LOOK AHEAD TOGETHER with LYNPARZA

A guide for caregivers of loved ones who are taking LYNPARZA

Please see Important Safety Information throughout this brochure and click the link for complete Prescribing Information, including Patient Information (Medication Guide).
As the caregiver of someone who has an inherited BRCA mutation and HER2-negative metastatic breast cancer, your day-to-day life may differ from how it was before your loved one’s diagnosis. Your list of tasks and challenging moments have likely increased, while the amount of time you have for yourself has probably decreased. And although your responsibilities can feel overwhelming at times, it is important that you do not forget to pay attention to your own mental and physical well-being. Taking care of yourself first will allow you to take better care of your loved one.

The purpose of this brochure is to help you and your loved one who is taking LYNPARZA remain strong in the fight against metastatic breast cancer. It provides information about supporting your needs, as well as tips on how you can support your loved one during their treatment.

WHAT IS LYNPARZA?
LYNPARZA is a prescription medicine used to treat adults who have:
- a certain type of abnormal inherited BRCA gene, human epidermal growth factor receptor 2 (HER2)-negative breast cancer that has spread to other parts of the body (metastatic). You should have received chemotherapy medicines, either before or after your cancer has spread. If you have hormone receptor (HR)-positive disease, you should have been treated with hormonal therapy. Your healthcare provider will perform a test to make sure that LYNPARZA is right for you.
- It is not known if LYNPARZA is safe and effective in children.

IMPORTANT SAFETY INFORMATION
LYNPARZA may cause serious side effects, including:
- Bone marrow problems called Myelodysplastic Syndrome (MDS) or Acute Myeloid Leukemia (AML). Some people who have ovarian cancer or breast cancer and who have received previous treatment with chemotherapy, radiotherapy, or certain other medicines for their cancer have developed MDS or AML during treatment with LYNPARZA. MDS or AML may lead to death. If you develop MDS or AML, your healthcare provider will stop treatment with LYNPARZA.

Symptoms of low blood cell counts are common during treatment with LYNPARZA, but can be a sign of serious bone marrow problems, including MDS or AML. Symptoms may include weakness, weight loss, fever, frequent infections, blood in urine or stool, shortness of breath, feeling very tired, bruising or bleeding more easily. Your healthcare provider will do blood tests to check your blood cell counts:
- before treatment with LYNPARZA
- every month during treatment with LYNPARZA
- weekly if you have low blood cell counts that last a long time. Your healthcare provider may stop treatment with LYNPARZA until your blood cell counts improve.

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FIND “ME” TIME
Finding time to relax can help you replenish your energy and lower your stress levels. Do something nice for yourself every day, even if it is something small. Ideas include:
- • Finding a quiet place to close your eyes for 10 minutes
- • Connecting with friends
- • Focusing on a hobby
- • Being active, taking short walks

TREAT YOUR BODY RIGHT
Exercising, eating right, and getting enough sleep can help you remain mentally and physically strong and ready to face everyday challenges.

Taking care of yourself first will allow you to take better care of your loved one.

HER2=human epidermal growth factor receptor 2.
SELECT SAFETY INFORMATION

LYNPARZA may cause serious side effects, including:

Lung problems (pneumonitis). Tell your healthcare provider if you have any new or worsening symptoms of lung problems, including shortness of breath, fever, cough, or wheezing. Your healthcare provider may do a chest x-ray if you have any of these symptoms. Your healthcare provider may temporarily or completely stop treatment if you develop pneumonitis. Pneumonitis may lead to death.

DO NOT BE AFRAID TO ASK FOR HELP

Although you are doing the best you can for your loved one, you cannot do everything. Think about tasks that you can assign to others so that you can conserve energy, and others can contribute to your loved one’s care. Such tasks could include cooking, cleaning, and shopping.

MORE SUPPORT WITH MY LYNPARZA

My LYNPARZA is a program developed for patients and caregivers of patients for whom LYNPARZA is prescribed. If you know someone interested in signing up for My LYNPARZA, encourage him or her to visit MyLYNPARZA.com.

FIND YOUR SUPPORT SYSTEM

Finding your own support network and connecting with other caregivers can help reduce stress, anxiety, and loneliness. Some groups meet in person, and others over the phone or Internet. Ask your loved one’s nurse or social worker to help you find a support group, or join one of the following national organizations:

- Cancer Hope Network—Provides free and confidential one-on-one emotional support by matching you with a trained volunteer who is a cancer survivor or caregiver who has undergone a similar cancer experience. For a match, call 908-879-6518 or visit www.cancerhopenetwork.org.
- Caregivers and Family—This caregiver resource section of the American Cancer Society’s Web site provides information on what to expect as a caregiver, as well as tips on taking care of yourself. Visit www.cancer.org/treatment/caregivers.

The above organizations are not affiliated with AstraZeneca or Merck.

WAYS TO SUPPORT YOUR LOVED ONE’S NEEDS

LEARN ABOUT LYNPARZA

Educating yourself about LYNPARZA, including how it is taken and possible side effects, can enable you to help your loved one stay on course with the treatment plan. To learn more about LYNPARZA, visit LYNPARZA.com/mBC.

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ENSURE THAT THEY TAKE LYNPARZA AS PRESCRIBED

To help your loved one get the most out of LYNPARZA, you can help ensure that they:

• Take LYNPARZA exactly as their healthcare provider tells them
• Take each dose about 12 hours apart
• Do not take more than 4 LYNPARZA tablets in 1 day
• Swallow the tablets whole and do not chew, crush, dissolve, or divide the tablets
• Do not take an extra dose to make up for one that they missed, and take their next dose at their regularly scheduled time
• Avoid grapefruit, grapefruit juice, Seville oranges, and Seville orange juice during treatment with LYNPARZA. Grapefruit and Seville oranges may increase the level of LYNPARZA in their blood

If they take too much LYNPARZA, call their healthcare provider or take them to the nearest hospital emergency room right away.

For more information on how they should take LYNPARZA, talk to their healthcare provider and visit LYNPARZA.com/mBC.

ENCOURAGE THEM TO KEEP TRACK OF SIDE EFFECTS

Informing your loved one’s treatment team about their experience with LYNPARZA can help the team make informed decisions about their care. Help your loved one track any side effects they might be experiencing, so their physician can recommend ways to treat the symptoms. Details to record include:

• When they took their medicine
• When/what they ate in relation to when they took their medicine
• What, if any, side effects they experienced
• How long the side effects lasted
• Steps they have taken to manage the side effects
• What other prescribed or over-the-counter medicines they are taking

Call your loved one’s healthcare provider for medical advice about side effects. You may report side effects related to AstraZeneca products by clicking here.

To learn more about LYNPARZA, visit LYNPARZA.com/mBC.

ACCOMPANY THEM TO MEDICAL APPOINTMENTS

By going with your loved one to their medical appointments, you can help ensure that they stay on top of their treatment plan. Helpful questions to ask about their treatment with LYNPARZA during the appointment include:

• What are the goals of their treatment?
• How will their lifestyle be affected by this treatment?
• How can I help them feel better during treatment?

Do not hesitate to take notes or ask questions during the visit, especially if there is something you are unsure about or do not understand.

BE A SOURCE OF EMOTIONAL SUPPORT

Being a companion for your loved one can empower and encourage them during this stage of their treatment. Try helping them focus on activities that they enjoy, as well as encouraging them to share their thoughts. It is important to remember, however, that people communicate in different ways. Respect your loved one’s need to share or remain quiet, as well as their desire to be alone at times.

SELECT SAFETY INFORMATION

What should I avoid while taking LYNPARZA?

Avoid grapefruit, grapefruit juice, Seville oranges, and Seville orange juice during treatment with LYNPARZA since they may increase the level of LYNPARZA in your blood.

Please see Important Safety Information throughout this brochure and click the link for complete Prescribing Information, including Patient Information (Medication Guide).
LYNPARZA may cause serious side effects, including:

Bone marrow problems called Myelodysplastic Syndrome (MDS) or Acute Myeloid Leukemia (AML). Some people who have ovarian cancer or breast cancer and who have received previous treatment with chemotherapy, radiotherapy, or certain other medicines for their cancer have developed MDS or AML. MDS or AML may lead to death. If you develop MDS or AML, your healthcare provider will stop treatment with LYNPARZA. Symptoms of low blood cell counts are common during treatment with LYNPARZA, but can be a sign of serious bone marrow problems, including MDS or AML. Symptoms may include weakness, weight loss, fever, frequent infections, blood in urine or stool, shortness of breath, feeling very tired, bruising or bleeding more easily. Your healthcare provider will do blood tests to check your blood cell counts:

- before treatment with LYNPARZA
- every month during treatment with LYNPARZA
- weekly if you have low blood cell counts that last a long time. Your healthcare provider may stop treatment with LYNPARZA until your blood cell counts improve

Lung problems (pneumonitis). Tell your healthcare provider if you have any new or worsening symptoms of lung problems, including shortness of breath, fever, cough, or wheezing. Your healthcare provider may do a chest x-ray if you have any of these symptoms. Your healthcare provider may temporarily or completely stop treatment if you develop pneumonitis. Pneumonitis may lead to death.

Before taking LYNPARZA, tell your healthcare provider about all of your medical conditions, including if you:

- have lung or breathing problems
- have kidney problems
- are pregnant, become pregnant, or plan to become pregnant. LYNPARZA can harm your unborn baby and may cause loss of pregnancy (miscarriage)
- Females who are able to become pregnant should use effective birth control (contraception) during treatment with LYNPARZA and for 6 months after the last dose of LYNPARZA. Talk to your healthcare provider about birth control methods that may be right for you. Tell your healthcare provider right away if you become pregnant
- Males with female partners who are pregnant or able to become pregnant should use effective birth control (contraception) during treatment with LYNPARZA and for 3 months after the last dose of LYNPARZA
- Do not donate sperm during treatment with LYNPARZA and for 3 months after your final dose
- are breastfeeding or plan to breastfeed. It is not known if LYNPARZA passes into your breast milk. Do not breastfeed during treatment with LYNPARZA and for 1 month after receiving the last dose of LYNPARZA. Talk to your healthcare provider about the best way to feed your baby during this time

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Taking LYNPARZA and certain other medicines may affect how LYNPARZA works and may cause side effects.

How should I take LYNPARZA?

- Take LYNPARZA tablets exactly as your healthcare provider tells you
- Do not change your dose or stop taking LYNPARZA unless your healthcare provider tells you to. Your healthcare provider may temporarily stop treatment with LYNPARZA or change your dose of LYNPARZA if you experience side effects
- Your healthcare provider will decide how long you stay on treatment
- Do not take more than 4 LYNPARZA tablets in 1 day.
- If you have any questions about LYNPARZA, talk to your healthcare provider or pharmacist
- Take LYNPARZA by mouth 2 times a day
- Each dose should be taken about 12 hours apart
- Swallow LYNPARZA tablets whole. Do not chew, crush, dissolve, or divide the tablets
- Take LYNPARZA with or without food
- If you miss a dose of LYNPARZA, take your next dose at your usual scheduled time. Do not take an extra dose to make up for a missed dose
- If you take too much LYNPARZA, call your healthcare provider or go to the nearest hospital emergency room right away

What should I avoid while taking LYNPARZA?

Avoid grapefruit, grapefruit juice, Seville oranges, and Seville orange juice during treatment with LYNPARZA since they may increase the level of LYNPARZA in your blood.

LYNPARZA may cause serious side effects. The most common side effects of LYNPARZA are:

- nausea or vomiting. Tell your healthcare provider if you get nausea or vomiting. Your healthcare provider may prescribe medicines to treat these symptoms
- low number of red or white blood cells
- stomach-area (abdominal) pain
- dizziness
- tiredness or weakness
- sore throat or runny nose
- diarrhea
- joint, muscle, and back pain
- headache
- constipation
- mouth sores
- respiratory tract infections
- changes in kidney function blood test
- changes in the way food tastes
- loss of appetite
- low number of platelets
- indigestion or heartburn

These are not all the possible side effects of LYNPARZA. Call your healthcare provider for medical advice about side effects. You may report side effects related to AstraZeneca products by clicking here.

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