare provider should do a pregnancy test before you start treatment with ABRAXANE. Women should not become pregnant and should use effective birth control (contraception) during treatment and for at least six months after the last dose of ABRAXANE. Talk to your doctor about birth control methods you can use during this time.
Risks to pregnancy (continued)

- ABRAXANE can harm the unborn baby of your partner
- If you are a man, you should not father a child and should use effective birth control (contraception) during treatment and for at least three months after the last dose of ABRAXANE
- ABRAXANE may cause fertility problems in males and females, which may affect your ability to have a child. Talk to your healthcare provider if this is a concern for you

Other possible side effects

The most common side effects of ABRAXANE in people with breast cancer include:

- hair loss
- numbness, tingling, pain, or weakness in the hand or feet
- tiredness
- changes in your liver function tests
- nausea
- diarrhea
- infections
- decreased white blood cell count
- abnormal heartbeat
- joint and muscle pain
- low red blood cell count (anemia).

Other side effects include vision problems, decreased appetite, kidney problems, constipation, and difficulty breathing.

In some patients receiving ABRAXANE, severe heart and blood vessel side effects have occurred. These included chest pain, heart attack, fluid under the skin, blood clots in the veins or lungs, high blood pressure, stroke, and heart failure.
Other Important Safety Information about ABRAXANE

- You should contact your doctor if you have signs or symptoms of vomiting, diarrhea, dehydration, cough, or breathing difficulties that do not go away, or signs of an allergic reaction. Tell your doctor if you have any other medical conditions.
- Treatment with ABRAXANE can cause irritation where the medicine is injected (injection site reactions). You should be monitored by your doctor or nurse during and after you receive ABRAXANE to make sure no problems occur at the injection site. In some cases, these problems occurred 7 to 10 days after the medicine was injected.
- It is not known whether ABRAXANE interacts with other drugs, so be sure to tell your doctor about any medicines, including prescription and over-the-counter medicines, vitamins, and herbal supplements you are taking.
- It is not known if ABRAXANE is safe or effective in children.
- ABRAXANE has not been adequately studied in people with severe kidney problems.

These are not all the possible side effects of ABRAXANE. For more information, ask your doctor or pharmacist. You may report side effects to FDA at 1-800-FDA-1088.
About ABRAXANE
What Is ABRAXANE?

ABRAXANE is a prescription medicine used to treat advanced breast cancer in people who have already received certain other medicines for their cancer.

ABRAXANE is a chemotherapy (KEE-moh-THAYR-uh-pee). Chemotherapy is a type of medicine that is used to keep cancer cells from growing or to kill cancer cells.

Treatment with ABRAXANE may help control or slow the spread of cancer cells.

Your doctor may recommend treatment with ABRAXANE based on the stage of your cancer and your overall health. Only your doctor can help you decide if ABRAXANE is right for you.

What is some Important Safety Information you need to know about ABRAXANE?

WARNING - LOW WHITE BLOOD CELL COUNT (NEUTROPENIA)

• Do not take ABRAXANE if your white blood cell count is below 1500 cells/mm³ (neutropenia), since you may be more likely to get a serious infection. While taking ABRAXANE, you must get regular blood tests to check for any problems that could develop

• ABRAXANE contains albumin, a substance found in human blood. Do not substitute for or with other paclitaxel formulations

Do not receive ABRAXANE if:

• Your white blood cell count is below 1500 cells/mm³
• You have had a severe allergic reaction to ABRAXANE
ABRAXANE is a different formulation of the cancer-fighting medicine paclitaxel (PAK-li-TAK-sel). ABRAXANE is made by binding paclitaxel to albumin (al-BYOO-min). Albumin is a protein found in the blood.

**ABRAXANE is free of solvents**

Because ABRAXANE is bound to albumin, no solvents are needed to dissolve it.

Solvents are chemicals that help dissolve some medicines so that they can be given by infusion (in-FYOO-zhun). Some solvents can cause allergic reactions. Since ABRAXANE does not contain solvents, it is not usually necessary to take medicines to prevent allergic reactions before ABRAXANE is given. These medicines are also called premedication.

Allergic reactions can occur with ABRAXANE. Premedication may be needed if you have had an allergic reaction. Allergic reactions may be severe and can lead to death. In case of severe allergic reaction, ABRAXANE should not be used again.
How Does ABRAXANE Work?

ABRAXANE is a type of prescription medicine that may help stop cancer cells from dividing and making new cells. ABRAXANE works by blocking the action of proteins called microtubules (MY-kroh-TOO-byools). These proteins help cells divide.

Systemic (sis-TEH-mik) treatments like ABRAXANE are used to treat advanced cancer. They travel through the bloodstream. This makes it possible to reach cells in many parts of the body, including cancer cells.

ABRAXANE travels through the bloodstream to reach cells in many parts of the body, including cancer cells.

By stopping cells from dividing, ABRAXANE may help slow or prevent the growth of cancer cells.
ABRAXANE may also affect normal cells. This may cause side effects.

What are the most common side effects?

The most common side effects of ABRAXANE in people with breast cancer include:

- hair loss
- numbness, tingling, pain, or weakness in the hands or feet
- tiredness
- changes in your liver function tests
- nausea
- diarrhea
- infections
- decreased white blood cell count
- abnormal heartbeat
- joint and muscle pain
- low red blood cell count (anemia). Red blood cells carry oxygen to your body tissues. Tell your healthcare provider if you feel weak, tired, or short of breath

Please see pages 26-28 to learn more about the possible side effects of ABRAXANE.
What to Expect
What to Expect
What Should You Know Before You Start Treatment?

It is important to know what to expect from treatment with ABRAXANE. Getting information from your doctor before you start ABRAXANE can help you cope with the physical and emotional changes you may experience. Learning about your treatment can prepare you to make decisions and help your doctor better understand your needs and concerns.

What to learn from your doctor before you start treatment

- Why your doctor feels ABRAXANE is the right choice for you
- What you can do to prepare for your treatments
- How your treatments will be given
- Where you will be treated
- How often you will have treatments
- How you will know if ABRAXANE is working
- What side effects you may have during treatment
- How your healthcare team can help you cope with any side effects that occur
- What side effects you should report to the doctor right away
- How long you will need to stay on treatment
- If your health insurance will cover the cost of your treatment
Get more from your doctor visits

Follow these tips to make sure you understand the answers to your questions:

- Bring a friend or family member with you
- Take notes or ask if you can record the doctor’s advice
- Ask the doctor to say something again if you didn’t get it the first time
- Repeat back what you thought you heard and ask if you got it right
- Ask for a visual aid, like a brochure or fact sheet, that you can read at home

Please see *Preparing for My Treatment* in the back pocket for a list of questions to ask your doctor before starting treatment.
Your doctor also needs to get some information from you before treatment begins. Talking with your doctor about health issues that may affect your treatment can help your healthcare team do a better job of guiding your care.
What to tell your doctor before starting ABRAXANE

• If you have liver or kidney problems. Treatment with ABRAXANE can make liver problems worse. If you have liver problems, your starting dose of ABRAXANE should be lowered or withheld

• If you have other medical problems

• If you are pregnant or become pregnant. ABRAXANE can harm your unborn baby. Your healthcare provider should do a pregnancy test before you start treatment with ABRAXANE. Women should not become pregnant and should use effective birth control (contraception) during treatment and for at least six months after the last dose of ABRAXANE. Talk to your doctor about birth control methods you can use during this time.

• If you are breastfeeding or planning to breastfeed. Do not breastfeed during your treatment and for two weeks after the last dose of ABRAXANE

• If you are planning to father a child. You should not father a child and should use effective birth control (contraception) during treatment and for at least three months after the last dose of ABRAXANE. ABRAXANE can harm your partner’s unborn baby

• If you take other medicines. Give your doctor a list of all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements

• If you are allergic to other taxane medicines. You may have an increased risk of having an allergic reaction to ABRAXANE if you are allergic to other taxane medicines
How Is ABRAXANE Given?

ABRAXANE is given by intravenous (IN-truh-VEE-nus), or IV, infusion.

To begin the infusion:

- A nurse inserts a thin, soft tube into your vein to give the medicine. This is often called an IV. If you have a central line in place, the nurse will use that to give you the medicine
  - A central line is a long tube that is put into a vein in your chest or arm and threaded to a larger vein in your chest. The other end is secured in place outside your body or attached to a port. A port is a tiny device inserted under the skin
- ABRAXANE flows through the IV into your bloodstream

After each infusion, the nurse removes the IV or the device that delivered the medicine through your central line. Your central line or port stays in place.

Possible site reactions

Treatment with ABRAXANE can cause irritation where the medicine is injected (known as injection site reactions). You should be monitored by your doctor or nurse during and after you receive ABRAXANE to make sure no problems occur at the injection site. In some cases, these problems occurred 7 to 10 days after the medicine was injected.
Where will you have your treatments?
Your treatments with ABRAXANE will be given in your doctor’s office, at a hospital, or at an infusion center.

How long do infusions take?
Each infusion of ABRAXANE takes 30 minutes. Tests, checkups, or waiting time may affect the length of treatment sessions.

How often is ABRAXANE given?
ABRAXANE is given once a week for 3 weeks. If you have questions about your treatment schedule, ask your doctor.
What Should You Expect When You Come in for Treatment?

Knowing what to expect on the days you get treatment can help make the process go more smoothly.

**Before treatment**

- The healthcare team may take blood, check your blood pressure, and monitor your heart rate
  - If your white blood cell count is below 1500 cells/mm$^3$, you should not receive ABRAXANE at that time
- You may be given medicine to help prevent nausea

**During treatment**

- The healthcare team will continue to check how you are feeling
- Let the doctor or nurse know if you have any signs of an allergic reaction. Signs of an allergic reaction may include:
  - Trouble breathing
  - Skin irritations, such as itching or hives
  - Stuffy or runny nose
  - Sneezing
  - Swelling of the neck, lips, tongue, or throat
After treatment

- Pay attention to how you feel after you get home
- Call the doctor right away if you notice any of the symptoms or side effects on page 27

Read *Preparing for My Treatment* in the back pocket to learn more about what to expect before, during, and after your infusions.
What Are the Possible Side Effects of ABRAXANE?

When starting ABRAXANE, it is important to pay attention to how you feel. Tell your doctor or nurse about any side effects you may have as soon as you notice them. Ask for advice on how to cope with these side effects. Let your healthcare team know right away if you have pain, changes in your health, or any new or troubling symptoms.

ABRAXANE may cause serious side effects

These include:

- **Decreased blood cell counts.** ABRAXANE can cause a severe decrease in neutrophils, a type of white blood cell which helps fight infections, and blood cells called platelets which help to clot blood. Your healthcare provider will check your blood cell count during your treatment with ABRAXANE.

- **Nerve problems (neuropathy).** Tell your healthcare provider if you have numbness, tingling, pain, or weakness in your hands or feet.

- **Allergic reactions.** Severe allergic reactions are medical emergencies that can happen in people who receive ABRAXANE and can lead to death. You may have an increased risk of having an allergic reaction to ABRAXANE if you are allergic to other taxane medicines. Your healthcare provider will monitor you closely for allergic reactions during your infusion of ABRAXANE. Tell your healthcare provider right away if you get any of these signs of a serious allergic reaction: trouble breathing, sudden swelling of your face, lips, tongue, throat, or trouble swallowing, hives (raised bumps), rash, or redness all over your body.

These are not all the possible side effects of ABRAXANE. For more information, please see Important Safety Information and full Prescribing Information. You should also talk to your doctor or nurse.
When to call the doctor

Tell your doctor right away if you have:

- A fever of greater than 100.4°F or other signs of infection, such as chills, sore throat, cough, redness, or swelling
- Signs of an allergic reaction, such as trouble breathing, itching, hives, or swelling of the neck, lips, tongue, or throat
- Weakness, tiredness, or shortness of breath, especially if it is new or worse than before
- Nausea that makes it hard to eat or drink or lasts for more than 24 hours and doesn’t go away with the medicines you’ve been given
- Diarrhea that lasts for more than 24 hours and doesn’t go away with the medicines you’ve been given

Other side effects to share with your doctor:

- Numbness, tingling, pain, or weakness in your hands or feet
- Vomiting
- Signs of dehydration, such as dry mouth, thirst, dizziness, or having less urine than usual

Your healthcare team is the best source for medical advice. Always tell your healthcare team about any side effects you may have. This will help them better manage your treatment.

Do not wait for office visits or checkups to report symptoms and side effects like the ones noted above. Be sure to ask how to reach your doctor or nurse outside of normal office hours.
The most common side effects of ABRAXANE in people with breast cancer include:

- hair loss
- numbness, tingling, pain, or weakness in the hands or feet
- tiredness
- changes in your liver function tests
- nausea
- diarrhea
- infections
- decreased white blood cell count
- abnormal heartbeat
- joint and muscle pain
- low red blood cell count (anemia). Red blood cells carry oxygen to your body tissues. Tell your healthcare provider if you feel weak, tired, or short of breath

These are not all of the possible side effects of ABRAXANE. Ask your doctor for advice about side effects. You may also report side effects to the FDA at 1-800-332-1088.
Please see pages 30-41 for more information about how these side effects may affect you and tips to discuss with your doctor.
What Are Some Tips That May Help With Side Effects?

Side effects of treatment may be different for each person. Your healthcare team is the best source for medical advice on your side effects. It is important to report all side effects to your doctor or nurse right away. Here are some tips to discuss with your healthcare team.

Hair loss

What you may notice

- Your hair may start to fall out after you start treatment
- You may lose hair on your head (scalp, eyebrows, eyelashes) and body

Tips your doctor may suggest

Before your hair falls out:

- Consider cutting your hair short
- Wash your hair gently with mild shampoo
- Avoid using hair dyes or styling tools that may hurt your scalp or weaken your hair
- Shop for a wig if you plan to buy one that matches the color of your hair

After your hair falls out:

- Wear a hat, turban, or scarf, or use sunscreen to protect your scalp from the sun
- Avoid places that are very hot or cold
- Use a satin pillowcase or wear a soft cap when you sleep
- Think about joining a support group if you are upset about losing your hair
Neuropathy
(numbness, tingling, pain, or weakness in the hands or feet)

What you may notice

• You may have numbness, tingling, pain, or weakness in your hands or feet
• You may feel clumsy or have trouble buttoning your clothes

Tips your doctor may suggest

Protect yourself from injury if you have numbness in your hands or feet:

• Wear shoes inside and outdoors
• Use no-slip bath mats and clear away clutter to avoid falling
• Handle sharp objects with care
• Wear gloves when cooking, cleaning, or washing dishes
• Test bath water with a thermometer to make sure it’s not too hot
• Walk slowly and use a cane if you feel unsteady
**Tiredness**

**What you may notice**

- You may feel very weary or worn out, even after you rest

**Tips your doctor may suggest**

Find ways to balance activity with rest, cope with stress, and get the nutrients you need for energy:

- Take short naps during the day
- Stick to a routine
- Conserve your energy by pacing yourself and asking others to help with chores or errands
- Try relaxing activities such as massage, meditation, or yoga
- Do some light exercise if approved by your doctor, but start slowly
- Eat a balanced diet
- Drink plenty of fluids, unless you have been advised by your doctor to limit fluids
Joint and muscle pain

What you may notice

• Your joints or muscles may feel weak or achy

Tips your doctor may suggest

Follow your doctor’s advice to stretch, strengthen, and soothe sore muscles and painful joints:

• Ask your doctor if medicines, massage, or acupuncture may help ease your pain
• Apply hot or cold packs, and take warm baths to soothe sore areas
• Try strengthening and flexibility exercises like yoga, but stop if muscle pain gets worse
• Try to maintain a healthy weight to ease strain on your joints
**Rash**

**What you may notice**
- You may notice small or large spots on your skin that are flat or raised
- Your skin may burn or be itchy, red, peeling, or hot

**Tips your doctor may suggest**

Pay attention to skin changes and let your doctor know right away if a rash appears:
- Be sure to tell your doctor when the rash started and what it looks like
- Ask about medicines that may help treat the rash or keep it from getting worse

To help ease or reduce itching, dryness, redness, or peeling:
- Take quick showers or sponge baths with warm or cool water instead of long, hot baths
- Wash with a mild, moisturizing soap
- Take a bath with colloidal (kuh-LOY-dul) oatmeal, a soothing powder that helps relieve itching
- Pat yourself dry after bathing
- Apply moisturizing cream while your skin is still damp
- Avoid using perfume or aftershave made with alcohol
- Wear loose-fitting cotton clothing
- Use sunscreen or protective clothing when outdoors, even on cloudy days
Anemia
(low red blood cell counts)

What you may notice

• You may feel short of breath, weak, dizzy, or very tired
• You may look pale

Tips your doctor may suggest

Conserve your energy, get plenty of rest, and eat iron-rich foods:

• Do only the things that are most important to you
• Accept help with daily chores and errands
• Try to get 8 hours of sleep each night
• Take 1 or 2 short naps during the day
• Stand up slowly to avoid getting dizzy
• Eat a well-balanced diet including iron-rich foods such as nuts, eggs, and lean beef (unless you are allergic to any of these foods). Your body needs iron to make new red blood cells
Nausea and vomiting

What you may notice

• You may feel sick to your stomach or have the urge to throw up
• You may have no appetite or have trouble keeping food down

Tips your doctor may suggest

Eat small, bland meals, try to relax, and ask your doctor for advice:

• Eat 5 or 6 small meals throughout the day instead of 3 big meals
• Choose foods that are easy on your stomach, such as:
  – Clear broth or ginger ale
  – Peppermint or ginger tea
  – Dry toast or crackers
  – White rice or pasta
  – Oatmeal or rice cereal
  – Chicken without skin
  – Bananas or canned fruit
  – Ice pops, sherbet, or gelatin
• Check with your doctor before changing your diet if you have diabetes or other dietary restrictions
• Eat foods at room temperature
• Avoid foods or drinks with strong smells
• Try meditation, deep breathing exercises, or picturing peaceful scenes to help you relax
• Ask your doctor about taking medicines before, after, and between chemotherapy treatments to help prevent nausea
Decreased appetite

What you may notice

- You may feel like you don’t want to eat or can’t eat
- Food may not taste like it usually does

Tips your doctor may suggest

To increase your appetite:

- Exercise lightly before meals, if approved by your doctor
- Drink 6-12 cups of clear liquids throughout the day, unless your doctor has told you to limit fluids
- Keep healthy snacks handy to eat between meals
- Have someone help you prepare meals in advance
- Perk up the taste and smell of food with lemon juice, mint, basil, and other seasonings
Infections

What you may notice

- If ABRAXANE causes a drop in your white blood cell count (neutropenia), you are at greater risk of getting an infection
- You may run a fever, your skin may feel hot, and your body may ache
- You may have other signs of infection, such as chills, sore throat, cough, redness, or swelling

Tips your doctor may suggest

Take steps to protect yourself from infections:

- Avoid crowds and people with colds
- Wash your hands often
- Use moisturizing cream to heal dry, cracked skin
- Wear gloves when washing dishes or gardening
- Brush your teeth after meals with a soft toothbrush and alcohol-free mouthwash
- Clean cuts, scrapes, or burns right away
- Cook food thoroughly
- Check with your doctor before getting a flu shot or vaccines

If you have a fever:

- Take your temperature every 2-3 hours and keep a record
- Call your doctor right away if your fever is over 100.4°F
- Check with your doctor before you take any medicine
- Drink plenty of liquids, unless your doctor has told you to limit your liquids
- Use a cold compress if you feel hot
Diarrhea

What you may notice

- You may have loose, watery stools, cramps, bloating, or a sudden urge to have a bowel movement

Tips your doctor may suggest

Replace lost nutrients your body needs:

- Choose foods high in sodium, potassium, pectin, and protein (unless your doctor has told you to avoid certain foods), such as:
  - Soups, broths, sport drinks, apple juice
  - Crackers and pretzels
  - Applesauce and bananas
  - Baked potatoes without skin
  - Lean meat and cooked eggs

Drink plenty of fluids and know what foods to avoid:

- Drink 8-12 cups of clear liquid every day
- Avoid foods that can make diarrhea worse, such as:
  - Coffee, tea, and alcohol
  - Fried, greasy, spicy, or high-fat foods
  - Milk or milk products
  - Nuts, whole-grain breads, and bran
Dehydration

What you may notice

- Vomiting, diarrhea, or fever may make it hard for you to keep enough fluid in your body
- Your mouth may feel dry or sticky
- You may feel thirsty, dizzy, or very weak
- Your skin may “tent,” or stay up, when lightly pinched
- You may have less urine than usual or it may look dark

Tips your doctor may suggest

Try to control vomiting, diarrhea, and fever, and take in as much fluid as you can:

- Fill a small cooler with juice boxes, bottled water, or other drinks, and keep it nearby. Take small sips throughout the day
- Eat bland, moist foods such as clear soups, canned fruit, gelatin, or popsicles
- Apply moisturizing cream often to soften dry skin
- Use lip balm to avoid painful cracking
- Suck ice chips to relieve dry mouth if you can’t drink enough liquid
- If your doctor has advised you to limit fluids, ask your healthcare team for tips on replacing the fluid in your body
Swelling
(usually in the legs or feet)

What you may notice

• Your hands, arms, legs, or feet may feel puffy, swollen, or tender

Tips your doctor may suggest

Find ways to prop up swollen legs or feet and prevent fluid buildup that may cause swelling:

• Ask your doctor about wearing special stockings
• Wear clothing and shoes that are not too tight
• When sitting or lying in bed, raise your feet using a footstool, recliner, or pillows
• Avoid standing on your feet for too long

Limit salt in your diet:

• Avoid adding salt at the table and during cooking
• Eat less canned soup, bacon, chips, and other salty foods
• Check sodium content on food labels
• Ask your doctor what your daily limit for sodium should be
Della’s Story

Della was a real patient who had been treated with ABRAXANE. Although Della passed away in 2016, she hoped her story of living with MBC would continue to help and inspire others.

Please see Important Safety Information on pages 6-9, and Patient Information and full Prescribing Information, including Boxed WARNING, in the back pocket.
As a single parent and family caregiver, Della was always the one everyone relied on for support.

She worked full time; cheered on her son at baseball and football games; helped care for her live-in parents; and somehow managed to stay on top of the cleaning, laundry, and yard work. But after she was diagnosed with metastatic breast cancer, Della’s family stepped up to support her.

After initially being treated for her metastatic disease and finding that her condition progressed, Della moved closer to home. Her sisters helped Della find a new oncologist with whom she felt comfortable. After she started treatment with ABRAXANE, they went with her to the doctor and kept her company during infusions.

Della needed help paying for ABRAXANE. She qualified for assistance from Celgene Patient Support®. Della knew how hard it is to ask for help, and she hoped that others could learn from her experience.

Della’s advice? Don’t let your pride or fears keep you from asking for the help you need.
“If you need help, ask for it”

Making sure your questions get answered

“My doctor had her nurse go over a lot of stuff about what to expect. I remember them saying, you know that everybody is different, but I can’t be clear of everything they said. I was in too big of a whirlwind. I know that a few times I would forget to tell the doctor certain things, and so my sister started going with me, and she would remember to ask certain questions.”

Finding support to pay for your care

“When I first started seeing my doctor, I was on what they call charity care and the hospital took all of my bills and paid them, and Celgene Patient Support® gave me my ABRAXANE. I had no insurance. I had no money to pay for it, and, you know, to me that help says a lot.”*

Coping with the side effects of treatment

“My hair fell out between my first and second treatment. In the beginning after starting ABRAXANE, my red blood cell counts were low. I could hardly get up and do anything. I would try to go to the mailbox just at the end of the driveway, and that was difficult. I would have to stop and get a good breath and then come back. I talked with my doctor about my side effects and got advice on things that helped me.”

*Eligibility requirements apply for any Celgene financial assistance.
Della always knew her family would be willing to help, but she was overwhelmed by all the ways they came through for her.

**Learning to accept help**

“One night my son saw that I was in a lot of pain, and it scared him. So he called my sister and asked her to come. She dropped everything. And then she ended up not even working that next day, and she helped me do grocery shopping and getting all of that stuff put away, and, you know, how much better support can you get? If you need help, ask for it. I think that is the biggest thing that I am trying to learn. That is what I would say because that is what I told my sister, ‘I hate that you came, but I am so glad that you are here.’”

“Today I ate lunch with some friends. Just being able to get out and enjoy their company, that is a good day to me.”

—Della

This is the story of one patient who was treated with ABRAXANE. Each patient’s results and experiences with ABRAXANE may vary. Your doctor is your best source of medical advice. It is important to discuss questions about your health and treatment with your doctor.
Getting Support
How Can You Get the Support You Need?

Family members, friends, neighbors, coworkers, and other people close to you are among your most important care partners. These caregivers play a key role in providing practical help, friendship, comfort, and support.

Keep in mind that your cancer diagnosis affects everyone who cares about you. Many of the people in your personal circle want to help but don’t know how. That is why you may have to tell them what kind of support you need.

There are many ways to let the people in your life step up to help you

You may call on your caregivers to:

- Gather information and help you make decisions
- Go with you to doctor visits and checkups
- Make a list of your medical and emergency contacts
- Help with financial, legal, or health insurance matters
- Organize volunteers to bring you meals, take you to treatments, or run errands for you
- Help keep up your appetite, weight, and strength by cooking tempting foods and creating pleasant settings for meals
- Listen when you need to vent your feelings or frustrations
- Entertain you or keep you company when you want to relax or have fun
- Help with household chores like laundry, cleaning, grocery shopping, or dog walking
- Go for walks with you to help you stay active
Sharing information about your cancer

Letting family and friends know what you are going through can bring you comfort. But it can also be stressful. People do not always react the way you hope they will. These tips may help make it easier to talk with others about your cancer.

Give some thought to what you might say. Think about what you want other people to know and write it down.

Decide whom to tell and when. You may want to start with a close friend who has “been there for you” in the past. Choose a time to talk that feels right to you.

Find the best way to share the information. You may want to tell some people face-to-face, some on the phone, and others by sending a letter or e-mail.

Seek expert advice. If you are unsure of what to say, it might help to talk with an oncology social worker or other people who are living with metastatic breast cancer (see the resources on pages 56-61).

Keep talking. If friends or loved ones react poorly or cannot handle your news, let them know how that makes you feel. Give them a little time to face their own fears about your cancer.
Use the resources on pages 56-61 to get answers, advice, and help from advocacy groups and peers who understand the needs and concerns of people with metastatic breast cancer.
Celgene Is Here to Help You

Learn about the many services Celgene offers to support people with metastatic breast cancer and their caregivers.

Available resources to:

• Learn more about ABRAXANE
• Learn about financial help for ABRAXANE

Learn more about ABRAXANE

Visit www.abraxane.com

Find information for you and your doctor about treatment with ABRAXANE, including tips and tools to help you work closely with your healthcare team throughout your cancer journey.

A single source for access support

A Celgene Patient Support® Specialist can help you and your loved ones understand the programs and services available to you for ABRAXANE.

Turn the page to learn more.
Celgene Patient Support®

Helping you find answers about insurance and financial assistance for ABRAXANE

At Celgene Patient Support®, we care about making sure you get the answers you need. That’s why our Specialists are ready to help answer questions about the insurance approval process. And you may need help paying for ABRAXANE. Celgene Patient Support® can help you and your loved ones understand the programs and services available to you.

How Celgene Patient Support® can help you

Our Specialists are ready to help you and your family with:

- Understanding your insurance plan
- Learning about financial assistance that may help you pay for ABRAXANE
- Obtaining information about organizations that may assist you with travel costs to and from your doctor’s office

Enrollment in Celgene Patient Support® is simple—choose the option that is best for you:

- Enroll online at celgenepatientsupport.com
- Call us at 1-800-931-8691, Monday-Thursday, 8 AM-7 PM ET and Friday, 8 AM-6 PM ET (translation services available)
- E-mail us at patientsupport@celgene.com

Help is just a phone call away.
Programs that help with the costs of ABRAXANE differ by the type of insurance you have

Review the table below to learn more.

<table>
<thead>
<tr>
<th>Your Insurance Type</th>
<th>Financial Assistance</th>
<th>Eligibility*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private or commercial insurance</td>
<td>• If you qualify for the Celgene Commercial Co-pay Program, your out-of-pocket co-pay responsibility will be $0 for ABRAXANE.</td>
<td>• Commercial or private insurance that does not cover the full cost of the prescribed Celgene medicine.</td>
</tr>
<tr>
<td></td>
<td>• This program provides up to $10,000 per calendar year to help meet co-pay/</td>
<td>• Residence in the United States or a US territory.</td>
</tr>
<tr>
<td></td>
<td>co-insurance costs</td>
<td>• Patients with government healthcare insurance (for example, Medicaid, Medicare, Medigap, TriCare) are not eligible.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Financial and medical eligibility requirements vary by organization.</td>
</tr>
<tr>
<td>Medicare, Medicaid, or other government-sponsored insurance</td>
<td>• Your Specialist can provide you with information about independent third-party organizations that may be able to help with the cost of your:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Deductibles</td>
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</tr>
<tr>
<td></td>
<td>- Co-payments/co-insurance</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Insurance premiums</td>
<td></td>
</tr>
<tr>
<td>Uninsured</td>
<td>• You may qualify for the Celgene Patient Assistance Program (PAP). Your Specialist can tell you if you qualify.</td>
<td>• You must meet specified financial and insurance eligibility criteria to qualify for assistance. To find out more, call Celgene Patient Support® at 1-800-931-8691.</td>
</tr>
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</tbody>
</table>

*Other eligibility requirements and restrictions apply. Please see full Terms and Conditions on the following page.

Transportation assistance

- Independent third-party organizations may be able to help patients with transportation costs, such as gasoline, parking, tolls, and taxi, bus, or train fare, to and from medical appointments.†

†Financial and medical eligibility requirements vary by organization.
Celgene Patient Support®
Full Terms & Conditions

Eligibility

Patients must meet the following criteria to enroll:

- Covered by commercial or private insurance
- Reside in the United States or a US territory
- Not participating in a federal or state-funded healthcare program, including, but not limited to, Medicare (Parts B, C, and D) or Medicaid, Medigap, CHAMPUS, VA, DOD, or TriCare

Program Benefits

- For Celgene oral hematology products, Celgene provides assistance to reduce the co-pay of eligible patients to $25 per prescription with a maximum benefit of $10,000 per enrollment period
- For Celgene IV products, the Program will cover the co-pay for each prescription of a Celgene product up to a maximum of $10,000 per enrollment period
- In order to receive the Program benefits for a Celgene IV product, patients or their providers must submit an Explanation of Benefits (EOB) form
- Patients are responsible for any costs that exceed the Program’s $10,000 maximum
- The Program will not cover, and shall not be applied toward, the cost of any dosing procedure, any other healthcare provider service or supply charges or other treatment costs, or any costs associated with a hospital stay
Program Timing

• If eligible, patients will be enrolled from the date of enrollment through the end of the then current calendar year

Additional Terms and Conditions of the Celgene Commercial Co-pay Program

• Patients, pharmacists, and healthcare providers must not seek reimbursement from health insurance or any third party for any part of the benefit received by the patient through this Program. Patients must not seek reimbursement from any health savings, flexible spending, or other healthcare reimbursement accounts for the amount of assistance received from the Program

• Acceptance of this offer confirms that this offer is consistent with your insurance and that you will report the value of the co-pay assistance you receive, as may be required by your insurance provider

• Only valid in the United States and US territories; this offer is void where prohibited by law, taxed or restricted

• The Program benefits are nontransferable

• Acceptance of this Program is not conditioned on any past, present, or future purchase, including additional doses

• The Program cannot be combined with any other coupon, rebate, voucher, free trial, or similar offer

• The Program is not insurance

• Celgene reserves the right to rescind, revoke, or amend this Program at any time without notice
Resources for You and Your Caregivers

Your need for information, services, and support may change as you go through treatment for metastatic breast cancer (MBC). Knowing where to find the resources you need to help manage these challenges can help you feel more in control.

## Celgene resources

<table>
<thead>
<tr>
<th>Your concern or need</th>
<th>Where to turn for help</th>
<th>Services provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning more about ABRAXANE® (paclitaxel protein-bound particles for injectable suspension) (albumin-bound)</td>
<td>ABRAXANE patient information <a href="http://www.abraxane.com">www.abraxane.com</a></td>
<td>Information for you and your doctor about treatment with ABRAXANE, including tips and tools to help you work closely with your healthcare team throughout your cancer journey</td>
</tr>
<tr>
<td>Learning about financial help for ABRAXANE</td>
<td>Celgene Patient Support® <a href="http://www.CelgenePatientSupport">www.CelgenePatientSupport</a> .com 1-800-931-8691</td>
<td>A program to help you find answers about insurance and financial assistance for ABRAXANE (see pages 52-55 for more information)</td>
</tr>
</tbody>
</table>
## Other sources of support

This is a list of additional resources that can help you find more information about MBC. Some organizations may have eligibility criteria for their services. Ask your healthcare team about other resources that they recommend. Celgene Corporation does not endorse any of the organizations on this list or their communications.

<table>
<thead>
<tr>
<th>Your concern or need</th>
<th>Where to turn for help</th>
<th>Services provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wondering what to do first?</td>
<td><strong>Living Beyond Breast Cancer (LBBC)</strong></td>
<td>Connection to a dedicated community of support and information for people with MBC offering:</td>
</tr>
<tr>
<td>LIVING BEYOND BREAST CANCER (LBBC)</td>
<td><a href="http://www.lbcc.org">www.lbcc.org</a></td>
<td>• Advice from experts</td>
</tr>
<tr>
<td>1-855-807-6386</td>
<td></td>
<td>• Telephone support</td>
</tr>
<tr>
<td>Learning more about your condition</td>
<td><strong>Metastatic Breast Cancer Network (MBCN)</strong></td>
<td>• Patient stories</td>
</tr>
<tr>
<td>LIVING BEYOND BREAST CANCER (LBBC)</td>
<td><a href="http://www.mbcn.org">www.mbcn.org</a></td>
<td>• Booklets and newsletters</td>
</tr>
<tr>
<td>1-888-500-0370</td>
<td></td>
<td>• Referrals to resources</td>
</tr>
<tr>
<td>Connecting with other patients and support</td>
<td><strong>ABCD Helpline</strong></td>
<td>• Conferences and webinars</td>
</tr>
<tr>
<td>groups on the Internet, by phone, or in person</td>
<td>1-800-977-4121</td>
<td></td>
</tr>
<tr>
<td><strong>Living Beyond Breast Cancer (LBBC) Helpline</strong></td>
<td>1-888-753-5222</td>
<td></td>
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<tr>
<td><strong>SHARE Breast Cancer Helpline</strong></td>
<td>1-866-891-2392</td>
<td></td>
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<tr>
<td><strong>Young Survival Coalition Survivor Link</strong></td>
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</tr>
<tr>
<td>1-877-972-1011</td>
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<td></td>
</tr>
<tr>
<td><strong>E-mail:</strong> <a href="mailto:resource@youngsurvival.org">resource@youngsurvival.org</a></td>
<td></td>
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</tr>
</tbody>
</table>

### To get one-on-one support by phone

- **ABCD Helpline** 1-800-977-4121
- **Living Beyond Breast Cancer (LBBC) Helpline** 1-888-753-5222
- **SHARE Breast Cancer Helpline** 1-866-891-2392
- **Young Survival Coalition Survivor Link** 1-877-972-1011

**E-mail:** resource@youngsurvival.org

Telephone helplines that match you with a trained volunteer who is living with MBC

One-on-one peer support for women aged 40 and under with breast cancer
<table>
<thead>
<tr>
<th>Your concern or need</th>
<th>Where to turn for help</th>
<th>Services provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Connecting with other patients and support groups on the Internet, by phone, or in person <em>(continued)</em></td>
<td><strong>To find a support group in your area</strong></td>
<td>Information to help you find—or set up—a support group, or connect with the metastatic breast cancer (MBC) community through Facebook and social media</td>
</tr>
</tbody>
</table>
| **MetaVIVOR**  
www.metavivor.org/support/finding-a-support-program/  
www.facebook.com/metavivor | **To connect online with other survivors and caregivers** | Online discussion forums for people with MBC |
| **CancerCare®**  
www.cancercare.org  
1-800-813-4673 | **Cancer Support Community**  
www.cancersupportcommunity.org  
1-888-793-9355 | Referrals to local chapters that run support groups |
| **BCMets.org**  
www bcmets.org | **Breastcancer.org discussion boards**  
http://community.breastcancer.org | |
| **Triple Negative Breast Cancer (TNBC) Foundation**  
http://forum.tnbcfoundation.org | **To find a support group in your area** | Free counseling and support groups led by oncology social workers to help you manage the emotional and practical challenges of cancer |
<table>
<thead>
<tr>
<th>Your concern or need</th>
<th>Where to turn for help</th>
<th>Services provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seeking help for anxiety or depression due to cancer-related health issues</td>
<td>American Psychosocial Oncology Society (APOS) Helpline</td>
<td>Referrals to professional counselors who are skilled at helping people manage cancer-related distress</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.apos-society.org">www.apos-society.org</a></td>
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<td></td>
<td>1-866-276-7443</td>
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<tr>
<td>Getting advice on how to talk with your healthcare team</td>
<td>Open to Options™</td>
<td>A free professional counseling program that helps prepare you to make informed treatment decisions</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.cancersupportcommunity.org/open2options">www.cancersupportcommunity.org/open2options</a></td>
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<tr>
<td></td>
<td>1-888-793-9355</td>
<td></td>
</tr>
<tr>
<td>Understanding your type of cancer and treatment options</td>
<td>National Cancer Institute (NCI) Cancer Information Service</td>
<td>Easy-to-understand information and treatment guidelines for different types and stages of cancer</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.cancer.gov/contact">www.cancer.gov/contact</a></td>
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<tr>
<td></td>
<td>1-800-422-6237</td>
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<tr>
<td></td>
<td>American Cancer Society</td>
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<td></td>
<td><a href="http://www.cancer.org">www.cancer.org</a></td>
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<tr>
<td></td>
<td>1-800-227-2345</td>
<td></td>
</tr>
<tr>
<td>Choosing an insurance plan or paying for coverage</td>
<td>Health Insurance Marketplace</td>
<td>Information to help you access healthcare coverage through Medicare, Medicaid, or the Affordable Care Act</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.healthcare.gov">www.healthcare.gov</a></td>
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<tr>
<td></td>
<td>1-800-318-2596</td>
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<tr>
<td></td>
<td>Centers for Medicare &amp; Medicaid Services (CMS)</td>
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<td></td>
<td><a href="http://www.cms.gov">www.cms.gov</a></td>
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<tr>
<td></td>
<td>1-800-633-4227</td>
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</tr>
<tr>
<td>Your concern or need</td>
<td>Where to turn for help</td>
<td>Services provided</td>
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<tr>
<td>------------------------------------------------------------------------------------</td>
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</tr>
</tbody>
</table>
| Choosing an insurance plan or paying for coverage (continued)                      | Patient Advocate Foundation (PAF)  
www.patientadvocate.org  
1-800-532-5274                                                                 | Free web chats, webinars, search tools, and guides to help uninsured and underinsured patients find resources to help ease the burden of paying for treatment |
| Seeking information about financial or legal issues related to cancer               | Patient Advocate Foundation (PAF)  
www.patientadvocate.org  
1-800-532-5274                                                                 | Free professional information about health insurance, medical debt, disability, and job-related issues                                           |
|                                                                                   | Cancer Legal Resource Center  
http://cancerlegalresources.org/  
1-866-843-2572                                                                       |                                                                                                                                                  |
|                                                                                   | The Pink Fund  
www.thepinkfund.org  
1-877-234-7465                                                                             | Offers short-term aid for basic living expenses to breast cancer patients who have lost income during active treatment                         |
| Getting help with the cost of transportation to and from treatment                 | CancerCare Get You There  
www.cancercare.org/financial  
1-800-813-4673                                                                   | Grants to patients with metastatic breast cancer (MBC) to cover the cost of transportation to and from treatment                               |
|                                                                                   | American Cancer Society  
www.cancer.org  
1-800-227-2345                                                                     | Referrals to local and national groups that provide funding for travel and other out-of-pocket expenses related to treatment                 |
<table>
<thead>
<tr>
<th>Your concern or need</th>
<th>Where to turn for help</th>
<th>Services provided</th>
</tr>
</thead>
</table>
| Getting information on pain or side effects of treatment to discuss with your healthcare team | **Breastcancer.org**  
www.breastcancer.org  
**CancerCare**  
www.cancercare.org  
1-800-813-4673  
**National Cancer Institute (NCI) Cancer Information Service**  
www.cancer.gov/contact  
1-800-422-6237 | Practical information about pain and/or side effects of cancer treatment |
| Learning how to cope with hair loss and skin changes                               | **Look Good Feel Better**  
www.lookgoodfeelbetter.org  
1-800-395-5665 | Free workshops offering makeup, beauty, and skin care tips to women in treatment for cancer |
| Lining up home care or help for older adults                                       | **Eldercare Locator**  
www.eldercare.gov  
1-800-677-1116 | Free referrals to community services for older adults and their families |
| Organizing help from friends and family                                            | **MyLifeLine.org**  
www.mylifeline.org  
**CaringBridge**  
www.caringbridge.org | Web sites and mobile apps that allow you to set up a free private online network for giving and receiving help |
| Getting support for caregivers                                                     | **Cancer Support Community**  
www.cancersupportcommunity.org  
1-888-793-9355  
**CancerCare**  
www.cancercare.org  
1-800-813-4673  
**Family Caregiver Alliance**  
www.caregiver.org  
1-800-445-8106 | Support groups, information, advice, and referrals to resources for local and long-distance caregiving |