

HELLO, WELCOME TO YOUR NINLARO® (ixazomib) PLANNER.

You've taken an important next step in the treatment of your multiple myeloma by starting therapy with NINLARO. Treating any disease can be overwhelming, but with the right information and the right tools, you can be more empowered to manage your multiple myeloma. All of the pieces in this journal can also be found on the USB flash drive enclosed in this kit.

Indication for NINLARO® (ixazomib)

Uses of NINLARO

NINLARO is a prescription medicine used to treat multiple myeloma in combination with the medicines REVLIMID® (lenalidomide) and dexamethasone, in people who have received at least one prior treatment for their multiple myeloma.

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



SECTIONS OF THIS PLANNER



ORGANIZE

Managing your treatment is a lot easier if everything is in one place. See sample questions to ask your healthcare team and appointment information at a glance. Also track the medications you've taken as well as any symptoms you may experience.



WRITE

Your mental health is an integral part of your overall health. Use this section to write down your thoughts. Putting your feelings into writing can help relieve stress and keep your spirits up.



UNDERSTAND

Starting a new treatment for multiple myeloma comes with new unknowns and uncertainties. Reference the handy discussion guide and glossary in this section to help you fully understand all of your conversations with your healthcare team.

Please read the Important Safety Information located within the Safety tab and Patient Information in the accompanying full Prescribing Information.



ORGANIZE YOUR TREATMENT MANAGEMENT

The tasks you have each day will vary. Use this section to keep track of the medications you have to take each day, as well as any symptoms or side effects you experience. You can also organize your personal and medical appointments here. As appointments approach, make sure to jot down any questions you may have. Your care partner may be helpful with this as well!

Review these helpful tips to have more fruitful interactions:

- Establish a partnership with open lines of communication
- Gain trust by having candid discussions and making treatment decisions together
- Ask questions if you're uncertain. There's no such thing as a silly question!
- Prepare for your visit by noting side effects in the "Daily Notes" section of this journal

Review the discussion guide before your visit for a more productive conversation. It can be found in the "Understand" section, or on your USB flash drive.

USE THIS SAMPLE FORM TO HELP YOU FILL OUT THIS SECTION



DAY & DATE

Tuesday, April 19, 2016

MEDICATION CHECKLIST

<input checked="" type="checkbox"/> NINLARO® (ixazomib)	<input type="checkbox"/> Other _____
Time: <i>10:00AM</i>	Time: _____
<input type="checkbox"/> Lenalidomide	<input type="checkbox"/> Other _____
Time: _____	Time: _____
<input type="checkbox"/> Dexamethasone	<input type="checkbox"/> Other _____
Time: _____	Time: _____

APPOINTMENT

Appointment with: *Doctor name here*

Time: *12:30PM*

Place: *Location to go here*

DAILY NOTES

Are you feeling any pain, discomfort, or fatigue? Be sure to describe exactly what you're feeling in detail.

Please read the Important Safety Information located within the Safety tab and Patient Information in the accompanying full Prescribing Information.



DAY & DATE _____

MEDICATION CHECKLIST

NINLARO® (ixazomib) Other _____

Time: _____ Time: _____

Lenalidomide Other _____

Time: _____ Time: _____

Dexamethasone Other _____

Time: _____ Time: _____

APPOINTMENT

Appointment with: _____

Time: _____

Place: _____

DAILY NOTES



DAY & DATE _____

MEDICATION CHECKLIST

NINLARO® (ixazomib) Other _____

Time: _____ Time: _____

Lenalidomide Other _____

Time: _____ Time: _____

Dexamethasone Other _____

Time: _____ Time: _____

APPOINTMENT

Appointment with: _____

Time: _____

Place: _____

DAILY NOTES

Please read the Important Safety Information located within the Safety tab and Patient Information in the accompanying full Prescribing Information.



DAY & DATE _____

MEDICATION CHECKLIST

NINLARO® (ixazomib) Other _____

Time: _____ Time: _____

Lenalidomide Other _____

Time: _____ Time: _____

Dexamethasone Other _____

Time: _____ Time: _____

APPOINTMENT

Appointment with: _____

Time: _____

Place: _____

DAILY NOTES



DAY & DATE _____

MEDICATION CHECKLIST

NINLARO® (ixazomib) Other _____

Time: _____ Time: _____

Lenalidomide Other _____

Time: _____ Time: _____

Dexamethasone Other _____

Time: _____ Time: _____

APPOINTMENT

Appointment with: _____

Time: _____

Place: _____

DAILY NOTES

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DAY & DATE _____

MEDICATION CHECKLIST

NINLARO® (ixazomib) Other _____

Time: _____ Time: _____

Lenalidomide Other _____

Time: _____ Time: _____

Dexamethasone Other _____

Time: _____ Time: _____

APPOINTMENT

Appointment with: _____

Time: _____

Place: _____

DAILY NOTES



DAY & DATE _____

MEDICATION CHECKLIST

NINLARO® (ixazomib) Other _____

Time: _____ Time: _____

Lenalidomide Other _____

Time: _____ Time: _____

Dexamethasone Other _____

Time: _____ Time: _____

APPOINTMENT

Appointment with: _____

Time: _____

Place: _____

DAILY NOTES

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WRITE DOWN YOUR THOUGHTS

By journaling your thoughts, feelings, and concerns, you are creating a healthy outlet for yourself. Not sure where to start? Begin with how you are feeling, and then consider some reasons you may be feeling that way. Discussing this with your caregiver may be beneficial, too.

USE THIS SAMPLE FORM TO HELP YOU FILL OUT THIS SECTION



TIP:

It's common to experience feelings of depression or anxiety when dealing with myeloma. Writing about your emotions can be a helpful way to cope. If these feelings persist or get worse, make sure to notify your healthcare team.



DAY & DATE

Tuesday, April 19, 2016

HOW ARE YOU FEELING?

- | | |
|--|---|
| <input checked="" type="checkbox"/> Grateful | <input type="checkbox"/> Frustrated |
| <input type="checkbox"/> Accomplished | <input type="checkbox"/> Confused |
| <input type="checkbox"/> Determined | <input type="checkbox"/> Concerned |
| <input type="checkbox"/> Motivated | <input checked="" type="checkbox"/> Anxious |
| <input type="checkbox"/> Positive | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Down | <input type="checkbox"/> Other _____ |

JOURNAL ENTRY

Check off the feeling that corresponds with your emotions on each day. Then use this section to write about your feelings and experiences.

Please read the Important Safety Information located within the Safety tab and Patient Information in the accompanying full Prescribing Information.

Indication and Important Safety Information for NINLARO® (ixazomib)

Uses of NINLARO

NINLARO is a prescription medicine used to treat multiple myeloma in combination with the medicines REVLIMID® (lenalidomide) and dexamethasone, in people who have received at least one prior treatment for their multiple myeloma.

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

NINLARO may cause serious side effects, including:

- **Low platelet counts (thrombocytopenia)** are common with NINLARO and can sometimes be serious. You may need platelet transfusions if your counts are too low. Tell your healthcare provider if you have any signs of low platelet counts, including bleeding and easy bruising.
- **Stomach and intestinal (gastrointestinal) problems.** Diarrhea, constipation, nausea, and vomiting are common with NINLARO and can sometimes be severe. Call your healthcare provider if you get any of these symptoms and they do not go away during treatment with NINLARO. Your healthcare provider may prescribe medicine to help treat your symptoms.
- **Nerve problems** are common with NINLARO and may also be severe. Tell your healthcare provider if you get any new or worsening symptoms including: tingling, numbness, pain, a burning feeling in your feet or hands, or weakness in your arms or legs.
- **Swelling** is common with NINLARO and can sometimes be severe. Tell your healthcare provider if you develop swelling in your arms, hands, legs, ankles, or feet, or if you gain weight from swelling.
- **Skin Reactions.** Tell your healthcare provider if you get a new or worsening rash.

Please read the **Patient Information** in the accompanying full **Prescribing Information**.

- **Liver problems.** Tell your healthcare provider if you get these signs of a liver problem: yellowing of your skin or the whites of your eyes; pain in your right upper-stomach area.

Other common side effects have occurred. Tell your healthcare provider if you get new or worsening back pain, lowered white blood cells (neutropenia) that may increase the risk of infection, or vision conditions such as blurred vision, dry eye, or pink eye (conjunctivitis).

These are not all the possible side effects of NINLARO. Talk to your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Before taking NINLARO, tell your healthcare provider about all your medical conditions, including if:

- You have liver problems or kidney problems or are on dialysis.
- You or your partner are pregnant or plan to become pregnant. NINLARO can harm your unborn baby. Avoid becoming pregnant during treatment with NINLARO. You and your partner should use effective birth control during treatment and for 90 days after the final dose of NINLARO. If using hormonal contraceptives (for example, the pill), an additional barrier method of contraception (for example, diaphragm or condom) must be used.
- You are breastfeeding or plan to breastfeed. Do not breastfeed during treatment with NINLARO and for 90 days after your final dose of NINLARO.

Tell your healthcare provider about all the medications (prescription and over-the-counter) and nutritional supplements you are taking or before starting any new medicines.



REFERENCE THIS GLOSSARY TO BETTER UNDERSTAND MEDICAL TERMS

ANEMIA

A low level of red blood cells or hemoglobin. This condition can cause a number of symptoms, including shortness of breath, weakness, and fatigue.

ANTIBODIES

Special proteins made by certain white blood cells (plasma cells and B cells) that fight infection and disease.

BONE MARROW

The spongy inner part of the bones where blood cells are made.

CLINICAL TRIAL

The testing of a new medical treatment on a selected disease population. It helps determine if the treatment is safe and effective enough to be offered to the larger population with that disease. Clinical trials are often done in phases.

COMPLETE RESPONSE (CR)

Results in which there are no more than 5% of plasma cells in the bone marrow and no evidence of myeloma protein in the serum or urine, as measured by standard laboratory techniques. It does not mean the cancer has been cured.

DEXAMETHASONE

A steroid medication that is similar to a chemical produced by the adrenal glands and is used to treat many conditions, including certain types of blood cancers.

EDEMA

Swelling caused by excess fluid in body tissues.

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REFERENCE THIS GLOSSARY TO BETTER UNDERSTAND MEDICAL TERMS

HEMOGLOBIN

A protein in red blood cells that carries oxygen in the blood to all parts of the body.

HYPERCALCEMIA

A level of calcium higher than normal in the blood. This condition can cause many symptoms, including loss of appetite, nausea, thirst, fatigue (tiredness), muscle weakness, restlessness, and confusion.

LENALIDOMIDE

A drug that may help the immune system kill abnormal blood cells or cancer cells.

M PROTEIN

An abnormal antibody found in unusually large amounts in the blood or urine of many people with multiple myeloma and other types of plasma cell tumors. Also called monoclonal protein.

MAGNETIC RESONANCE IMAGING

A technique that uses a large magnet and radio waves to look at organs and structures inside your body. MRI stands for magnetic resonance imaging.

MEDIAN

The middle number in a set of data. In other words, half of the numbers in the group are more than the median and half of the numbers in the group are less than the median.

MULTIPLE MYELOMA

A cancer of the plasma cells (white blood cells that produce antibodies).

MYELOMA CELLS

Cancerous plasma cells.

NEUROTOXICITY

A disease symptom or treatment-related side effect that can cause damage to the nervous system.

NEUTROPENIA

A condition in which there is a lower-than-normal number of neutrophils (a type of white blood cell).

OVERALL RESPONSE RATE (ORR)

A measurement used in clinical trials that typically measures the percentage of patients who respond to a therapy with a partial response or better.

PARTIAL RESPONSE (PR)

A decrease in the size of a tumor, or in the extent of cancer in the body, in response to treatment. Also called partial remission.

PERIPHERAL NEUROPATHY (PN)

A condition that causes tingling and burning in the hands or feet. It can be caused by issues with metabolism, infections, injuries, and exposure to drugs or toxins.

PLACEBO

An inactive pill, often called a “sugar pill,” that may be given in clinical trials to compare the effects to the active drug.

PLASMA CELL

Special white blood cells that produce a specific antibody.

PLATELETS

A type of blood cell that helps prevent bleeding by causing the blood to form clots at the sites of blood vessel injuries (internal and external).

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REFERENCE THIS GLOSSARY TO BETTER UNDERSTAND MEDICAL TERMS

POSITRON EMISSION TOMOGRAPHY (PET) SCAN

A technique that uses a mild radioactive marker to reveal the locations of cancer cells in different parts of the body.

PROGRESSION-FREE SURVIVAL

The length of time during and after treatment that a patient lives with the disease but it does not get worse.

PROTEASOME

A part of a cell that breaks down unneeded proteins.

PROTEASOME INHIBITOR (PI)

A drug that blocks the action of proteasomes.

PROTEIN

A molecule made up of amino acids and are needed for all cells in the body to function properly.

RED BLOOD CELLS

Cells that carry oxygen to all parts of the body.

REFRACTORY

When cancer is resistant to treatment.

RELAPSE

The return of a disease or symptoms after a period of improvement.

SHINGLES

A disease caused by the varicella-zoster virus—the same virus that causes chickenpox.

STABLE DISEASE

Cancer that is neither decreasing nor increasing in extent or severity.

STEM CELL

An early cell that matures into various types of cells in the body.

STEM CELL TRANSPLANT

A procedure that infuses healthy cells into your body to replace damaged or diseased bone marrow. These injected stem cells make healthy blood cells. Cells from your own body (autologous transplant) or from a donor (allogeneic transplant) may be used.

THROMBOCYTOPENIA

A condition in which there is a lower-than-normal number of platelets in the blood. It may result in easy bruising and excessive bleeding from wounds or bleeding in mucous membranes and other tissues.

VERY GOOD PARTIAL RESPONSE (VGPR)

A decrease in the extent of cancer in response to treatment. Also called very good partial remission.

WHITE BLOOD CELLS

Formed mainly in the bone marrow, these cells help protect the body from infection and disease.

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COMMON QUESTIONS TO DISCUSS WITH YOUR HEALTHCARE TEAM

Review these questions as preparation for your next appointment with your healthcare team. This will help you get the most out of your visit. Write down any additional thoughts to make sure all of your uncertainties are addressed.

What to expect when starting a new treatment

You may have uncertainties about how a new treatment will affect your lifestyle, or questions about how to take your medication and how treatment works.

LAB WORK

- › What are the typical tests I will need?
- › What scans will I need?
- › How often do I need them?
- › What tests/results should I keep track of?
- › Can you explain the results of my blood and urine tests?

(Don't hesitate to ask about any other tests that you're curious about.)

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STARTING TREATMENT

- › How long will I receive multiple myeloma treatment, and how will it be given?
- › What are the side effects of the treatment?
- › How will I know if my multiple myeloma is responding to treatment?
- › What does it mean if I achieve remission?
- › Will the medications and/or supplements I'm currently taking affect my treatment?
- › What happens if I miss a dose?
- › Can I take my medications with food?
- › Are there any tools that can help me remember to take my medications?

SIDE EFFECTS

- › What are the side effects associated with these treatments?
- › Are there signs or symptoms I should look out for?
- › I have heard about peripheral neuropathy—can you explain what it is?
- › What should I do if I experience any side effects?

PAYING FOR TREATMENT

- › Who can tell me about the cost of the various treatment options?
- › How do I get treatment if I don't have insurance?
- › What organizations or resources are available to help me pay for treatment?

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COMMON QUESTIONS TO DISCUSS WITH YOUR HEALTHCARE TEAM

DAILY LIFE AND CARE MANAGEMENT

- › Will I be nauseous?
- › Will I get diarrhea?
- › Will I be exhausted?
- › Can I eat all kinds of food?
- › I've had chickenpox. Is there anything I can do to lessen the chance of getting shingles?
- › Which tests are important at this point?
- › Is there assistance to get back and forth from my medical appointments?
- › Are there patient support groups that you might recommend?
- › Can I make plans to travel?

CONTINUING TREATMENT

- › What happens when I begin responding to treatment? How can I tell?
- › If the myeloma has responded to treatment, do I continue with the same therapy?
- › What happens if/when the multiple myeloma comes back (relapse)?
- › How will I know if the multiple myeloma is getting worse?

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ADDITIONAL SUPPORT

MULTIPLE MYELOMA CO-PAY FUNDING (WITH ELIGIBILITY REQUIREMENTS)

PATIENT ADVOCATE FOUNDATION

www.copays.org

1-866-512-3861

PATIENT ACCESS NETWORK FOUNDATION

www.panfoundation.org

1-866-316-PANF (7263)

LEUKEMIA AND LYMPHOMA SOCIETY

www.lls.org

1-800-955-4572

GOOD DAYS

pnp.mygooddays.org

1-877-968-7233

HEALTHWELL FOUNDATION

healthwellfoundation.org

1-800-675-8416

CANCERCARE

www.cancercare.org

1-800-813-HOPE (4673)

COUNSELING AND TRANSPORTATION

CANCERCARE

www.cancercare.org

1-800-813-HOPE (4673)

LEGAL SUPPORT

PATIENT ADVOCATE FOUNDATION

www.patientadvocate.org

1-800-532-5274

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ADDITIONAL SUPPORT

FINANCIAL SUPPORT SERVICES

CONNECT WITH NINLARO 1POINT

NINLARO 1Point offers comprehensive programs that can assist with the financial concern, cost, and other day-to-day needs associated with your NINLARO® (ixazomib) treatment.



By Phone

1-844-N1POINT (1-844-617-6468),
Option 2, Monday-Friday, 8 AM-8 PM ET



Fax

1-844-269-3038



Online

NINLARO.com/1Point

MULTIPLE MYELOMA INFORMATION

MULTIPLE MYELOMA RESEARCH FOUNDATION

www.themmr.org

1-203-229-0464

INTERNATIONAL MYELOMA FOUNDATION

www.myeloma.org

1-800-452-2873

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ONCOLOGY

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