

Taking Care

A Guide For Caregivers



Being The Face Of Support

As a caregiver for someone living with metastatic breast cancer, your role is absolutely vital. There may be no cure for the disease, but with your help, your loved one may find the comfort and support she needs.

A diagnosis of metastatic breast cancer can create a new routine for both you and your loved one. And while a lot may have changed, a lot hasn't. That's why we've developed this guide to help you navigate your and your loved one's new normal and to help you learn more about her IBRANCE® (palbociclib) treatment. It may also be a useful reference for information about:

- Self-care
- Tips about caring for your loved one
- Support resources available to you both

What Is IBRANCE?

IBRANCE is a prescription medicine used to treat hormone receptor-positive (HR+), human epidermal growth factor receptor 2-negative (HER2-) breast cancer that has spread to other parts of the body (metastatic) in combination with:

- an aromatase inhibitor as the first hormonal based therapy in women who have gone through menopause, or
- fulvestrant in women with disease progression following hormonal therapy.

If your loved one is considering IBRANCE, you can explore additional information about treatment, support programs, and more on **IBRANCE.com**.

“ She is scared sometimes, and so am I, but who wouldn't be? I am proud that we have never given up and never lost hope. ”

– John, Ambassador + Husband

SELECTED SAFETY INFORMATION: IBRANCE may cause serious side effects, including low white blood cell counts (neutropenia), which are very common when taking IBRANCE and may cause serious infections that can lead to death. Your doctor should check your white blood cell counts before and during treatment.

If you develop low white blood cell counts during treatment with IBRANCE, your doctor may stop your treatment, decrease your dose, or may tell you to wait to begin your treatment cycle. Tell your doctor right away if you have signs and symptoms of low white blood cell counts or infections such as fever and chills.

Please see the Important Safety Information on page 7. Click for the full [Prescribing Information](#) and [Patient Information](#) or visit [IBRANCE.com](#).

Caring For Yourself

While providing your loved one with support is vital, it's just as important to take care of yourself. We've put together the following tips to help you stay on top of the stress and fatigue that can come with helping your loved one, following a metastatic breast cancer diagnosis.

Set realistic expectations for yourself.

Metastatic breast cancer can be daunting to face, for patients and caregivers alike. Even when you're doing everything you can, it can be frustrating to feel like you're coming up short. Focus on what you can accomplish to avoid feeling overwhelmed.

Maintain your hobbies.

Preserving your personal life may give you an outlet for stress and help you relax so that you can be an effective caregiver. Make time for the things you want to do, and regularly plan activities you enjoy.

Consider joining a support group.

If you ever feel overwhelmed, remember that you're not alone. Many groups exist (in person and online) to help caregivers find the support they need.

Keep your friends close.

Caregiving can be a consuming job. Your friends can provide a welcome distraction and offer help if you need it. Just as you're supporting someone, it's important not to abandon your own support system.

Stay ahead of stress.

If you're feeling tired or stressed, finding ways to relax, like yoga, meditation, or even taking a nap, can have a profound effect on your ability to give care effectively.

Accept help if it's offered.

When people offer a helping hand, there's no sense in turning it down. Often, people are happy to help out, but don't know where to start. Having a list of chores handy can make it easy to give friends and family members something meaningful to do.

Looking for additional resources dedicated to caregivers? **For more tips and information, learn about our support programs and our mentor program on page 10.**

“ I know as a caregiver I need to remember to take care of myself. ”

– Vicki, Ambassador + Daughter

Giving Care

Giving your loved one the support she needs starts with understanding what she wants. Explore the tips below to learn how to communicate more effectively, and to learn about a few simple things you can do that may make a big difference to her.

Keep the lines of communication open.

Metastatic breast cancer may leave your loved one feeling isolated. Make sure she knows that you're there for her, and that she should feel comfortable sharing honestly with you. And if you aren't sure about how she's feeling or what she needs, ask.

Listen to her needs.

Always listen carefully and ask if it is okay to offer advice. And remember, your loved one is the person facing metastatic breast cancer. So it's important to respect her decisions regarding treatment and how she manages the disease.

Give her emotional space.

Your loved one will have good days and bad, and sometimes a bit of time alone may be what she needs most.

Be honest.

Your feelings are important too. Sharing how you feel can help ensure that negative emotions don't get bottled up, but don't overwhelm your loved one with these feelings. If you're feeling stressed, make sure you take some time to calm down before discussing any personal concerns.

Learn about your rights and benefits.

For instance, as part of the federal Family and Medical Leave Act, you may qualify for unpaid leave from work in order to care for your loved one.

Little things can go a long way.

Just taking on a simple chore like cooking, cleaning, or filling out medical paperwork can be a big help, especially if she's having a rough day.

Establish a relationship with her healthcare team.

Get to know your loved one's healthcare team and how to reach them. And ask your loved one if she'd like you to join her at her appointments. You may have questions that the healthcare team can answer, and it can be helpful to have someone take notes.

Help her remember just how beautiful she is.

Metastatic breast cancer can take a heavy physical and emotional toll. Throughout all the ups and downs, find ways to help her look and feel her best.

Try different ways of communicating.

You may find that leaving notes and showing physical affection can be good ways to communicate.

For additional information and resources that may help during your loved one's treatment, visit [IBRANCEresources.com](https://www.ibrance.com/resources).

“ I was determined to stay positive and be the rock she needed me to be — the rock she'd always been for me. ”

– Josephine, Ambassador + Sister

How To Take IBRANCE® (palbociclib)

To help your loved one better understand her IBRANCE treatment plan and how to take it, it's important that she take note of the following:

- ✓ She should always take her IBRANCE dosage exactly as her healthcare team prescribes.
- ✓ Your loved one should remember to take IBRANCE with food.
- ✓ She should avoid grapefruit, grapefruit juice, and grapefruit products while on IBRANCE therapy. They may increase the amount of IBRANCE in your loved one's blood.
- ✓ She should swallow her IBRANCE dose whole and intact. Your loved one should not chew, crush, or open IBRANCE capsules before swallowing them. She should not take any IBRANCE capsules that are broken, cracked, or that look damaged.
- ✓ Your loved one should try to take IBRANCE at approximately the same time each day.
- ✓ She should not change her dose or stop taking IBRANCE unless her healthcare team tells her. Know that if she misses a day's dose or vomits after taking a dose of IBRANCE, your loved one should not take an extra dose. She should just take her next dose at her regular time.
- ✓ If your loved one takes too much IBRANCE, she should call her healthcare team right away or go to the nearest hospital emergency room.
- ✓ Before your loved one starts taking IBRANCE, she should read through the Important Safety Information on page 7.

For tips on how your loved one can help manage side effects, visit **[IBRANCE.com/side-effects](https://www.ibmance.com/side-effects)**.

SELECTED SAFETY INFORMATION: Before you take IBRANCE, tell your doctor if you: have fever, chills, or any other signs or symptoms of infection, have liver or kidney problems, have any other medical conditions, are pregnant or plan to become pregnant; IBRANCE can harm your unborn baby, are breastfeeding or plan to breastfeed; it is not known if IBRANCE passes into your breast milk. You and your doctor should decide if you will take IBRANCE or breastfeed. You should not do both.

Please see the Important Safety Information on page 7. Click for the full [Prescribing Information](#) and [Patient Information](#) or visit [IBRANCE.com](https://www.ibmance.com).

IBRANCE® + AROMATASE INHIBITOR

Her Treatment Cycle

IBRANCE® (palbociclib) and an aromatase inhibitor are taken orally in a 4-week cycle as a **once-daily** dose. For the first 3 weeks (21 days), your loved one will take **one IBRANCE and one aromatase inhibitor pill, once a day**. Then for the last week (7 days), she'll take only one pill — an aromatase inhibitor. At the end of 4 weeks, the cycle will start over again. Her healthcare team will monitor her therapy throughout.

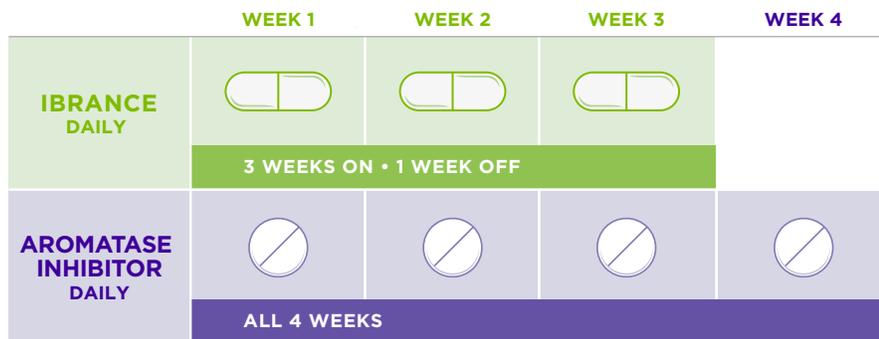
Even though your loved one will stop taking IBRANCE for the last week of each cycle, an aromatase inhibitor

should be taken every day throughout her therapy. It should even be taken if her healthcare team stops her treatment with IBRANCE or adjusts her dose.

Staying On Track

It's very important for your loved one to take her medicine exactly as prescribed. You can help by leaving simple reminders, like a note, text, or phone call, and by accompanying your loved one to her appointments. Additionally, you can encourage her to download our Dosing Tracker at **IBRANCEresources.com**.

IBRANCE + AROMATASE INHIBITOR



For illustrative purposes only.

SELECTED SAFETY INFORMATION: Common side effects of IBRANCE include low red blood cell counts and low platelet counts. Call your doctor right away if you develop any of these symptoms during treatment: dizziness, shortness of breath, weakness, bleeding or bruising more easily, or nosebleeds.

Please see the Important Safety Information on page 7. Click for the full [Prescribing Information](#) and [Patient Information](#) or visit IBRANCE.com.

IBRANCE® + FULVESTRANT

Her Treatment Cycle

IBRANCE® (palbociclib) is taken orally over a 4-week cycle as a **once-daily** dose. For the first 3 weeks (21 days), your loved one will take **one IBRANCE pill, once a day**. Then for the last week (7 days), she won't take IBRANCE. At the end of 4 weeks, the cycle will start over again. Her healthcare team will monitor her therapy throughout.

Fulvestrant is an intramuscular injection that is administered by your loved one's healthcare provider. Each treatment is given as 2 injections (for a 500-mg total dose). Fulvestrant requires 3 doses during the first month of treatment. Your loved one's healthcare provider will give

her one dose on days 1, 15, and 29 of the first month and then a single dose once a month thereafter. Please refer to the chart below, and remind your loved one to discuss scheduling her injection appointments with her healthcare team.

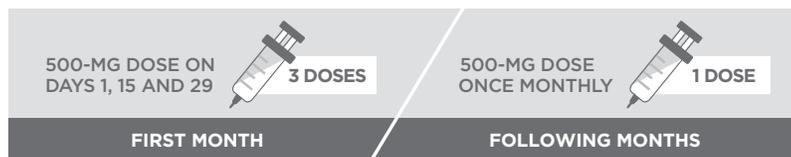
Staying On Track

It's very important for your loved one to take her medicine exactly as prescribed. You can help by leaving simple reminders, like a note, text, or phone call, and by accompanying your loved one to her appointments. Additionally, you can encourage her to download our Dosing Tracker at IBRANCEresources.com.

IBRANCE



+ FULVESTRANT



For illustrative purposes only.

SELECTED SAFETY INFORMATION: Other common side effects of IBRANCE include: infections, tiredness, nausea, sore mouth, abnormalities in liver blood tests, diarrhea, hair thinning or hair loss, vomiting, rash, and loss of appetite.

Please see the Important Safety Information on page 7. Click for the full [Prescribing Information](#) and [Patient Information](#) or visit IBRANCE.com.

Important Safety Information

IBRANCE® (palbociclib) may cause serious side effects, including:

Low white blood cell counts (neutropenia). Low white blood cell counts are very common when taking IBRANCE and may cause serious infections that can lead to death. Your doctor should check your white blood cell counts before and during treatment.

If you develop low white blood cell counts during treatment with IBRANCE, your doctor may stop your treatment, decrease your dose, or may tell you to wait to begin your treatment cycle. Tell your doctor right away if you have signs and symptoms of low white blood cell counts or infections such as fever and chills.

Before you take IBRANCE, tell your doctor if you:

- have fever, chills, or any other signs or symptoms of infection.
- have liver or kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant; IBRANCE can harm your unborn baby.
 - Females who are able to become pregnant and who take IBRANCE should use effective birth control during treatment and for at least 3 weeks after stopping IBRANCE.
 - Males who are taking IBRANCE and have female partners who can become pregnant should use effective birth control during treatment with IBRANCE and for 3 months after the final dose of IBRANCE.
- are breastfeeding or plan to breastfeed; it is not known if IBRANCE passes into your breast milk. You and your doctor should decide if you will take IBRANCE or breastfeed. You should not do both.

Common side effects of IBRANCE include:

- Low red blood cell counts and low platelet counts. Call your doctor right away if you develop any of these symptoms during treatment:
 - dizziness
 - shortness of breath
 - weakness
 - bleeding or bruising more easily
 - nosebleeds

Other common side effects include: infections, tiredness, nausea, sore mouth, abnormalities in liver blood tests, diarrhea, hair thinning or hair loss, vomiting, rash, and loss of appetite.

IBRANCE may cause fertility problems in males. This may affect your ability to father a child. Talk to your doctor if this is a concern for you.

These are not all of the possible side effects of IBRANCE. For more information, ask your doctor. Tell your doctor if you have any side effect that bothers you or does not go away.

Tell your doctor about all of the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. IBRANCE and other medicines may affect each other, causing side effects.

Do not drink grapefruit juice or eat grapefruit products while taking IBRANCE as they may increase the amount of IBRANCE in your blood.

Tell your doctor if you start a new medicine. Take IBRANCE exactly as your doctor tells you.

If you take too much IBRANCE, call your doctor right away or go to the nearest hospital emergency room.

Pfizer Oncology together™ Savings & Support

At Pfizer Oncology Together, we're here to support. Our Care Champions can offer resources to help your loved one manage her day-to-day life, including customized check-ins, support group connections, or finding independent organizations that can help with transportation and lodging for her treatment-related appointments.*

If your loved one needs help understanding her insurance or what financial support may be available, Pfizer Oncology Together is here for her. We're committed to helping your loved one get IBRANCE® (palbociclib), regardless of her insurance coverage.

IBRANCE is available through Specialty Pharmacy Providers (SPPs). These are pharmacies that handle

medicines that are often not stocked at regular neighborhood pharmacies. Our Care Champions can help connect your loved one to a specialty pharmacy to fill her IBRANCE prescription.

Whether it's financial assistance or support beyond treatment, we'll help you and your loved one find the resources she needs — all in one place. Just have her give us a call — **1-844-9-IBRANCE**.

*Some services are provided through third-party organizations that operate independently and are not controlled by Pfizer. Availability of services and eligibility requirements are determined solely by these organizations.

Learn more about our full support services at **IBRANCEresources.com**.

Commercially Insured?

Resources for eligible commercial, private, employer, and state health insurance marketplace patients



Eligible patients may pay as little as \$0 a month* for IBRANCE. Enrollment is simple, with no income requirements, forms, or faxing.

To find out if your loved one is eligible, visit **IBRANCEassistance.com** or text "IBRANCE" to **69599****

*Limits, terms, and conditions apply. Patients may receive up to \$25,000 in savings annually. **The offer will be accepted only at participating pharmacies. This offer is not health insurance.** No membership fees apply. For full terms and conditions, please see IBRANCEterms.com. For more information, please call 1-844-9-IBRANCE, visit PfizerOncologyTogether.com, or write: Pfizer Oncology Together Co-Pay Savings Program, 2250 Perimeter Park Drive, Suite 300, Morrisville, NC 27560.

** By texting "IBRANCE" to 69599, you consent to receive autodialed marketing and other texts from Pfizer and its service providers regarding the Pfizer Oncology Together Co-Pay Savings Card, and agree to Pfizer's Terms available at www.tr-cd.com/ib0. Privacy Policy also at this address. You will receive a text asking you to confirm your agreement. You understand that providing this consent is not required or a condition of purchasing any products and services. Message frequency varies; approx. 3 messages/month. Message and data rates may apply. To opt-out, text STOP to 69599. For questions contact 1-844-942-7262.

Please see the Important Safety Information on page 7. Click for the full [Prescribing Information](#) and [Patient Information](#) or visit IBRANCE.com.



On Medicare Or Government Insured?

Help identifying resources for patients with Medicare/Medicare Part D, Medicaid, and other government insurance plans

- Insurance counseling
- Support from independent charitable foundations[†]
- Free medication[‡]



Uninsured?

Help identifying resources for patients who do not have any form of healthcare coverage

- Help finding coverage
- Free medication and/or savings[§]

To Get Started:

Call **1-844-9-IBRANCE**
(Mon – Fri, 8 AM – 8 PM ET)

or visit **IBRANCEassistance.com**.

[†]These foundations exist independently of Pfizer and have their own eligibility criteria and application processes. Availability of support from the foundations is determined solely by the foundations.

[‡]If independent charitable foundation support is not available, Pfizer Oncology Together will provide eligible patients with IBRANCE for free through the Pfizer Patient Assistance Program. The Pfizer Patient Assistance Program is a joint program of Pfizer Inc and the Pfizer Patient Assistance Foundation™. The Pfizer Patient Assistance Foundation is a separate legal entity from Pfizer Inc with distinct legal restrictions.

[§]Free medication or savings provided through the Pfizer Patient Assistance Program, which is a joint program of Pfizer Inc and the Pfizer Patient Assistance Foundation™. The Pfizer Patient Assistance Foundation is a separate legal entity from Pfizer Inc with distinct legal restrictions.

Support Beyond Treatment

A diagnosis of metastatic breast cancer often takes support. Our programs offer both caregivers and patients a variety of services, helpful tips, and additional tools and resources.

Whether you're new to IBRANCE® (palbociclib) or not, our programs provide information and tools designed to support you now and throughout your loved one's therapy.

Gain Insight From Our Ambassadors

Starting a treatment takes support. Whether you're a patient on IBRANCE or a caregiver, **MBC Together** may be a useful source for inspiration, insight, and straight talk about living with, or caring for someone with, MBC. For encouragement along the way, you can also connect with an MBC Together mentor, who is either taking or caring for someone taking IBRANCE, at **1-844-390-8696**. Find strength in a community that understands what you're going through and learn how they don't allow a diagnosis to define them.

See their stories at **MBCTogether.com**.



Ambassadors were asked to share their personal stories about IBRANCE. All content was accurate at the time of publication and may have since changed.

Get Answers And Information

You have questions about IBRANCE. How could you not? **IBRANCE Answers** delivers treatment tips, lifestyle content, and important information directly to you and your loved one to help during therapy. You'll also receive a free starter kit with useful materials like our Patient Brochure, Pill Organizer, and Treatment Journal.

Sign up on **IBRANCEanswers.com**.



For more information, visit **IBRANCE.com**.

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