

EXPLORE
WHAT'S POSSIBLE.

Support from every direction: **a conversation guide**

XALKORI is a prescription medicine used to treat people with non-small cell lung cancer (NSCLC) that has spread to other parts of the body and is caused by a defect in either a gene called ALK (anaplastic lymphoma kinase) or a gene called ROS1. It is not known if XALKORI is safe and effective in children.

Please see Important Safety Information on pages 5-6.
Click for the [full Prescribing Information](#) and [Medication Guide](#) or visit [XALKORI.com](#).



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- Getting diagnosed with non-small cell lung cancer (NSCLC) that has spread to other parts of the body can feel overwhelming. The news can bring on a range of emotions — shock, fear, and frustration. You may even feel alone. But you're not.

Support is a powerful part of the equation.

From your cancer care team to your friends, family members, and colleagues, the support you receive from others is important to help you through this journey. While no two people are the same, most newly diagnosed patients share similar challenges.

If you're newly diagnosed, you need to:

- Find out more about your diagnosis, and consider your treatment options
- Understand how your treatment plan will affect your life
- Learn what resources are available to you



**IT HELPS TO HAVE
EXPERIENCED PARTNERS TO GUIDE YOU.**

Inside, you'll find tips and suggestions that you can use to help guide your conversations about NSCLC, communicate your questions and concerns about treatment, and connect with those who may help you.



■ At the medical center: It takes teamwork

We understand you probably have a lot of questions about your diagnosis. Having an expert team on your side — and knowing what questions to ask — can help you get the best care for your specific type of lung cancer. The first step? Get to know the members on your care team.

Meet your care team.

Your team of doctors, nurses, and social workers are valuable sources of support. There is a wide range of medical specialists who may play a part in your care. Understanding their roles can help as you proceed with your treatment.



■ **Pathologist**

Tests tissue and fluid samples (called a “biopsy”) to determine whether a disease, and what type of disease, is present. He or she also conducts testing on the cancer cells to identify defects in genes such as ALK or ROS1.

■ **Medical oncologist**

Determines how to treat your cancer and manage symptoms and side effects.

■ **Surgical oncologist**

Diagnoses and treats cancer using surgery. He or she can perform biopsies and remove tumors.

■ **Radiation oncologist**

Uses X-rays and other types of radiation to treat cancer.

■ **Diagnostic radiologist**

Diagnoses disease using tests such as X-ray, MRI, CT scan, and ultrasound. He or she may perform regular scans to determine whether a tumor is responding to treatment.

■ **Thoracic surgeon**

Specializes in surgery on the lungs and other organs in the chest.

■ **Pulmonologist**

Helps diagnose and treat diseases of the lung (including cancer), and helps manage side effects.

■ **Respiratory therapist**

Cares for patients who have trouble breathing.

Meet your care team (continued)

■ Interventional pulmonologist

A pulmonologist with specialized training to use minimally invasive techniques for diagnostic tests and lung cancer treatments.

■ Interventional radiologist

Uses image-based techniques (like X-rays) to diagnose and treat cancer, with the goal of less risk to the patient.

■ Palliative care specialist

Focuses on improving a patient's quality of life by managing pain and other distressing symptoms related to cancer.

■ Nurse practitioners and physician assistants

Provide a wide range of medical care, from ordering diagnostic procedures and helping with preventive care to prescribing certain medications and assisting with surgery and hospital care.

■ Oncology nurses

Specially trained in the care of cancer patients, they work with doctors to monitor cancer patients' treatments. They also monitor patients' health status and help manage symptoms and side effects.

■ Oncology social worker

Provides counseling and support to address specific patient needs that go beyond medical treatment. For example, they may help your family find a place to stay while you're being treated, or they may help you navigate cancer-related financial issues.

■ Nurse navigator or patient navigator

Coordinates care among the different people on the care team, and also helps you find emotional, financial, or other support services. Your patient navigator is generally a good first resource when you have questions or problems.




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■ Continue the conversation: ask questions


If you have non-small cell lung cancer (NSCLC) that has spread to other parts of your body and has tested positive for a defect in either the ALK or the ROS1 gene, your doctor may prescribe XALKORI®. Talk to your care team to learn more about what XALKORI is, how it works, and what to expect with your treatment plan.

Questions to ask about XALKORI

- How does XALKORI work? How will I know if XALKORI is working?
- What side effects might I experience while taking XALKORI? Whom do I contact if I have side effects?
- How do I take XALKORI and how often?
- Are there any ongoing tests I need to have while receiving treatment?
- Are there any resources that can help with financial support for XALKORI?



You might find it helpful to use the attached tear pages to write down questions for your care team, answers to your questions, or thoughts or concerns about your treatment.



■ Important Safety Information

XALKORI® (crizotinib) may cause serious side effects, some of which may include:

Liver problems — XALKORI may cause life-threatening liver injury that may lead to death. Your healthcare provider should do blood tests to check your liver every 2 weeks during the first 2 months of treatment with XALKORI, then once a month. Tell your healthcare provider right away if you get any of the following new or worsening symptoms:

- yellowing of your skin or the white part of your eyes
- severe tiredness
- dark or brown (tea color) urine
- nausea or vomiting
- decreased appetite
- pain on the right side of your stomach
- bleed or bruise more easily than normal
- itching

Lung problems (pneumonitis) — XALKORI may cause life-threatening lung problems that may lead to death. Symptoms may be similar to those symptoms from lung cancer. Tell your healthcare provider right away if you have any new or worsening symptoms, including:

- trouble breathing or shortness of breath
- cough with or without mucous
- fever

Heart problems — XALKORI may cause very slow, very fast, or abnormal heartbeats. Your healthcare provider may check your pulse rate and blood pressure during treatment with XALKORI. Tell your healthcare provider right away if you feel dizzy or faint or have abnormal heartbeats. Tell your healthcare provider if you take any heart or blood pressure medicines.

Severe vision problems — Vision problems are common with XALKORI. These problems usually happen within 1 week of starting treatment with XALKORI. Vision problems with XALKORI can be severe and may cause partial or complete loss of vision in one or both eyes. Your healthcare provider may hold or stop XALKORI and refer you to an eye specialist if you develop any vision problems during treatment with XALKORI. Tell your healthcare provider right away if you have any new vision problems, loss of vision or any change in vision, including:

- double vision
- seeing flashes of light
- blurry vision
- light hurting your eyes
- new or increased floaters

Before you take XALKORI, tell your healthcare provider about all of your medical conditions including if you:

- have liver or kidney problems
- have lung problems
- have heart problems, including a condition called long QT syndrome
- have vision or eye problems

■ Important Safety Information (continued)

Before you take XALKORI® (crizotinib), tell your healthcare provider about all of your medical conditions including if you:

- are pregnant, or plan to become pregnant.
XALKORI can harm the unborn baby
 - **Females** who are able to become pregnant should use effective birth control during treatment with XALKORI and for at least 45 days after the final dose of XALKORI.
 - Your healthcare provider will check to see if you are pregnant before starting treatment with XALKORI
 - **Males** who have female partners who can become pregnant should use condoms during treatment with XALKORI and for at least 90 days after the final dose of XALKORI.
 - Talk to your healthcare provider about birth control methods that may be right for you.
 - If you or your partner becomes pregnant, tell your healthcare provider right away.
- are breastfeeding or plan to breastfeed. It is not known if XALKORI passes into the breast milk. Do not breastfeed during treatment with XALKORI and for 45 days after the final dose. Talk to your healthcare provider about the best way to feed the baby during this time

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

Do not drink grapefruit juice, eat grapefruit or take supplements containing grapefruit extract during treatment with XALKORI. It may increase the amount of XALKORI in your blood to a harmful level.

The most common side effects of XALKORI include:

- vision problems
- nausea, diarrhea, or vomiting
- swelling of your hands, feet, face, or eyes
- constipation
- increased liver function blood test results
- tiredness
- decreased appetite
- upper respiratory infection
- dizziness
- feeling of numbness or tingling in your arms or legs

XALKORI can cause changes in vision, dizziness, and tiredness. Do not drive or operate machinery if you have any of these symptoms.

Avoid spending prolonged time in sunlight. XALKORI can make your skin sensitive to the sun (photosensitivity), and you may burn more easily. You should use sunscreen and wear protective clothing that covers your skin to help protect against sunburn if you have to be in the sunlight during treatment with XALKORI.

XALKORI may cause fertility problems in females and males, which may affect the ability to have children.

These are not all of the possible side effects of XALKORI.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.



■ At home: can we talk?

Talking about your cancer may feel challenging — particularly when sharing the news with your loved ones or friends. One thing that's helpful to remember: there is no right or wrong way to share what you are going through. There is no "one size fits all" approach. Just as every relationship you have is different, so are the discussions you will have with each person. Consider the following tips when telling others about your ALK-positive (ALK+) or ROS1-positive (ROS1+) NSCLC that has spread to other parts of the body.

■ Talking to your partner or spouse

If you're married or in a committed relationship, your spouse or partner may feel the greatest impact from your diagnosis. He or she may worry about your health and well-being, and at the same time, he or she may have concerns about what will happen over the long term.

It's not unusual for couples to struggle with discussing these types of emotions, because doing so can be upsetting. Negative thoughts can even make both partners feel guilty. But being open can help each partner to give and receive support.

■ Talking to your partner or spouse (continued)

While every relationship is unique, you may find it helpful to:



Involve your partner in your medical appointments.

This can help your partner gain firsthand understanding of the treatment options you are considering and any side effects. It may also better prepare both of you for what to expect in the coming weeks and months.



Be a team.

During this challenging time, it's important to be a team. An NSCLC diagnosis changes not only your life, but also the lives of those who care about you. It can be helpful to talk through options and make decisions together.



Schedule time alone to talk.

Choose times to talk when both of you are free from distractions and not rushed. This can be challenging, especially if you have children, but it's an important step.



Write it down.

If you have something tough to talk about, consider practicing what you want to say or writing notes for yourself. This may help you prioritize your needs and identify your biggest concerns.



Be open about your feelings — both the positive and the negative.

Tell your partner how you are feeling, physically and emotionally. Try not to assume that your partner will be able to sense how you are feeling or know what you need without being told.



Prepare for possible changes.

If this person is also likely to become your caregiver, share with them the **Caregiver Guide** in the patient Starter Kit, which features helpful guidance for assuming that role.

■ Talking to children and teens

When it comes to children and teenagers, you may be tempted to avoid discussing your diagnosis completely. Children are often more in tune than we think, and they may sense when something is wrong. The best thing you can do is talk with them and provide accurate, age-appropriate information.

Consider the following tips:



Be honest in answering their questions.

You may prolong their anxiety by not being upfront. It's okay to use the word "cancer." You may even want to show them where the cancer is on your body to help them understand. Without direct answers, children may come up with scarier ideas of what's happening.



Put them in a position where they can help and support you. Talk about how they can best help you, and assign age-appropriate jobs so that they feel involved.



Reassure them.

Explain to them that, no matter what happens, they are loved and will continue to be well cared for. Let them know that, regardless of what they have done — or how they have been behaving — the cancer is not their fault.



Let children know it is okay to feel sad, mad, scared, or confused.

All of these feelings are normal. Encourage them to express and share their feelings with you and other trusted adults.



Explain how your treatment plan will impact their lives.

Use simple terms they can understand, and prepare them for any side effects you may expect.



Make communicating with children a priority.

Dealing with your diagnosis can be exhausting — both physically and emotionally. But try to make every effort to talk with and listen to any children involved. Showing you care may go a long way toward ensuring they share their feelings with you in the future.



■ On the job: balancing cancer and your career

Discussing your diagnosis with your employers and coworkers is both a personal and practical decision. If your ability to do your job will not be affected, you may choose not to immediately share this matter with your employer. On the other hand, there may be certain things your employer can do to help make it easier for you to continue to work. It's up to you to decide what's right for your situation.

A helpful first step is to schedule an appointment with your doctor to discuss your job and responsibilities. Communicate to your doctor the importance of your job as a means of income, health insurance, and purpose — and that you'd like these things to be considered when making medical decisions. Ask your doctor what you can do to continue working and to minimize the impact on your work life and coworkers.

■ Talking to your employer and coworkers

Should you choose to continue working, there are many ways to work through cancer treatment. Factors to consider include:

- Will you be able to continue to perform all of your job duties?
- Do you need to take time off from work for treatment? If so, how long? And when are you likely to be able to return?
- What changes do you anticipate you will need to make in your workplace?
- Are there any reasonable accommodations that can make the transition smoother?

■ Talking to your employer and coworkers (continued)

Consider the following tips:



Work with your human resources

department. Your human resources department can be a valuable ally. They can help navigate insurance and employee benefits, and provide perspective on how the organization can accommodate your needs during this time.



Know your rights.

There are a number of federal laws, such as the Americans with Disabilities Act (ADA) and the Family and Medical Leave Act, that relate to cancer patient rights, discrimination, and benefits. Learn more about what you may be entitled to or eligible for. A good online resource is **www.cancerandcareers.org**.



Stay organized.

Keep records of all of your communications. This will help you keep track of all of the moving parts, and clearly remember your interactions with your employer.

■ Get more support

You don't need to face non-small cell lung cancer alone. If you find that you have trouble talking with your partner, family members, or employers, don't be afraid to ask someone else to help. This could be your doctor, a counselor, another member of your care team, a friend, or someone else you feel comfortable talking with.

You may also find that support groups can be helpful — sometimes listening to other people who are going through the same type of experience can be very beneficial.

THERE'S MORE TO EXPLORE.

No one can predict what your journey will be like, but being informed can help you feel more prepared. Take advantage of the additional resources available at **XALKORI.com/resources**.



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■ Take note:


You may find it helpful to use these pages to write down questions for your doctor or another member of your healthcare team, side effects you might be experiencing, thoughts about your treatment, or other concerns you may have.



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■ Getting the most out of your XALKORI® (crizotinib) treatment

Remember: always follow your doctor's instructions exactly, and be sure to report any side effects you may experience right away.



For more information and ongoing support,
register for the XALKORI Support Program at
XALKORI.com/register.

To learn more about XALKORI,
visit **XALKORI.com**.



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