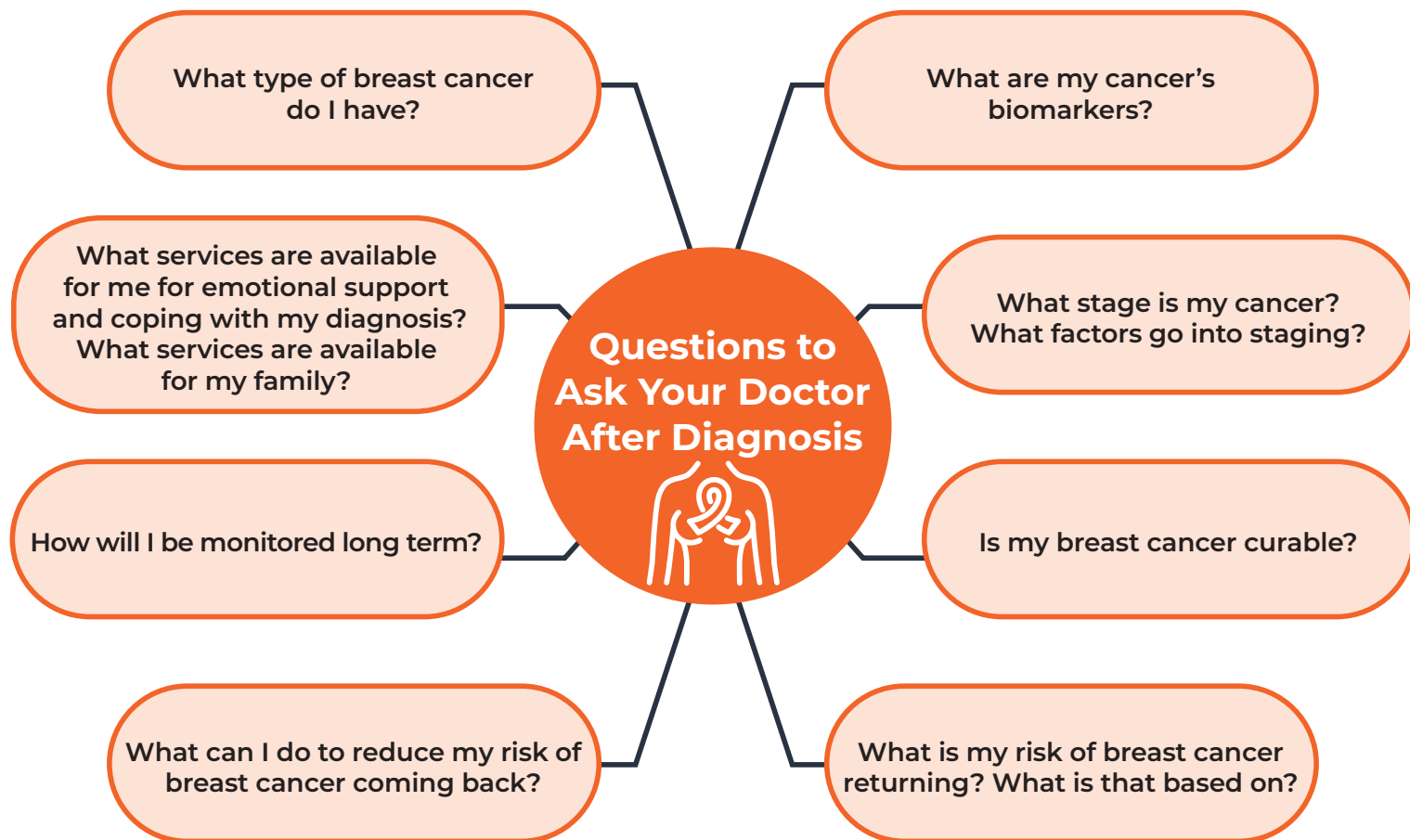


# HR-Positive/HER2-Negative Early Breast Cancer Patient Resource

## Questions for Your Care Team



Notes:

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## Questions to Ask Your Doctor When Planning Therapy

### Tumor testing/evaluation

- How do tumor biomarkers affect my treatment options?
- Are there any other tests that could be ordered to give us more information about my particular cancer?
- Are there any other tests or information I/we can use to determine my treatment options?

Notes: .....  
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### Treatment options

- How do my age and stage of breast cancer affect my options for therapy?
- How long will I be receiving therapy?
- How often do I need to be seen?
- Are any clinical trials available to me?

Notes: .....  
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### Potential therapy side effects

- What are potential side effects of my treatment options?
- How will I be monitored while receiving therapy?
- Are there any long-term or serious side effects to treatment that I should be aware of?

Notes: .....  
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### Impact on diet and lifestyle

- Are there any restrictions to my lifestyle, exercise habits, work, or sexual health?
- Are there any restrictions with my diet, or is there a specific diet I should follow?
- Are there any foods or supplements that I should avoid while I am receiving treatment?

Notes: .....  
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## Side Effects of Treatment: What to Expect and When to Call Your Doctor

| <b>Endocrine (Antiestrogen) Therapy<br/>(Aromatase Inhibitor or Tamoxifen)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>CDK4 /6 Inhibitor<br/>(Abemaciclib or Ribociclib*)<sup>1,2</sup></b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Potential long-term side effects</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Important side effects that require close monitoring but are less likely to occur</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <ul style="list-style-type: none"><li>• Loss of bone density (osteoporosis), increased risk of fracture</li><li>• Increased risk of high cholesterol and cardiovascular disease/events, especially in patients with history of chest pain or prior heart attack</li><li>• Small but significant risk of uterine cancer when taking tamoxifen</li></ul>                                                                                                                                                        | <ul style="list-style-type: none"><li>• Lowering of white blood cell count (neutropenia) leading to serious infection</li><li>• Inflammation of the lungs (interstitial lung disease or pneumonitis)</li><li>• Changes in liver enzymes that are reversible</li><li>• <i>Abemaciclib primarily</i>: diarrhea leading to dehydration</li><li>• <i>Abemaciclib only</i>: risk of blood clot or pulmonary embolism</li><li>• <i>Ribociclib only</i>: severe skin rash, pain, or blistering of skin or mouth, with or without fever (severe cutaneous adverse reactions)</li><li>• <i>Ribociclib only</i>: fluttering in chest (palpitations), dizziness, or fainting (QT interval prolongation)</li></ul> |
| <b>Typical and manageable side effects</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Typical and treatable side effects</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <ul style="list-style-type: none"><li>• Joint stiffness or pain</li><li>• Hot flashes, night sweats</li><li>• Trouble sleeping, insomnia</li><li>• Changes in weight</li><li>• Nausea</li><li>• Fatigue</li><li>• Fluid retention (swelling)</li><li>• Mood changes (anxiety, depression)</li><li>• Hair thinning</li><li>• Irregular menses or vaginal discharge</li><li>• Vaginal dryness or irritation, decreased sex drive</li><li>• Cognitive changes (trouble focusing, problems with memory)</li></ul> | <ul style="list-style-type: none"><li>• Diarrhea</li><li>• Nausea and vomiting</li><li>• Abdominal pain</li><li>• Decreased appetite</li><li>• Fatigue</li><li>• Low white blood cell count</li><li>• Increased risk of infection</li><li>• Low platelet count</li><li>• Body aches</li><li>• Hair thinning</li><li>• Changes in blood creatinine</li></ul>                                                                                                                                                                                                                                                                                                                                            |

\*Ribociclib is not approved by the FDA for treatment of HR-positive/HER2-negative early breast cancer. A large clinical trial (NATALEE) showed that patients with HR-positive/HER2-negative early breast cancer who received standard endocrine therapy and ribociclib had a 25% lower risk of invasive disease, recurrence, or death compared with patients who received only endocrine therapy.<sup>3</sup>

## When to Call Your Doctor



If you develop any fever or illness (eg, cold, cough, shortness of breath, urinary tract infection)

If you have diarrhea not controlled by medications (loperamide)

If you develop new or worsening cough, shortness of breath, wheezing, or fever

If you develop a skin rash that is painful and/or peeling, with or without blisters or sores on your mouth or skin

Unilateral (one-sided) pain or swelling in one of your arms or legs

Any new fluttering in the chest (palpitations) or if you have episodes of feeling lightheaded or dizzy, or pain in your chest

Nausea or vomiting not controlled with medications or if you are unable to keep any fluids down

Serious or significant joint or muscle pain affecting your ability to do activities

Any symptom or side effect that is interfering with your ability to work, care for your home or others, or care for yourself

## Following and Completing Your Prescribed Therapy



Establish a routine! Take your medicines at the same time(s) every day and be consistent (with or without food)

Put pill bottles/boxes in an area you use every day to remind yourself to take your medications (eg, nightstand, bathroom, kitchen)

Avoid grapefruit and grapefruit juices with abemaciclib and ribociclib

Set daily reminders on your smartphone, calendar, or tablet

Use “pill reminder” apps on your smartphone or tablet

Always check with your doctor or nurse before starting herbs or supplements

Have a plan for side effects—pick up all over-the-counter/prescribed medicines (eg, antidiarrheal, antinausea) before your treatment starts, and make sure you know when to use them!

Ask your doctor/pharmacist/nurse what to do if you miss a dose

Bring a friend or family member to your appointment so they learn about your treatment plan and can be a support to you, and ask if you can record the discussion

Ask that instructions be communicated and/or written in your primary language

Remember that you have options! Call your doctor/nurse with any side effect that is difficult for you to manage

## References

1. Abemaciclib [prescribing information]. Indianapolis, IN: Lilly; 2023.
2. Ribociclib [prescribing information]. East Hanover, NJ: Novartis Pharmaceuticals; 2023.
3. Hortobagyi. SABCS 2023. Abstr GS03-03.



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