

## A guide for caregivers



# An overview of treatment and how to provide care



For Important Safety Information, please see pages 20-23.

# What is in this brochure?



This brochure is for caregivers of someone who has been diagnosed with Stage 3 unresectable non-small cell lung cancer (NSCLC) and is receiving chemotherapy and radiation (CRT) followed by IMFINZI.

**You are a caregiver if you provide any type of emotional, physical, or practical support** for someone living with a condition. **Caregivers are a critical part of the care team** and are often a lifeline for those living with cancer. In fact, the National Cancer Institute considers caregivers of someone with cancer to be “survivors” as well.

You may be new to providing care to someone with cancer, and may still be adjusting to the diagnosis. As you take on different roles quickly, there is a lot of information to take in, and you may be looking for ways to balance your responsibilities. During this time, it is normal to be feeling many complex emotions such as shock, worry, and feelings of being overwhelmed.

This brochure can help guide you through **what to expect** in the near future, **ways to support the person you’re caring for**, and ways to get support for yourself in your role as a caregiver.

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## What is IMFINZI?

IMFINZI is a prescription medicine used to treat adults with **a type of lung cancer called non-small cell lung cancer (NSCLC)**. IMFINZI may be used when your NSCLC has not spread outside your chest, cannot be removed by surgery, **and** has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.

It is not known if IMFINZI is safe and effective in children.

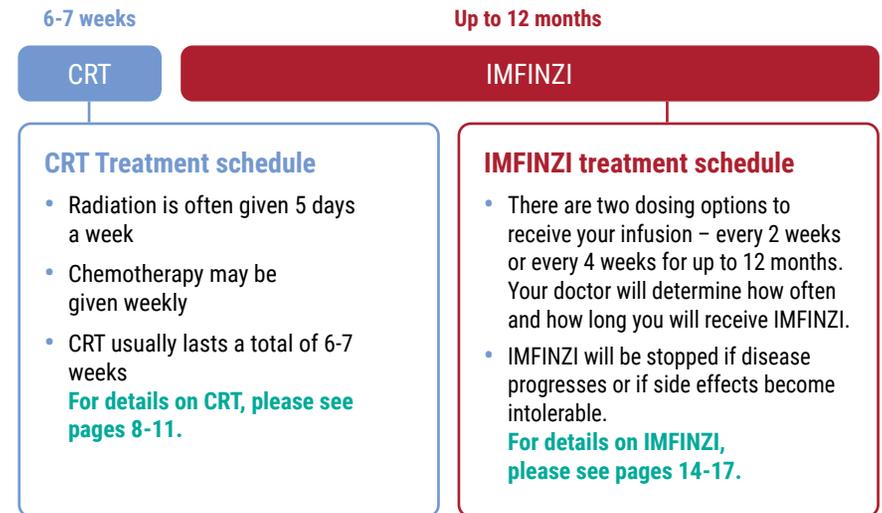
# What is the treatment plan?



Lung cancer develops when **cells within the lungs become abnormal and begin to grow**. As more of these cancerous cells grow, they form tumors. Those tumors can also grow or spread to other areas of the body.

If the person you care for is diagnosed with Stage 3 NSCLC, that means their cancer has not spread beyond the lungs and the nearby lymph nodes.

The goal of chemotherapy and radiation (CRT) is to reduce the size of the tumor and to stop or slow its growth. **IMFINZI works to help keep cancer from growing or spreading in your body after CRT.**



## Select Important Safety Information

### What is the most important information I should know about IMFINZI?

IMFINZI is a medicine that may treat certain cancers by working with your immune system. IMFINZI can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become severe or life-threatening and can lead to death. You can have more than one of these problems at the same time. These problems may happen anytime during treatment or even after your treatment has ended.

**For additional Important Safety Information, please see pages 20-23.**

# How might I provide care?

Caring for someone with cancer can **take different forms**. Not all caregivers provide the same types of care or take on the same roles. It's important to find what works best for you and the person you care for. It may be helpful early on to **identify others who may help as co-caregivers**.

## What are the potential roles of a caregiver?



### Logistical support

- Appointment planner
- Driver
- Financial provider
- Housekeeper
- Household chore helper



### Emotional support

- Listener
- Companion
- Protector
- Positive influencer



### Medical support

- Researcher
- Advocate
- Nutritionist
- Second pair of eyes and ears
- Healthcare communicator

**TIP:** Go to [www.IMFINZI.com/stage-3-nscl/sign-up](http://www.IMFINZI.com/stage-3-nscl/sign-up) and sign up for support to receive resources that may help.

**For a list of resources that can support you in your role, please see page 18.**

**For additional Important Safety Information, please see pages 20-23.**

## How might I provide logistical support?



With many health appointments and changes in routine, caregivers may help the person they care for stay on track while keeping up with other day-to-day errands.

- **Keep track of appointments** by recording appointment times on a calendar that you can both see.
- **Coordinate travel** to and from appointments ahead of time either by planning time to drive them or by arranging other transportation services.
- **Prepare paperwork** for appointments ahead of time and remember to bring them on the day of visit.
- **Take on or hire services for regular house chores** such as cleaning and meal preparation.

During treatment appointments, the doctor may also do **other tests** to check how the person you care for is doing. The entire appointment may last **several hours** because of tests and wait times. However, you can decide whether you want to stay the whole time.

**TIP:** Ask your healthcare provider if there is charitable assistance with transportation in your area, or try searching online.

*I took on some of the household duties like cutting the grass. That's just one of many of the activities and the responsibilities that caregivers take on for a spouse that has cancer.*

- Caregiver

# How might I provide care?

## How might I provide emotional support?



Caregivers provide comfort and emotional support for the person they care for. Knowing that someone is in their corner can have a positive effect on how well the person you care for is able to cope.

- **Establish open communication** from the start by letting them know that you're there for them and are willing to listen.
- **Provide company** when they want it and provide space when they need it.
- **Provide a sense of control** by involving them in decisions big and small, from treatment-related decisions to what food they would like to eat.
- **Provide a sense of normality** by encouraging normal day-to-day routines, planning fun activities, and helping them stay connected with others.

**TIP:** It can be tiring and time-consuming to keep friends and family up-to-date. Some ways to ease this burden on you and the person you care for include using a group chat, creating a blog, leaving an update on your answering machine, or assigning someone else to this role.

*We've learned that the best thing is better communication. If I'm having a bad day, rather than acting differently, just simply say, I'm not feeling great today.*

- Person with cancer

## How might I provide medical support?



For someone with cancer, a caregiver is a key part of their healthcare team. You are often a second pair of eyes and ears for everything around their treatment and condition.

- **Prepare questions** you both have ahead of appointments. Write the questions down and bring them with you.
- **Attend appointments** and take notes when possible.
- **Help keep a record** of the medical history and test results of the person you care for.
- **Track symptoms and side effects** you notice or hear about and let the healthcare team know of any changes.
- **Encourage the person you care for to receive treatment as prescribed** by the doctor while letting the healthcare team know about any concerns.

**TIP:** Having dedicated storage can help keep all healthcare-related paperwork in one place. An expandable ring binder can be a flexible and portable way to keep things organized.

To receive an appointment and side-effect tracker, you or your loved one can sign up at [www.IMFINZI.com/stage-3-nslcl/sign-up](http://www.IMFINZI.com/stage-3-nslcl/sign-up).

# What can I expect with chemotherapy and radiation?

## How might chemotherapy and radiation help?

When Stage 3 NSCLC cannot be removed by surgery alone, the first step in treatment is usually a combination of chemotherapy and radiation called chemoradiation therapy, or CRT. CRT is the most common initial therapy for Stage 3 NSCLC. Chemotherapy and radiation work differently to attack the cancer together. CRT may **reduce the size of a tumor, prevent cancer from returning, stop or slow its growth.**

## What are CRT appointments like?



Radiation is **given using a radiation machine, often 5 days a week.** Treatment time is usually **less than 20 minutes.**



Chemotherapy is given as an **intravenous (IV) infusion and may be given 1 day a week.** The infusion can last anywhere between 1 hour to a few hours.

CRT is usually given for a total of **6-7 weeks.**

## What are the possible side effects of CRT?

The person you're caring for may experience side effects of CRT. Some common CRT side effects include:

- Appetite changes
- Dehydration
- Fatigue
- Inflammation of the food pipe (esophagitis)
- Nausea and vomiting

These are not all the possible side effects with CRT. Ask your healthcare provider or pharmacist for more information.

**It's important to let the healthcare team know of any new or worsening side effects or symptoms the person you care for may be experiencing.**

## How might I help care for someone going through CRT?

Although CRT can be highly effective, it can be exhausting for the person receiving the treatment and the caregiver, partly because of the frequent appointments. **It is normal to feel overwhelmed, frustrated, and angry during this time,** but it can be encouraging to remember that CRT usually lasts 6-7 weeks. Try to plan some time for yourself and ask others to help. Here are some ways to care for someone receiving CRT:

### Helping with side effects:



The doctor might prescribe **medications** to help prevent or treat CRT side effects. Remind the person you're caring for to take medicines as told by the doctor. They should not take other over-the-counter medications without consulting the doctor first.



Encourage the person you're caring for to do light exercises such as walks, bike rides, or yoga. Exercise may help with some of the common side effects such as fatigue and may help improve sleep. Remember to ask a doctor about any new exercise routines.

# What can I expect with chemotherapy and radiation?

## How might I help care for someone going through CRT?

### Preparing meals:



The person you're caring for may have trouble eating because of CRT side effects such as nausea. It's important to **encourage several small meals, instead of 3 large meals, and water** so that their body can get the nutrients it needs. Some may prefer soft food on treatment days, while others may want soft food throughout the CRT treatment period.

**TIP:** Soft foods can include milkshakes, soup, juices, and smoothies. These types of food may help with hydration and can also be batch cooked and stored easily to help make meal prep easier on you.

Nutritional supplements may also help. You can ask the doctor for a referral to a nutritionist to help you and the person you care for with meal planning.

**TIP:** Set an alarm to help remind the person you care for to try to eat, even if they don't have an appetite.

### Coordinating transportation:



The person you're caring for may need transportation support to their appointments during CRT. This might mean taking time off work in this 6-7 week period, coordinating with co-caregivers, or booking transportation services. **For a list of support and nonprofit groups that can help, please see page 18.**

It is important to **remember to care for yourself** as well. **For tips on self care, please see pages 12-13.** Some caregivers have found that the caregiving becomes less demanding after CRT.

# How might I care for myself?

Nobody plans for a major health problem like cancer. When it does happen to someone you love, you can become a caregiver almost overnight, and the learning curve can be steep. It can be a rewarding job, but it can also be extremely scary and frustrating.

In the process of taking care of someone with cancer, **it is just as important to take care of yourself to avoid caregiver burnout.** The best thing you can do is to recognize that you don't have to take on everything by yourself. It is not selfish or weak to ask for help or to take some time for yourself.

Below are some tips that can help you manage your needs and help avoid burnout:

## How can I balance my responsibilities?



It's important to remember that it's OK if you can't do it all. Knowing your own limitations and boundaries is helpful for your own health and the health of your relationships. You may feel guilty for not being able to do more, but there is no shame in asking for help.

- **Reflect on what your own needs are**, the amount of time you can commit, and what you're comfortable helping out with.
- **Use a personal planner** to prioritize and organize your activities.
- **Reach out** to your friends, family, and professional services to help you with caregiving responsibilities.

**TIP:** Group chats and video calls are great ways for all co-caregivers to come together to discuss and share caregiving responsibilities.

*It was great for me to meet other caregivers. It really makes you realize that you're not the only one going through it, you can lean on each other, and the emotions that you have is normal.*

- Caregiver

## How can I care for my emotional well-being?



The responsibilities of being a caregiver can take a toll on your emotional well-being. It's important to **look out for signs** of worsening emotional well-being and **do activities that can help you cope.**

### Signs of worsening emotional well-being:

- Sadness, hopelessness, or feelings of emptiness
- Loss of interest in things you used to enjoy
- Weight changes
- Sleep changes
- Feeling tired
- Trouble focusing
- Changes in mood

### Activities that can help:

- Exercise regularly (eg, yoga)
- Keep up with your hobbies
- Connect with other people
- Take time for yourself
- Do relaxing activities (eg, taking a walk in the park, visiting a lake, or getting ice cream)

**Talk to your healthcare provider about professional counseling** if things get worse (eg, if you can't eat or sleep or are not interested in your usual activities for several days).

**TIPS:** While you wait during appointments, take this time to do some self care activities. This can range from reading a book you enjoy or going for lunch with your friends.

## How can I talk about my caregiving experience?



You are not alone in experiencing the ups and downs of caregiving. According to estimates, over 2 million people in the US consider themselves a caregiver to someone with cancer. It can be comforting to talk to other caregivers about your shared experiences.

**For caregiver support, please visit the National Alliance for Caregiving at [www.caregiving.org](http://www.caregiving.org)**

# What is IMFINZI?

IMFINZI is **the only immunotherapy approved by the FDA for people with unresectable Stage 3 NSCLC** whose disease has not progressed after receiving a combination of chemotherapy and radiation therapy (CRT) given at the same time (concurrently).



**IMFINZI is an immunotherapy**—not chemotherapy. It's a type of cancer treatment that works with the immune system to find and attack cancer. IMFINZI may also attack healthy cells.

## How was IMFINZI studied?

A **clinical trial called the PACIFIC study** compared 2 groups of people with unresectable Stage 3 NSCLC who completed at least 2 cycles of chemotherapy before starting the trial. The chemotherapy contained platinum given at the same time (concurrently) as radiation. One group received IMFINZI and the other one received placebo (no active medicine).

### The main goal of the trial was to measure:

-  The length of time people **remained without cancer growing or spreading** (progression free survival).
-  The length of time people **remained alive** (overall survival).

## Select Important Safety Information

**Call or see your healthcare provider right away if you develop any new or worsening signs or symptoms, including:**

**Lung problems:** cough, shortness of breath, and chest pain

## How might IMFINZI help?

In the PACIFIC clinical trial, **IMFINZI helped people live longer, and significantly reduced the chance of their unresectable lung cancer spreading versus placebo (no active medicine) - as they received saline.**

**66%**

In a clinical trial, **66% of people taking IMFINZI were alive** compared with **56% of those taking placebo (no active medicine)** at 2 years.

**48%**  
LOWER CHANCE

People receiving IMFINZI had a **48% lower chance of lung cancer growing or spreading** than people receiving placebo (no active medicine).

**3x**  
MORE TIME

IMFINZI was proven to give people **3x more time without their lung cancer growing or spreading** compared with people receiving placebo (no active medicine).

\*The median<sup>†</sup> time tumors did not grow or spread was 16.8 months for the 476 patients receiving IMFINZI compared with 5.6 months for the 237 patients receiving placebo. IMFINZI may not work for everyone. Individual results may vary.

<sup>†</sup>Median is the middle number in a group of numbers arranged from lowest to highest.

## Select Important Safety Information

**Call or see your healthcare provider right away if you develop any new or worsening signs or symptoms, including:**

**Liver problems:** yellowing of your skin or the whites of your eyes, severe nausea or vomiting, pain on the right side of your stomach-area (abdomen), dark urine (tea colored), and bleeding or bruising more easily than normal

**For additional Important Safety Information, please see pages 20-23.**

## What are IMFINZI appointments like?



IMFINZI is given as an **IV (intravenous) infusion once every 2 weeks or every 4 weeks**. The infusion usually lasts approximately **60 minutes**. IMFINZI is given for a total of **up to 12 months**. The patient will stop receiving IMFINZI if their disease worsens or if side effects become intolerable. The doctor will decide how long IMFINZI is given.

## What are the possible side effects of IMFINZI?

IMFINZI is an immunotherapy, not chemotherapy. **It works the immune system to find and attack certain types of cancer.**

IMFINZI can cause the immune system to attack normal organs and tissues and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death.



**Serious side effects should be addressed right away.** Serious side effects can affect organs in the body, including:

- Lungs
- Intestines
- Kidneys
- Liver
- Hormone glands
- Skin

**Serious side effects** can also cause severe infections and severe infusion reactions. **Please see the Important Safety Information on pages 20-21** for a list of **serious side effects** and what the signs and symptoms may look like.

**Common IMFINZI side effects** include:

- Cough
- Upper respiratory tract infections
- Feeling tired
- Shortness of breath
- Inflammation in the lungs (pneumonitis)
- Rash

These are not all the possible side effects with IMFINZI. Ask the healthcare provider or pharmacist for more information.

**It's important to let the healthcare team know of any side effects or symptoms the person you care for may be experiencing.**

**For additional Important Safety Information, please see pages 20-23.**

## How might I help care for someone going through treatment with IMFINZI?

You may find your role as a caregiver becomes less demanding once the person you care for has transitioned from CRT to IMFINZI. This shift in care needs is normal with the change in the treatment and appointment schedule. Here are some ways to care for someone receiving IMFINZI:

### Helping with symptom tracking:



It's important to **look out for new signs and symptoms** or changes in existing symptoms when starting immunotherapy. Help the person you're caring for understand signs and symptoms to look for. Remind them to track their symptoms or track symptoms together. You may be able to observe new signs and symptoms they may not have noticed. **It's important to let the healthcare team know of any changes.**

**TIP:** It's important to write down how the person you care for feels before their first IMFINZI infusion so you can notice any changes that may occur during treatment.

If the person you're caring for seems to be experiencing a serious side effect **listed on pages 20-21**, **encourage them to call or see their healthcare provider** right away.

### Notifying other doctors about being on immunotherapy:

If the person you care for visits the emergency room or a doctor who is not on their regular care team, it's important to share that they are receiving an immunotherapy.

**TIP:** Help the person you care for sign up to receive helpful resources, including a wallet card and symptom tracker at **IMFINZI.com**.

# Where can I find support?

## IMFINZI resources

**IMFINZI website:** [www.IMFINZI.com](http://www.IMFINZI.com)

- Information on IMFINZI
- Information on lung cancer
- Tools and resources for people with Stage 3 NSCLC and their caregivers
- Sign up for additional resources

**Downloadable IMFINZI resources:** [www.IMFINZI.com/stage-3-nsclc/resources](http://www.IMFINZI.com/stage-3-nsclc/resources)

- IMFINZI brochure
- Doctor discussion guide
- Wellness and self-care tips

## Support groups and nonprofit groups

The following resources include:

- Information on lung cancer and treatments
- Caregiver resources
- Lung cancer news
- Support services
- Communities and events

**CancerCare:** [www.CancerCare.org](http://www.CancerCare.org)

**Go2 Foundation for Lung Cancer:** [www.go2foundation.org](http://www.go2foundation.org)

**LUNGevity:** [www.LUNGevity.org](http://www.LUNGevity.org)

**LVNG With Lung Cancer Facebook group:** [www.facebook.com/lvngwith](http://www.facebook.com/lvngwith)

**National Alliance for Caregiving:** [www.caregiving.org](http://www.caregiving.org)

# Notes

Grid of dotted lines for taking notes.

*We can go forward with life. Our hope for the future is to continue to grow together as a couple.*  
- Caregiver

# Important Safety Information

## What is IMFINZI?

IMFINZI is a prescription medicine used to treat adults with **a type of lung cancer called non-small cell lung cancer (NSCLC)**. IMFINZI may be used when your NSCLC has not spread outside your chest, cannot be removed by surgery, **and** has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.

It is not known if IMFINZI is safe and effective in children.

## What is the most important information I should know about IMFINZI?

IMFINZI is a medicine that may treat certain cancers by working with your immune system. IMFINZI can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become severe or life-threatening and can lead to death. You can have more than one of these problems at the same time. These problems may happen anytime during treatment or even after your treatment has ended.

**Call or see your healthcare provider right away if you develop any new or worsening signs or symptoms, including:**



**Lung problems:** cough, shortness of breath, and chest pain



**Intestinal problems:** diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; and severe stomach-area (abdomen) pain or tenderness



**Liver problems:** yellowing of your skin or the whites of your eyes, severe nausea or vomiting, pain on the right side of your stomach-area (abdomen), dark urine (tea colored), and bleeding or bruising more easily than normal



**Hormone gland problems:** headaches that will not go away or unusual headaches; eye sensitivity to light; eye problems; rapid heartbeat; increase sweating; extreme tiredness;



weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; and changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness



**Kidney problems:** decrease in your amount of urine, blood in your urine, swelling of your ankles, and loss of appetite



**Skin problems:** rash; itching; skin blistering or peeling; painful sores or ulcers in mouth or nose, throat, or genital area; fever or flu-like symptoms; swollen lymph nodes



**Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with IMFINZI. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include:** Chest pain, irregular heartbeats, shortness of breath or swelling of ankles; confusion, sleepiness, memory problems, changes in mood or behavior, stiff neck, balance problems, tingling or numbness of the arms or legs; double vision, blurry vision, sensitivity to light, eyepain, changes in eyesight; persistent or severe muscle pain or weakness, muscle cramps; and low red blood cells, bruising



**Infusion reactions that can sometimes be severe or life-threatening.** Signs and symptoms of infusion reactions may include: chills or shaking, itching or rash, flushing, shortness of breath or wheezing, dizziness, feel like passing out, fever, and back or neck pain

**Complications, including graft-versus-host disease (GVHD), in people who have received a bone marrow (stem cell) transplant that uses donor stem cells (allogeneic).** These complications can be serious and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with IMFINZI. Your healthcare provider will monitor you for these complications.

Please see the next page for additional Important Safety Information.

# Important Safety Information

**Getting medical treatment right away may help keep these problems from becoming more serious.** Your healthcare provider will check you for these problems during your treatment with IMFINZI. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may also need to delay or completely stop treatment with IMFINZI if you have severe side effects.

**Before you receive IMFINZI, tell your healthcare provider about all of your medical conditions, including if you:**

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have received an organ transplant
- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. IMFINZI can harm your unborn baby

## **Females who are able to become pregnant**

- You should use an effective method of birth control during your treatment and for at least 3 months after the last dose of IMFINZI. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you may be pregnant during treatment with IMFINZI.
- are breastfeeding or plan to breastfeed. It is not known if IMFINZI passes into your breast milk. Do not breastfeed during treatment and for at least 3 months after the last dose of IMFINZI.

**Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

## **What are the possible side effects of IMFINZI?**

**IMFINZI can cause serious side effects (pages 20-21).**

**The most common side effects in people with non-small cell lung cancer (NSCLC)** include cough, feeling tired, inflammation in the lungs, upper respiratory tract infections, shortness of breath, and rash.

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of IMFINZI. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of AstraZeneca prescription drugs by calling 1-800-236-9933. If you prefer to report these to the FDA, either visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch) or call 1-800-FDA-1088.

**Please see accompanying complete Prescribing Information, including Patient Information (Medication Guide) at [www.IMFINZI.com](http://www.IMFINZI.com).**

## Important contacts on the care team

**Role:**

**Name:**

**Phone:**

**Email:**

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**Role:**

**Name:**

**Phone:**

**Email:**

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**Role:**

**Name:**

**Phone:**

**Email:**

To receive helpful information, tools, and resources, help the person you care for sign up at [IMFINZI.com](https://www.imfinzi.com).

