

Taking Our First Step Together: A Guide for Care Partners

Just as you stand by your loved one, we'll stand by you.



What is ALUNBRIG® (brigatinib)?

ALUNBRIG is a prescription medicine used to treat adults with non-small cell lung cancer (NSCLC):

- that has a certain type of abnormal anaplastic lymphoma kinase (ALK) gene, **and**
- that has spread to other parts of your body

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

IMPORTANT SAFETY INFORMATION

ALUNBRIG can cause serious side effects, including:

- **Lung problems. ALUNBRIG may cause severe or life-threatening swelling (inflammation) of the lungs any time during treatment and can lead to death.** These lung problems happen **especially within the first week of treatment** with ALUNBRIG. 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 mucus
 - chest pain
 - fever

Please read the [Patient Information](#) in the accompanying full [Prescribing Information](#).

We're here to help you feel confident providing support to your loved one

If you have a loved one with anaplastic lymphoma kinase (ALK)-positive non-small cell lung cancer, or ALK+ NSCLC, who is starting ALUNBRIG® (brigatinib), you may be eager to help but unsure of where to start. You may have questions about how to best offer support, or want to better understand the treatment your loved one has been prescribed.

Whether you are a friend or a family member, this brochure was created for you. It will help you learn about ALK+ metastatic NSCLC; prepare you for the important role care partners play; make sure you are able to connect with all of the support available to you; and show you not only how ALUNBRIG may help, but also the many ways you can help your loved one throughout treatment.

The table of contents on the next page gives an overview of the information you are invited to learn about. We hope that the tools and resources this brochure provides will help you and your loved one navigate the treatment journey ahead, together.

Always keep in mind that the most important part of being a care partner is offering emotional support. Just being there to listen and empathize can make a huge difference.

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To be the best care partner you can be, begin with having meaningful conversations

As a care partner, one of the simplest and most powerful ways that you can help your loved one is by making yourself available to talk, listen, and empathize. If at times you are not sure what to say or how to respond, that is okay. Offering emotional support by just being there for your loved one can sometimes be the kindest and most helpful gesture.

Here are a few tips to help you have open and honest conversations.

Ask questions that open up discussion

Use conversation starters such as “What are you feeling?” or “How are you feeling?” to let your loved one know that you really care about their thoughts. Try to **avoid routine questions** such as “How are you?”, which can lead to standard responses such as “fine” or “good.”

Never force your loved one to talk if they aren't ready

Everyone deals with their emotions in different ways and at different times. Let your loved one know that you'll always make time to be available when they want to talk. **Take your cues from them.**

Be open about stress

If you and your loved one become overwhelmed or frustrated from time to time, that is normal. Stressful moments can impact everyone's emotional well-being. Don't let your emotions get the best of you. Instead, **tell each other when things bother you** while also letting each other know how much you care.



Focus on quality time

Things may feel different now, but it's important to **enjoy the time you have with your loved one**. That can mean watching a movie together, going for a walk in the park, playing board games, or looking through old photos.

Don't try to answer questions if you don't know the answers

Be open and honest with your responses. Your loved one will appreciate it.

Don't deny or discount feelings

Listen carefully to what your loved one is feeling and offer support. Asking them to "always stay positive" may make it feel as though their feelings are being ignored. Try not to say "I know how you feel." Only those who live with cancer can fully understand the emotions they experience.

Keep it simple

Just saying these words can mean so much: **"I'm here for you."**





Be sure to also be there for yourself

It's normal to feel overwhelmed when supporting a loved one with cancer. Everyone deals with stress in different ways, but no one should feel alone. The National Cancer Institute and American Cancer Society offer a wide range of tips on how best to care for yourself during this stressful and difficult time.

Know your strengths and limitations

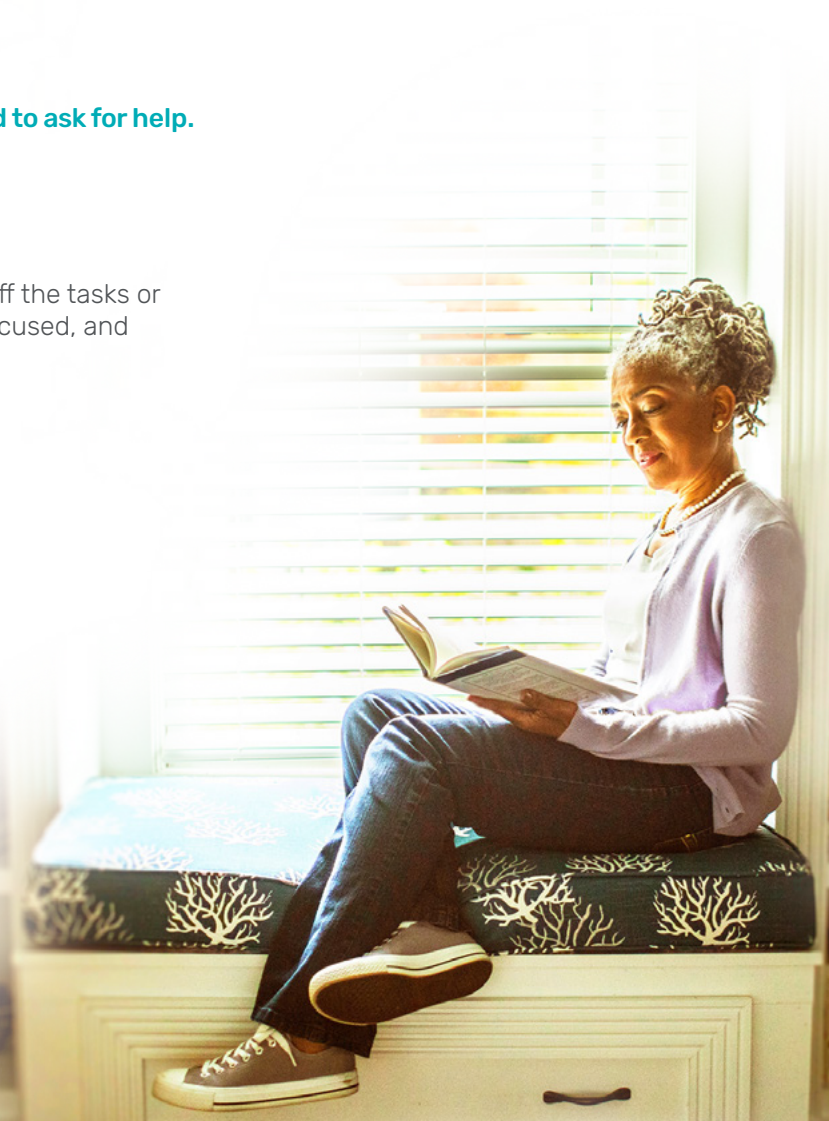
Be honest with yourself about the number of tasks you can take on. **Don't be afraid to ask for help.**

Set priorities

Make a list of all the things you'd like to accomplish on a weekly basis. Scratch off the tasks or activities that aren't so important to help you **keep things manageable**, stay focused, and prevent burnout.

Lean on the people who want to help you

Family, friends, neighbors, and coworkers are likely to lend a hand from time to time, whether that means running errands or managing appointments. When you ask for their help, or when they offer to help, be ready to share your list of weekly tasks so that you can **communicate your needs right away**. You can also find a list of online resources and associations on page 16 that may be helpful to you.



Make time for yourself

Although it may be difficult, try to **carve out quality time** for yourself. Even if it's only a few minutes a day, those extra moments can reduce stress, improve your emotional well-being, and recharge you to take on the day. When you're dealing with emotional distress that feels overwhelming—such as anger, fear, or depression—let your healthcare provider know. They may be able to help.

Join a support group

Talking about your feelings with **others can help you cope** with any life stressors, and asking for advice from other care partners can help you navigate the road ahead. To explore support groups for care partners, please see the list provided on page 16.

Learn more about ALK+ metastatic NSCLC

Knowledge is power. **The more you know, the less you stress.** A sense of confidence and control can take over when you better understand your loved one's medical situation. See page 8 for an overview of ALK+ metastatic NSCLC.

Keep a journal

Writing in a journal can help **relieve any negative thoughts** or feelings.

Try to stay positive

You and your loved one are being proactive by starting treatment with ALUNBRIG® (brigatinib). Having a positive outlook and **embracing the good things** in life may help you feel better.



ALK+ NSCLC is a type of lung cancer that is caused by a genetic mutation

First things first, what is NSCLC?

Non-small cell lung cancer, or NSCLC, is the most common type of lung cancer. It makes up about 85% of lung cancer cases. NSCLC can be caused by a genetic mutation, which is an abnormal change in the genes within a cell. As a result, these cells may begin to function improperly and grow more quickly, leading to cancer in some people.

What does ALK-positive mean?

Your loved one has NSCLC caused by a mutation in the gene that makes a protein called anaplastic lymphoma kinase (ALK). **About 3% to 5% of people with NSCLC have the ALK gene mutation** (described as ALK+, or ALK-positive). This type of lung cancer is most frequently seen in people who never or lightly smoke and younger patients.

When cancer spreads beyond the original site, it's called metastasis. ALK+ metastatic NSCLC means that ALK+ cancer has shown up in other parts of the body, such as the liver, bones, and brain.



Your loved one has been prescribed a targeted therapy. Here is how ALUNBRIG[®] (brigatinib) may help

About targeted therapies

Targeted therapies are a type of treatment that can block the actions of specific enzymes, proteins, or molecules responsible for cancer cell growth and spread. Although ALK+ metastatic NSCLC can be very hard to cure, therapies that can target the ALK gene are able to slow its growth and spread in some people.

ALUNBRIG is designed for the type of NSCLC your loved one has

One type of targeted therapy used to treat adults with ALK+ metastatic NSCLC is ALUNBRIG. ALUNBRIG is an ALK inhibitor that works by blocking the abnormal ALK protein responsible for the growth and spread of this cancer. It is a once-daily oral medication prescribed to those who are taking ALUNBRIG as their first ALK+ targeted treatment or who have been previously treated with an ALK+ targeted therapy.

ALUNBRIG is an effective therapy that treats ALK+ metastatic NSCLC in multiple areas of the body, including the lungs and brain, which may delay disease progression.

You should be aware that targeted therapies may cause serious side effects. With ALUNBRIG, these may include lung problems; high blood pressure; a slow heart rate; vision problems; muscle pain, tenderness, and weakness; inflammation of the pancreas; liver problems; and high blood sugar. **Be sure to tell your loved one's healthcare team if you think they may be experiencing any side effects.**

To learn more about ALUNBRIG, visit ALUNBRIG.com, or speak with your loved one's healthcare team.

Please read the [Patient Information](#) in the accompanying full [Prescribing Information](#).





As a care partner, you are part of a larger healthcare team dedicated to helping your loved one

There are many healthcare providers who make up the care team that will help your loved one throughout the different stages of their treatment plan. You may work closely with some of these healthcare providers. Understanding their specific roles and responsibilities will help you know who to call when questions or concerns arise. Always be open with your healthcare team. Don't be afraid to ask for more information if you are ever confused by the answers they give.

Members of the healthcare team may include:

Oncologists—Specialize in diagnosing and treating cancer. A **medical oncologist** uses targeted therapy, chemotherapy, immunotherapy, and other types of drugs to treat cancer. A **surgical oncologist** mostly performs surgery to remove tumors. A **radiation oncologist** uses radiation to kill cancer cells.

Nurses—Often the main source of information for care partners and their loved ones. They work closely with a doctor to manage care and usually have more availability to answer questions. Sometimes, a **nurse navigator** will be your main point of contact. The responsibilities of the navigator include scheduling consultations, testing, and follow-up appointments and making sure everyone on the healthcare team has the latest information about your loved one's treatment.

Physician assistant (or PA)—Specializes in certain diseases and provides care alongside doctors.

Primary care provider—Ensures your loved one's general health is being cared for. General practitioners, family practice doctors, and internists all fall under this title.

Specialty pharmacist—Specializes in oncology medicines. They make sure medication is being used appropriately and help coordinate care. They may also offer prescription refill reminders, help manage side effects, and provide information on your loved one's disease.

Pulmonologist—Specializes in treating lung, or pulmonary, conditions and diseases.

Social worker—Addresses the social and emotional needs of patients and their care partners. They can help you find community resources, support services, and counselors to help cope with emotional distress. An **oncology social worker** is an expert who can coordinate all of these benefits for cancer patients.

Pathologist—Diagnoses cancer by looking at tissues and cells under a microscope. They can determine what type of cancer it is and how fast it will grow.

Palliative care specialists—A team of healthcare providers (such as doctors, nurses, and pharmacists) who work together to help any side effects that your loved one may experience during and after cancer treatment.

Case manager or financial counselor—Connects you to important resources and works directly with the insurance company to help with financial issues.

Other healthcare providers who may be part of your healthcare team include nutritionists, psychiatrists, and physical therapists.



TIP

Choose one doctor to be your main point of contact. For example, you may choose the doctor your loved one sees most often. Prior to choosing this provider, ask these two important questions:

1. Will you be the one to coordinate care?
2. Will you keep the other doctors updated about what's going on?


ALUNBRIG[®]
BRIGATINIB
180mg | 90mg | 30mg
TABLETS



Take steps to make the most out of each doctor visit

Your loved one's doctor will share a lot of information at office visits. You may have information to share with the doctor, too, as well as questions you may want to ask.

The average doctor visit is only 10 to 15 minutes, and it's normal to forget things, especially when you feel pressed for time. Making sure you are prepared can help ensure that important information is not missed and that the doctor understands how your loved one is responding to treatment.

On the next page are steps you can take to help make sure everyone gets the most out of the time you spend together.

TIP

If you've read anything online, bring it up with the doctor. There's a lot of misleading information out there that may conflict with the doctor's advice. See the list of care partner support programs on page 16 for a list of trusted online support groups.



To be prepared before and during your appointments:



Call ahead and make sure the healthcare provider has all of the necessary records and paperwork. If you have a lot to talk about, ask if you can have a longer appointment. If time with the doctor is limited, see if you can speak with the nurse afterward to have any of your follow-up questions answered.



Take notes during each visit to keep track of the doctor's answers and to review them later. You can use a notebook, a smartphone, a tablet, or the Notes app on your devices.



Ask for instructions that may need to be followed while your loved one takes ALUNBRIG.



Get written permission if your loved one would like you to have access to treatment information when they are not present. The Health Insurance Portability and Accountability Act, or HIPAA, is a federal law that sets rules and limits on who can look at and receive a patient's health information. Your loved one's doctor will provide the appropriate paperwork upon request.



Make and share a list of your loved one's medications, symptoms, and side effects to help the doctor better manage your loved one's care and stay aware of possible drug interactions between visits. See page 15 for a useful tracking tool that can help.



Write out a list of questions or concerns you or your loved one would like to ask the doctor. Do this before each visit, and list the most important questions first.

Questions may include:

- **What cancer symptoms or treatment side effects should we immediately report? Which ones can wait?**
- **How can we reduce or manage these symptoms and side effects?**
- **What is the goal of treatment with ALUNBRIG® (brigatinib) and how will we know if it's working?**
- **How can my loved one prepare for treatment?**
- **Should my loved one make any nutritional or lifestyle changes?**
- **How do we reach you over holidays, on weekends, or after office hours?**
- **Where can we both find local support services?**

If an answer to any of your questions is unclear, or if you want more information, ask the doctor to explain further.



Write down symptoms, side effects, and important contacts

Keeping a daily log about any symptoms or side effects that your loved one may experience during treatment can help the cancer care team better manage them. You can get started now with the tracker on the next page.

Simply note the symptom or side effect, the dates it occurred, and how severe it was. Then take the tracker to your next doctor appointment.

Note: If your loved one is experiencing a severe symptom or side effect, you should notify the doctor or call 911 immediately.

You may report side effects to the FDA at 1-800-FDA-1088 or www.fda.gov/medwatch. You may also report side effects directly to Takeda Oncology at 1-844-217-6468 or GlobalOncologyMedInfo@takeda.com.

Important contacts

Oncologist name _____

Oncologist phone # _____

24/7 Emergency phone # _____

Pharmacy/Specialty pharmacy _____

Pharmacy/Specialty pharmacy phone # _____

24/7 Emergency phone # _____

Primary care provider _____

Primary care provider phone # _____

24/7 Emergency phone # _____



Symptom or side effect	When it first occurred	How long it lasted	Immediate action taken	How bad it was (severity)	Outcome after doctor visit
				<input type="radio"/> Mild <input type="radio"/> Moderate <input type="radio"/> Severe	
				<input type="radio"/> Mild <input type="radio"/> Moderate <input type="radio"/> Severe	
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Helping your loved one keep track of all their medications can be a big help. Track medications that your loved one may have used to manage symptoms or side effects. Making and sharing an updated list of medications with the healthcare team at each office visit may also help limit any possible drug interactions.

To print out this tracker or a medication tracker, visit ALUNBRIG.com/resources and download the ALUNBRIG® (brigatinib) Treatment Guide.

Please read the [Patient Information](#) in the accompanying full [Prescribing Information](#).





Know that many support programs are available to you

Take some time to explore these and other online resources. Learning as much as you can about ALK+ metastatic non-small cell lung cancer (NSCLC) can help you to become an active participant in your loved one's treatment decisions and care. Online support groups specifically geared toward care partners can also offer emotional support and practical advice.

Living With ALK
livingwithalk.com

ALK Positive
alkpositive.org

American Cancer Society
cancer.org
(800) 227-2345

American Cancer Society–Hope Lodge
cancer.org/treatment/support-programs-and-services/patient-lodging/hope-lodge.html

American Lung Association–Inspire Lung Cancer Survivors Support Group and Discussion Community
inspire.com/groups/american-lung-association-lung-cancer-survivors

Caregiver Action Network
caregiveraction.org
(202) 454-3970

CaringBridge
(secure personal health journal and communication tool)
caringbridge.org

CancerCare
cancercares.org
(800) 813-4673

Cancer Support Community
cancersupportcommunity.org
(888) 793-9355

Cancer Survivors Network
csn.cancer.org

GO₂ Foundation for Lung Cancer
go2foundation.org
(800) 298-2436

Global Resource for Advancing Cancer Education (GRACE)
cancergrace.org

Lung Cancer Foundation of America
lcfamerica.org
(507) 354-1361

Lung Cancer Research Foundation
lungcancerresearchfoundation.org
(212) 588-1580

LUNGevery
lungevery.org
(844) 360-5864

National Cancer Institute
cancer.gov
(800) 422-6237

Triage Cancer
triagecancer.org
(424) 258-4628

Takeda does not endorse these organizations. The online resources are provided for informational purposes only and are not to replace the medical advice of your healthcare providers.



We're here to help



From helping you and your loved one understand coverage options to identifying available financial assistance, Takeda Oncology Here2Assist® is committed to offering your loved one comprehensive support throughout their treatment journey.

Takeda Oncology Here2Assist:

- ▶ Works with your loved one's insurance company to help them get started on their medication
- ▶ Identifies available financial assistance that may be right for your loved one
- ▶ May help get your loved one started on treatment if there is a delay in insurance coverage determination
- ▶ Connects your loved one to additional support services and resources
- ▶ Identifies specialty pharmacies to help fill and ship your loved one's prescriptions appropriately
- ▶ Conducts regular follow-up calls with your loved one
- ▶ Sends your loved one status updates and reminders via text messages*



Access support: Once your loved one is enrolled, Takeda Oncology Here2Assist case managers can work with them and their healthcare provider to determine their coverage options and provide additional support throughout your loved one's treatment.



Financial assistance: If your loved one needs assistance affording their medication, Takeda Oncology Here2Assist can help identify financial assistance programs that may be able to help with the cost of their treatment.



Helpful resources: Takeda Oncology Here2Assist Program case managers can provide information about additional resources that may help address day-to-day concerns associated with your loved one's treatment.

To learn more about Takeda Oncology Here2Assist, call to speak with a case manager at 1-844-817-6468, Option 2, or visit www.Here2Assist.com. **Let's Talk. We're available Monday-Friday, 8AM-8PM ET.**

*Patients will need to enroll in the texting program to receive text messages.

Please read the [Patient Information](#) in the accompanying full [Prescribing Information](#).

Important Safety Information (continued)

ALUNBRIG® (brigatinib) can cause serious side effects, including:

- **Lung problems. ALUNBRIG may cause severe or life-threatening swelling (inflammation) of the lungs any time during treatment and can lead to death.** These lung problems happen **especially within the first week of treatment** with ALUNBRIG. 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
 - chest pain
 - cough with or without mucus
 - fever
- **High blood pressure (hypertension).** ALUNBRIG may cause high blood pressure. Your healthcare provider will check your blood pressure before starting and during treatment with ALUNBRIG. Tell your healthcare provider right away if you get headaches, dizziness, blurred vision, chest pain or shortness of breath.
- **Slow heart rate (bradycardia).** ALUNBRIG may cause very slow heartbeats that can be severe. Your healthcare provider will check your heart rate during treatment with ALUNBRIG. Tell your healthcare provider right away if you feel dizzy, lightheaded, or faint during treatment with ALUNBRIG. Tell your healthcare provider if you take any heart or blood pressure medicines.
- **Vision problems.** ALUNBRIG may cause vision problems. Your healthcare provider may stop ALUNBRIG and refer you to an eye specialist if you develop severe vision problems during treatment with ALUNBRIG. Tell your healthcare provider right away if you have any 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
- **Muscle pain, tenderness, and weakness (myalgia).** ALUNBRIG may increase the level of an enzyme in your blood called creatine phosphokinase (CPK), which may be a sign of muscle damage. Your healthcare provider will do blood tests to check your blood levels of CPK during treatment with ALUNBRIG. Tell your healthcare provider right away if you get new or worsening signs and symptoms of muscle problems, including unexplained muscle pain or muscle pain that does not go away, tenderness, or weakness.
- **Inflammation of the pancreas (pancreatitis).** ALUNBRIG may increase enzymes in your blood called amylase and lipase, which may be a sign of pancreatitis. Your healthcare provider will do blood tests to check your pancreatic enzyme blood levels during treatment with ALUNBRIG. Tell your healthcare provider right away if you get new or worsening signs and symptoms of pancreatitis, including upper abdominal pain that may spread to the back and get worse with eating, weight loss, or nausea.
- **Liver problems (hepatotoxicity).** ALUNBRIG may increase the levels of bilirubin in your blood and enzymes called aspartate aminotransferase (AST) and alanine aminotransferase (ALT) in your blood, which may be a sign of liver problems. Your healthcare provider will do blood tests to check your liver during treatment with ALUNBRIG. Tell your healthcare provider right away if you get new or worsening signs or symptoms, including:
 - yellowing of your skin or the white part of your eyes
 - dark or brown (tea color) urine
 - nausea or vomiting
 - pain on the right side of your stomach area
 - bleed or bruise more easily than normal
 - itchy skin
 - decreased appetite
 - feeling tired
- **High blood sugar (hyperglycemia).** ALUNBRIG may increase your blood sugar levels. Your healthcare provider will do blood tests to check your blood sugar levels before starting and during treatment with ALUNBRIG. Your healthcare provider may need to start or change your blood sugar medicine to control your blood sugar levels. Tell your healthcare provider right away if you get new or worsening signs and symptoms of hyperglycemia, including:
 - feeling very thirsty
 - feeling sick to your stomach
 - needing to urinate more than usual
 - feeling weak or tired
 - feeling very hungry
 - feeling confused



The most common side effects of ALUNBRIG include diarrhea, fatigue, nausea, rash, cough, muscle pain, headache, high blood pressure, vomiting and difficulty breathing.

ALUNBRIG may cause fertility problems in males. This may affect your ability to father a child. Talk to your healthcare provider if you have concerns about fertility.

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

What should I avoid while taking ALUNBRIG?

- Limit your time in the sun during treatment with ALUNBRIG and for at least 5 days after your final dose. ALUNBRIG may make your skin sensitive to sunlight. You may burn more easily and get severe sunburns. When you are in the sun, wear a hat and protective clothing, and use a broad-spectrum sunscreen and lip balm with a Sun Protection Factor (SPF) of 30 or greater to protect against sunburn.
- Avoid eating grapefruit or drinking grapefruit juice during treatment with ALUNBRIG. Grapefruit may increase the amount of ALUNBRIG in your blood.

Before you take ALUNBRIG, tell your healthcare provider about all of your medical conditions, including if you have lung or breathing problems, high blood pressure, a slow heartbeat, or any vision problems, have or have had pancreatitis, have liver problems, have diabetes mellitus or glucose intolerance, have kidney problems or are on dialysis, are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed.

- ALUNBRIG can harm your unborn baby. Your healthcare provider will determine whether or not you are pregnant before you start treatment with ALUNBRIG. Tell your healthcare provider right away if you become pregnant during treatment with ALUNBRIG or think you may be pregnant.
 - **Females** who are able to become pregnant should use effective birth control during treatment with ALUNBRIG and for at least 4 months after the final dose of ALUNBRIG. Talk to your healthcare provider about birth control choices that are right for you during treatment with ALUNBRIG.
 - **Males** who have female partners who are able to become pregnant should use effective birth control during treatment with ALUNBRIG and for at least 3 months after the final dose of ALUNBRIG.
- It is not known if ALUNBRIG passes into your breast milk. Do not breastfeed during treatment with ALUNBRIG and for 1 week after the final dose of ALUNBRIG.

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



Please read the [Patient Information](#) in the accompanying full [Prescribing Information](#).



To learn more about your loved one's treatment, visit [ALUNBRIG.com](https://www.alunbrig.com)



ONCOLOGY

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