

Stay on track

WITH CALQUENCE

A guide to chronic lymphocytic leukemia (CLL)/small lymphocytic lymphoma (SLL) treatment, created especially for caregivers



Not actual patients.

What is CALQUENCE?

CALQUENCE is a prescription medicine used to treat adults with chronic lymphocytic leukemia (CLL) or small lymphocytic lymphoma (SLL).

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

Important Safety Information About CALQUENCE® (acalabrutinib)

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

- have had recent surgery or plan to have surgery. Your healthcare provider may stop CALQUENCE for any planned medical, surgical, or dental procedure.
- have bleeding problems.
- have or had heart rhythm problems.
- have an infection.

- have or had liver problems, including hepatitis B virus (HBV) infection.
- are pregnant or plan to become pregnant. CALQUENCE may harm your unborn baby and cause problems during childbirth (dystocia).
 - If you are able to become pregnant, your healthcare provider may do a pregnancy test before you start treatment with CALQUENCE
 - Females who are able to become pregnant should use effective birth control (contraception) during treatment with CALQUENCE and for 1 week after the last dose of CALQUENCE
- are breastfeeding or plan to breastfeed. It is not known if CALQUENCE passes into your breast milk. Do not breastfeed during treatment with CALQUENCE and for 2 weeks after your last dose of CALQUENCE.

Please see Important Safety Information throughout, and full [Prescribing Information](#), including [Patient Information](#).



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Thank you
FOR CARING

Not actual patients.

First and foremost, thank you for being generous with your support, for taking the time to learn more, and for making a meaningful difference in the life of someone you care for.

A new chronic lymphocytic leukemia (CLL) or small lymphocytic lymphoma (SLL) diagnosis or new treatment may seem overwhelming for you and the person you care for at times, but know that you're not alone. In the United States, you're one of around 50 million people who will act as a caregiver at some point in their life.

This booklet is designed to give you, as a caregiver, an overview of the many aspects of caring for someone with CLL/SLL and treatment with CALQUENCE. It will explain what CALQUENCE is and how it may help with CLL/SLL, tips for helping the person you're caring for, and advice to help you be the best caregiver you can be (without taking on too much in the process).

Important Safety Information (Cont'd)

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Taking CALQUENCE with certain other medications may affect how CALQUENCE works and can cause side effects. Especially tell your healthcare provider if you take a blood thinner medicine.

How should I take CALQUENCE?

- Take CALQUENCE exactly as your healthcare provider tells you to take it.
- Do not change your dose or stop taking CALQUENCE unless your healthcare provider tells you to.

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This booklet is designed to keep pace with treatment

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Important Safety Information (Cont'd)
How should I take CALQUENCE? (Cont'd)

- Your healthcare provider may tell you to decrease your dose, temporarily stop, or completely stop taking CALQUENCE if you develop certain side effects.
- Take CALQUENCE 2 times a day (about 12 hours apart).
- Take CALQUENCE with or without food.

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THE BACKGROUND

you need to know

CLL and SLL are cancers that start in B cells—a type of white blood cell that forms in the bone marrow. With CLL/SLL, too many abnormal B cells are created, which crowd out other healthy cells made in the bone marrow, like red blood cells and platelets. This is what can lead to symptoms like feeling tired or getting sick more often.

There are a number of treatment options available for people with CLL/SLL, but not everyone with CLL/SLL needs to start treatment right away. This is sometimes referred to as a “watch and wait” period, and it’s perfectly normal. Test results, symptoms, and the stage of cancer all help the doctor determine when it’s time to start treatment.

Treatment can start with a **targeted therapy**—a class of drugs that are designed to delay or prevent the growth of cancer cells. Targeted therapy (like CALQUENCE) differs from other treatments you may have heard of, like traditional chemotherapy. Chemotherapy works by damaging cancer cells but can also damage healthy cells.

Important Safety Information (Cont’d)

How should I take CALQUENCE? (Cont’d)

- Swallow CALQUENCE tablets whole with a glass of water. Do not chew, crush, dissolve, or cut tablets.
- If you miss a dose of CALQUENCE, take it as soon as you remember. If it is more than 3 hours past your usual dosing time, skip the missed dose and take your next dose of CALQUENCE at your regularly scheduled time. Do not take an extra dose to make up for a missed dose.

What are the possible side effects of CALQUENCE?

CALQUENCE may cause serious side effects, including:

- **Serious infections** can happen during treatment with CALQUENCE and may lead to death. Your healthcare provider may prescribe certain medicines if you have an increased risk of getting infections. Tell your healthcare provider right away if you have any signs or symptoms of an infection, including fever, chills, or flu-like symptoms.

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CALQUENCE WORKS DIFFERENTLY THAN *traditional chemotherapy*

Whether you're caring for someone who's new to CLL/SLL treatment or just new to CALQUENCE, you should know that CALQUENCE is a targeted alternative to traditional chemotherapy that helps fight CLL/SLL cancer cells.

CALQUENCE is a kinase inhibitor that affects the growth of CLL/SLL cancer cells. Kinases are part of the chemical pathways within cells, some of which can start the growth of new cells. CALQUENCE works by blocking a protein called Bruton tyrosine kinase (BROO-tuhn TY-ruh-seen KY-nays), or BTK, in B cells (a type of white blood cell).

CALQUENCE blocks BTK to help prevent growth and survival signals, causing B cells to die and reducing the number of new cancer cells being made.

Important Safety Information (Cont'd)

CALQUENCE may cause serious side effects, including: (Cont'd)

- **Bleeding problems (hemorrhage)** can happen during treatment with CALQUENCE and can be serious and may lead to death. Your risk of bleeding may increase if you are also taking a blood thinner medicine. Tell your healthcare provider if you have any signs or symptoms of bleeding, including blood in your stools or black stools (looks like tar), pink or brown urine, unexpected bleeding or bleeding that is severe or you cannot control, vomit blood or vomit that looks like coffee grounds, cough up blood or blood clots, dizziness, weakness, confusion, changes in your speech, headache that lasts a long time, or bruising or red or purple skin marks.

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CALQUENCE *comes in a tablet*

Before we discuss how to take CALQUENCE, remember that the doctor of the person you're caring for knows their treatment goals, which is why it's important to help your loved one take CALQUENCE exactly as prescribed.

Below is the typical dosing for CALQUENCE:



Take one 100 mg tablet by mouth approximately every **12 hours**



Swallow tablet whole with a glass of water. Do not chew, crush, dissolve, or cut tablets



Flexibility to take with or without food

Other things to keep in mind

- Your doctor may decrease your dose, stop treatment temporarily, or take you off CALQUENCE completely if certain side effects develop
- Don't change your dose or stop taking CALQUENCE unless your doctor tells you to do so

If you miss a dose

If you miss a dose of CALQUENCE, take it as soon as you remember.

- If it's more than 3 hours past your usual dosing time, skip the missed dose and take your next dose of CALQUENCE at your regularly scheduled time
- **Do not** take an extra dose to make up for missing one, even if it may seem like the right thing to do

If you take too much CALQUENCE, call your healthcare provider or go to the nearest hospital or emergency room right away.

Important Safety Information (Cont'd)

CALQUENCE may cause serious side effects, including: (Cont'd)

- **Decrease in blood cell counts.** Decreased blood counts (white blood cells, platelets, and red blood cells) are common with CALQUENCE, but can also be severe. Your healthcare provider should do blood tests to check your blood counts regularly during treatment with CALQUENCE.

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CALQUENCE + obinutuzumab

Some doctors may decide to prescribe CALQUENCE in combination with another treatment: obinutuzumab. Obinutuzumab is administered intravenously (into the bloodstream) by a doctor. Combining these 2 treatments may not be right for everyone, so patients should talk to their doctor about their treatment plan.

Obinutuzumab is an infusion, which means that it's given through a needle placed into a vein. If CALQUENCE and obinutuzumab are given on the same day, doctors may want patients to take CALQUENCE before they receive obinutuzumab.

Important Safety Information (Cont'd)

CALQUENCE may cause serious side effects, including: (Cont'd)

- **Second primary cancers.** New cancers have happened in people during treatment with CALQUENCE, including cancers of the skin or other organs. Your healthcare provider will check you for skin cancers during treatment with CALQUENCE. Use sun protection when you are outside in sunlight.

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Easy to take EVEN ON THE GO

While CALQUENCE is easy to take, it can also be easy to accidentally miss a dose. As a caregiver, you can help make sure the person you care for takes every dose of CALQUENCE, every time. The tips below might be helpful.

It's crucial to follow your doctor's instructions and not miss doses. Missing doses may negatively impact your treatment goals. Please talk with your doctor before doing or changing anything.

Here are some tips to help you remember to take CALQUENCE twice a day:



Set 2 separate alarms—like 8 AM and 8 PM—for the times you're supposed to take CALQUENCE



Use a calendar to help keep track of dosing times



Associate taking your medications with a routine like brushing your teeth



Use a pill box to ensure you don't take the wrong amount or forget you already took it



Keep an updated list of your loved one's medications, including over-the-counter medications, vitamins, herbs and supplements. Bring this list to every doctor's appointment.

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WHAT YOU NEED TO KNOW *about side effects*

The person you're caring for may have side effects with CALQUENCE, but learning about them early may help your loved one identify and manage some of them at home. Remember to always tell their doctor about any side effects they experience, especially if side effects are severe, or if they don't go away or get worse.

The most common side effects of CALQUENCE (and tips on how one could manage them) include:



Headache

- Can usually occur within 30 minutes of dosing and typically can be managed with acetaminophen (like Tylenol®) or caffeine
- Typically resolves over a period of 4 weeks



Diarrhea

- Drink plenty of fluids. Eat smaller, more frequent, and easier-to-digest meals, and avoid spicy foods
- Talk with the doctor about taking an antidiarrheal medication (like Imodium®)



Muscle and joint pain

- Consider mild stretching in order to relax and ease aches
- Take pain medication as prescribed and discuss other treatments such as massage or physical therapy with the doctor



Upper respiratory tract infection

- Wash hands with soap and water thoroughly and often
- Tell the doctor right away if you have any signs or symptoms of an infection (fever, chills, or flu-like symptoms)



Bruising

- Elevate and ice the affected area to reduce swelling and ease tenderness



Fatigue

- Ensure adequate nighttime sleep and take short naps early in the day if needed
- Meditate, read, or listen to music to help relieve stress
- Engage in moderate exercise, such as walking or stretching (consult your doctor before starting any exercise plan)

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Not an actual patient.

Help is here

Successful caregiving calls for more than just helping the person you're caring for get to their doctor's appointments or take their medication on time. Providing emotional support can be one of the most important responsibilities of a caregiver.

After starting CLL/SLL treatment, people may feel sad, angry, scared, anxious or depressed about starting treatment or the cancer itself. These feelings may stem from the fear of being alone, loss of independence, or thoughts of their own mortality, which is to be expected for people coping with a serious illness.

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Talking openly about these feelings with the person you care for may be difficult, and they may direct some of their feelings toward you. While it may feel upsetting or frustrating, keep in mind that this too is to be expected. The tips below may help you provide emotional support.



Maintain daily routines whenever possible, which can help daily life feel as normal as possible.



Plan fun activities that both you and the person you care for enjoy doing together. Activities don't need to be elaborate to be fun—staying home and listening to music, watching TV, or going shopping could all be an enjoyable change of pace.



Encourage the person you care for to open up about how they're feeling by asking "what" they're feeling (instead of "how" they're feeling). Listen to them, remind them that what they're feeling is okay, but you don't have to make everything better. If they don't want to talk about treatment or having cancer, that's perfectly okay, too.



Be open about your feelings too and don't be afraid of doing so. Talk about your concerns, and keep in mind that you're a team that's in this together.



Respect your loved one's right to make decisions about their own life, including if they decide not to discuss all parts of their condition with you. Sometimes your loved one may not want to talk about having cancer, and it's important to recognize and respect that.

Important Safety Information (Cont'd)

CALQUENCE may cause serious side effects, including: (Cont'd)

- **Heart rhythm problems (atrial fibrillation and atrial flutter)** have happened in people treated with CALQUENCE. Tell your healthcare provider if you have any of the following signs or symptoms: fast or irregular heartbeat, dizziness, feeling faint, chest discomfort, or shortness of breath.

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Treatment TAKES A TEAM

Caring for someone with CLL/SLL takes a number of people, all of whom are part of a treatment team. A treatment team may include:



Hematologist-Oncologist

(doctors who treat blood cancers)



Nurses



Oncologists

(doctors who treat cancer)



Other specialists



Primary care physicians



You

Your role as a caregiver is essential to successful treatment and living with CLL/SLL. Beyond offering emotional support, the below tips can help you make the most of every doctor's appointment.

- Aim to go to all doctor's appointments with the person you're caring for. In addition to staying up to speed on treatment, you can keep friends and family updated and keep a record of what's discussed during appointments.
- Make a list of questions for the doctor with the person you're caring for before each appointment.
- Take notes, especially when the doctor answers your questions.
- Don't hesitate to reach out to the doctor if you have additional questions, concerns, or still don't understand something after an appointment. They'll be glad to help!

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Important Safety Information (Cont'd)

CALQUENCE may cause serious side effects, including: (Cont'd)

The most common side effects of CALQUENCE include headache, diarrhea, muscle and joint pain, upper respiratory tract infection, and bruising.

These are not all the possible side effects of CALQUENCE. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

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Resources designed WITH YOU IN MIND

There's even more help for caregivers out there. Explore the resources below to find additional information, community, and more.

American Cancer Society

cancer.org

The American Cancer Society offers programs, support, and information, including information specifically for caregivers. Learn about treatment options, get advice on how to help patients cope with side effects, and get answers to questions about health insurance, free services, and much more.

CLL Society

CLLSociety.org

The CLL Society is a patient-centric, physician-curated resource for patients with CLL and their caregivers. In addition to providing helpful information, the CLL Society is a community designed to help meet the unmet needs of those with CLL.

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Leukemia & Lymphoma Society (LLS)

lls.org

LLS is a source for free, highly specialized blood cancer information, education, and support for patients, survivors, families, and healthcare professionals. Notably, LLS has a variety of caregiver-specific workbooks, guides, and advice. LLS also has chapters across the United States.

Lymphoma Research Foundation (LRF)

lymphoma.org

LRF is the nation's largest non-profit organization devoted exclusively to funding innovative lymphoma research and providing support and services to people with lymphoma, their families, and caregivers.

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You MATTER, TOO

Being a caregiver also means caring for yourself. Many caregivers feel guilty for taking time to care for themselves or worry that something might happen to the person they're caring for. There may never be a perfect time to focus on yourself, but putting it off can leave you feeling too stressed, tired, or worn out to do what you need to. Below are some ways you can take care of yourself during treatment.

- Keep up with your own health. Stay well by sticking to your own doctor's appointments, getting enough rest, eating well, and exercising (even if only a brisk walk).
- Make time for activities you enjoy.
- Tap into family and friends who can help around the house, with kids, or with anything else you need.
- Tune in to your feelings. Caregiving is a complex process that can come with a lot of emotions. Keeping a journal, sharing with a support group (including online support groups), or talking with a professional counselor can help.

We're here to support you all day, every day (and all night, too)

CALQUENCE and AstraZeneca offer a variety of resources to educate and support caregivers, as well as the people they care for, throughout treatment. Visit [CALQUENCE.com](https://www.calquence.com) to learn more.

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Help paying FOR CALQUENCE

COMMERCIALLY INSURED

PATIENTS MAY PAY
AS LITTLE AS

\$0*

PER MONTH

CALQUENCE CO-PAY SAVINGS PROGRAM

Patients may pay as little as \$0 per month for CALQUENCE. There are no income requirements to participate in the program. For more information and eligibility requirements, visit [this website](#).

*Terms and conditions apply. See site for full eligibility and terms of use.

GOVERNMENT INSURED OR UNINSURED



INDEPENDENT FOUNDATIONS

AstraZeneca Access 360™ can provide information about independent charitable patient assistance foundations that may be able to help you with out-of-pocket costs. However, Access 360 does not guarantee support by independent foundations.

For more information and a list of foundations, call Access 360 or visit [this website](#).



AZ&ME PRESCRIPTION SAVINGS PROGRAM

AZ&ME provides AstraZeneca medicines at no cost to qualifying people. For more information, call **1-800-AZandMe** (1-800-292-6363) or visit [this website](#).



**If AstraZeneca medicines have been prescribed,
the Access 360 program can answer questions about:**



Insurance coverage
for your medicine



Your out-of-
pocket costs



Affordability
options

To learn more, please call **1-844-ASK-A360 (1-844-275-2360)**,
Monday through Friday, 8 AM - 6 PM ET or visit [this website](#).

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More awaits you
at **CALQUENCE.COM**



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