



TECENTRIQ[®]

atezolizumab



A helpful guide for people undergoing
treatment with TECENTRIQ[®]



For more information on anything covered in this booklet
talk to your specialist doctor or nurse or visit
www.cancerinfo.co.nz

ABOUT THIS BOOKLET

Get the information you need

Before you make any decisions, it's important that you find out the information that you need so you can make sure you're doing the right thing for you when it comes to managing your disease.

If you've been prescribed TECENTRIQ® (atezolizumab), this booklet will provide information and answers to commonly asked questions from patients like you, who have also been treated with this medicine.

This booklet contains information that can also help you throughout your treatment. Topics include:

- How TECENTRIQ® works
- How it's given
- Side effects
- Where you can find further help if you need it.

We understand that there's a lot to take in, so we have aimed to make this information as relevant to you as possible. However this booklet doesn't cover everything and doesn't replace professional medical advice.

If you have more questions, make sure you write them down in the spaces provided so you can ask a member of your healthcare team - they are there to help and support you.

You can also find out more information about living with lung cancer at www.cancerinfo.co.nz



COPING WITH CANCER

Learning you have cancer can cause a wide range of emotions. You may feel shocked, angry, scared, sad, numb or as if you're all alone. Given your situation, these emotions are normal and not to be unexpected.

If you do feel like this it doesn't mean you're not coping. A positive attitude is an important asset right now which means keeping a strong mind and faith in yourself. You should also make sure you listen to your healthcare professionals, follow your treatment programme, and accept support from your whanau and friends.

You might find that your family and friends are also feeling this way. They don't always know the right thing to say or do at a time like this to help you. So you might need to be direct and tell them what would be the most helpful thing they can do for you.

You'll also realise that your needs can differ from moment to moment. It's a good idea to think about what the people in your life are best at, so you can draw on their strong points to get the most out of their good intentions. Some people will be good at listening, others will make you laugh, or maybe you just need some really practical support such as jobs being done around the house or shopping.

It might be helpful to write down the names of those people closest to you and make a note of their strengths so you know who to ask for each of the things you need.



GETTING THE MOST FROM YOUR HEALTHCARE TEAM



Being given information

Some people like to like to know every detail about their treatment and diagnosis - having all that information is what helps them cope better. Other people don't want to know much at all - knowing very little is what helps them to cope better. These are both valid ways of coping. However your doctor won't necessarily know what you prefer. So it would be helpful for you to think about how you would like to receive and digest information. Then you can guide your healthcare team on how much information they should give you.



Asking questions

It is normal for people to go into their doctor's office and then forget all the questions they had in their head. It is important for you to get the answers to those questions. So it can be helpful to write them down as they come up and then take the list with you when you see your doctor. On page 9 you can find a list of questions to ask your doctor that you may find useful.



Talking to your doctor about non-medical things

Even though your healthcare team is there to look after your medical needs, it is also important for them to know how you are coping in general.

A lot of things can change at a time like this. There might be some changes to your finances, your ability to get around at home or your emotional well-being. Your doctor might not be able to help you directly but they will probably be able to refer you on to someone that can.



Support from Patient Support Groups

New Zealand has a lot of patient support groups that exist to support people and their families through difficult times. There are a number of organisations that can support people with lung cancer - see page 10 for further details for the Cancer Society of New Zealand and Lung Foundation New Zealand. This is another way of getting support during this time and they offer many different services from providing information to nursing and psychological support.

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WHAT IS TECENTRIQ®?

TECENTRIQ® is a type of cancer immunotherapy medicine.

The active ingredient in TECENTRIQ® is atezolizumab.

What is immunotherapy?

Immunotherapy medicines are very different to chemotherapy drugs as they work by helping the body's own immune system to specifically fight cancer cells, rather than targeting and attacking the cancer directly.

What is the immune system?

The immune system helps your body fight infections and other diseases. It is spread throughout your body and involves many types of cells, organs, proteins, and tissues. The immune system is very clever and if it is working properly can identify the difference between 'good' cells and 'bad' cells, and will attack and clear away any 'bad' or faulty cells.

Cancer cells can sometimes hide from your immune system. When this happens your immune system is not able to protect you or destroy these cells. This means that cancer cells are able to multiply and spread more rapidly in your body.

So, the role of immunotherapy is to help your immune system to detect and destroy cancer cells, helping you to fight your cancer.

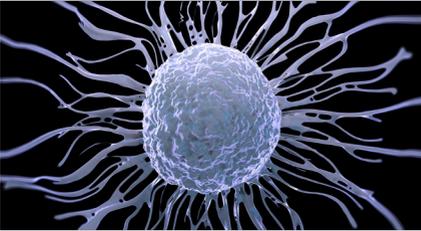


The role of immunotherapy is to help your immune system to detect and destroy cancer cells

HOW DOES TECENTRIQ® WORK?

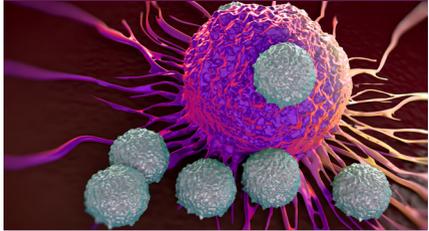
Cancer immunotherapy is different to chemotherapy as it works with your own immune system to recognise and destroy cancer cells more effectively - with minimum effect on surrounding healthy cells.

Without TECENTRIQ®



Cancer cells can produce a protein called PD-L1 which helps them to 'hide' from the cells of your immune system, so they can multiply and grow.

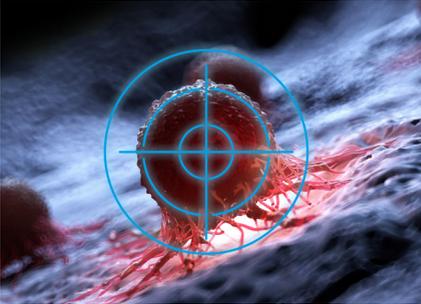
With TECENTRIQ®



By blocking the PD-L1 protein, TECENTRIQ® allows your immune system to recognise and attack the cancer cells.

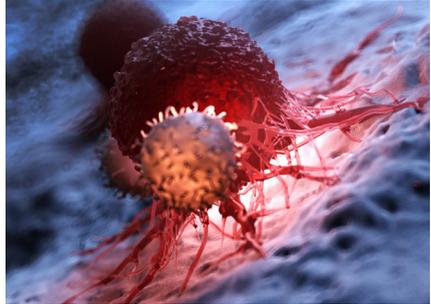
HOW IS TECENTRIQ® DIFFERENT TO CHEMOTHERAPY?

Chemotherapy



- Chemotherapy kills or damages rapidly dividing cells anywhere in your body, including cancer cells, but also healthy cells.
- As a result common side effects of chemotherapy include nausea (feeling sick), hair loss, fatigue (feeling tired), and an increased risk of infections.

TECENTRIQ®



- TECENTRIQ® is an immunotherapy, so it helps your body's own immune system to recognise and fight cancer cells.
- Because immunotherapy works in a different way to chemotherapy it may not cause the same side effects, or the side effects may be at a lower level
- However, like all medicines, TECENTRIQ® can still have side effects - see pages 12 and 14 for further information.



Always talk with your doctor if you have any questions about TECENTRIQ® or other medicines you take. It's never too late to tell your doctor about anything, even if you're already on TECENTRIQ®.

BEFORE STARTING TECENTRIQ®

It's important to let your doctor know if you:

1. Have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
2. Have shortness of breath, a new or worsening cough, or chest pain known as pneumonitis (inflammation of the lungs)
3. Have thyroid problems
4. Have allergies to any other medicines, foods, preservatives or dyes
5. Are taking any other medicines or supplements, including any that you get without a prescription from a pharmacy, supermarket or health food shop.
6. Have ever had liver problems such as hepatitis. Your doctor may do blood tests before treatment to check your liver function.

You need to tell your doctor about any other medicines or supplements you are taking as they may be affected by TECENTRIQ® or they may stop TECENTRIQ® from working as well as it could.

Your doctor and pharmacist may need to change the dose of your medicines, or you may need to take different medicines. They will provide more information on medicines to be careful with or avoid while taking TECENTRIQ®.

Checklist:

Do you have any immune system problems or autoimmune diseases? Yes No

If Yes, provide more info here:

Do you have shortness of breath, a new or worsening cough, or chest pain? Yes No

If Yes, provide more info here:

Do you have thyroid problems? Yes No

If Yes, provide more info here:

Do you have any allergies? Yes No

If Yes, list here:

Are you taking any other medicines or supplements? Yes No

If Yes, list here:

Have you ever had any liver problems? Yes No

If Yes, provide more info here:

BEFORE STARTING TECENTRIQ®

It's important to let your doctor know if you:

1. Are pregnant or plan to become pregnant
2. Are breastfeeding or planning to breastfeed.

This is because TECENTRIQ® can harm your unborn baby or it might affect your ability to become pregnant.

Checklist:

Are you pregnant or do you plan to become pregnant? Yes No

Are you breastfeeding or planning to breastfeed? Yes No

If you've answered Yes to any of the questions above, make sure you tell your doctor **before** you start taking TECENTRIQ®.

If you are a woman who is able to become pregnant, you should use an effective method of birth control during your treatment with TECENTRIQ® - and for at least 5 months after your last dose.

If you are not sure whether you should start taking TECENTRIQ®, talk to your doctor. Remember that they are there to help and support you.



DURING YOUR TREATMENT WITH TECENTRIQ®

How is TECENTRIQ® given?

You will have to go to a hospital or clinic to get TECENTRIQ®. It is given by an intravenous infusion, or IV.

How long does each treatment take?

Your first TECENTRIQ® treatment will be given over 60 minutes, and your healthcare team will closely monitor you during this treatment to check there are no problems. If you do not have an infusion reaction during the first infusion, further treatments will take about 30 minutes.

FIRST TREATMENT



60 MINUTES

SUBSEQUENT TREATMENTS



30 MINUTES

How often will I be treated with TECENTRIQ®?

TECENTRIQ® will be given to you every 3 weeks.



What is the dose for TECENTRIQ®?

The recommended dose of TECENTRIQ® is 1200 milligrams (mg), but this may change depending on your individual situation.

FREQUENTLY ASKED QUESTIONS

How long will I be treated with TECENTRIQ® for?

The number of TECENTRIQ® treatments you receive will depend on how you respond. Your doctor will keep giving you TECENTRIQ® until it's no longer helping, but it may be stopped at any time if side effects become a problem.

Can I drive if I'm taking TECENTRIQ®?

It is not known if TECENTRIQ® will affect your ability to drive or operate machinery but be careful driving or operating machinery until you know how TECENTRIQ® affects you. TECENTRIQ® may cause tiredness or low blood pressure. Low blood pressure can be experienced as dizziness or fainting in some people. TECENTRIQ® causes other side effects that have symptoms that might affect your vision, or change how your heart beats or dizziness.

If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous. If you experience any of these problems, and they continue to get worse, talk to your doctor.

What should I do if I seek medical treatment for anything else whilst I'm taking TECENTRIQ®?

Tell all doctors, dentists and pharmacists who treat you that you are being treated with TECENTRIQ®.

If I become pregnant whilst taking TECENTRIQ®, what should I do?

Make sure you use highly effective contraception to prevent pregnancy while you are being treated with TECENTRIQ®. However, if you become pregnant while taking TECENTRIQ®, tell your doctor immediately.

I've got really sore muscles, what should I do?

Muscle, joint or bone pain are expected side effects with TECENTRIQ®. Tell your doctor right away if you have severe muscle pain, pain that gets worse or pain that does not go away.

I'm not feeling very well, what should I do?

Nausea, vomiting, loss of appetite, fever and flu-like symptoms are expected side effects of TECENTRIQ®. If you do not feel well while you are being treated with TECENTRIQ®, tell your doctor or pharmacist right away. They will advise you what to do and can help to treat or manage your side effects.

Will my hair fall out?

Hair loss is not an expected side effect with TECENTRIQ®. It's highly unlikely that your hair will fall out due to taking TECENTRIQ® so this is not something you should worry about.



SIDE EFFECTS

All medicines can have side effects. Not everyone will experience the same side effects and you may have no side effects at all. Most of the time the side effects are not serious, but sometimes they are and you may need medical treatment.

The most common side effects of TECENTRIQ® include:

- Feeling tired or weak
- Decreased appetite (not feeling hungry)
- Shortness of breath
- Cough
- Nausea (feeling sick in the stomach) or vomiting
- Diarrhoea
- Infection in the urinary tract (pain or burning feeling when you pass urine, needing to urinate often, change in colour or smell of urine)
- Fever (which may be caused by an infection)
- Joint and back pain
- Itchy skin or a rash

Some side effects can only be found when your doctor does blood tests to check on your progress.

Tell your doctor as soon as possible if you notice any of the following symptoms, or if they get worse:

- Joint pain
- Loss of appetite
- Diarrhoea
- Shortness of breath
- Feeling like you have no energy (fatigue)
- Itchy skin or a rash
- Fever
- Nausea (feeling sick) or vomiting
- Difficulty swallowing
- Flu-like symptoms
- Stuffy nose
- Stomach pain
- Pain in muscles, back, stomach or bones

WHAT ELSE SHOULD YOU DO WHILE BEING TREATED WITH TECENTRIQ®?

- If you're about to be started on any new medicine, remind your doctor or pharmacist that you're taking TECENTRIQ®.
- Tell any other doctors, dentists or pharmacists who treat you that you are taking TECENTRIQ®.
- Remember to keep all your doctor's appointments so that your progress can be checked.
- Your doctor may do some tests from time to time (e.g. blood tests) to make sure TECENTRIQ® is working, and to prevent or manage unwanted side effects.
- Be careful driving or operating machinery until you know how TECENTRIQ® affects you. It is not known whether TECENTRIQ® may impair your ability to drive or operate machinery.



SERIOUS SIDE EFFECTS

Contact your medical team immediately or go to your nearest emergency department if you experience any of the following symptoms:

- Shortness of breath, new or worsening cough, and/or chest pain. These may be symptoms of pneumonitis (lung inflammation).
- Yellowing of the skin or eyes, nausea or vomiting, bleeding or bruising, dark urine, and/or stomach pain. These may be symptoms of hepatitis (liver inflammation).
- Diarrhoea (watery or soft stools), blood in the stools, and/or stomach pain. These may be symptoms of colitis (inflammation of the intestines).
- Tiredness, weight loss, weight gain, changes in mood or behaviour, vision disturbances, increased sensitivity to cold or heat, slow or rapid heart rate, hair loss, constipation, headache, and/or dizziness. These may be symptoms of hypothyroidism or hyperthyroidism (inflammation of the thyroid), hypophysitis (inflammation of the pituitary gland) or adrenal insufficiency (inflammation of the adrenal glands).
- Feeling more hungry or thirsty than usual, needing to urinate more often, weight loss, and/or feeling tired. These may be symptoms of type 1 diabetes mellitus.
- Stiff neck, headache, fever, chills, vomiting, eye sensitivity to light, confusion, and/or sleepiness. These may be symptoms of encephalitis (inflammation of the brain) or meningitis (inflammation of the brain and spinal cord membrane).
- Muscle weakness, numbness or tingling in the hands and/or feet. These may be symptoms of neuropathy (inflammation or problems of the nerves).
- Pain in the abdomen, nausea and/or vomiting. These may be symptoms of pancreatitis (inflammation of the pancreas).
- Shortness of breath, feeling tired, irregular heartbeat, or chest pain. These may be symptoms of myocarditis (inflammation of the heart muscle).
- Severe reactions when TECENTRIQ® is given into your vein (or within 1 day of treatment), like fever, chills, shortness of breath, or flushing.

This list of side effects includes some which are very serious and which may require urgent medical attention or admission to hospital.



DURING AND AFTER EACH TREATMENT

Taking the time to care for yourself during cancer treatment is an important part of well-being and recovery.

Here are a few tips to help you:

- **Slow down and find quiet time.** You may feel more tired than normal during treatment. Prioritise sleep and give yourself permission to have a rest or a nap when you need to.
- **Eat healthy foods.** Eat fresh, unprocessed foods, with lots of fruit and vegetables. If you have trouble eating or don't feel like eating, talk to your healthcare team.
- **Get exercise and fresh air.** Exercise can help reduce stress and tiredness, and can help you feel like eating. Check with your healthcare team about your exercise plan to make sure it's OK.
- **Ask your healthcare team about alcohol.** Small amounts of beer or wine may help you relax and help you feel hungry. But alcohol can cause problems with some cancer treatments. Your healthcare team can tell you if it's OK to drink alcohol in moderation.
- **Where possible try to do things you enjoy.** Continue with hobbies, read, listen to music, watch movies, visit the beach, take your dog for a walk - do things that are positive and revitalising.
- **Spend time with loved ones.** Make time to see the most important people in your life.
- **It's OK to say 'no'.** You don't have to say yes to every invitation that comes your way. Avoid activities that zap your energy.
- **Try starting a journal.** Some people find that writing in a journal can be helpful. Having space to record your thoughts and worries can help to calm your mind and lower your stress levels.
- **Be willing to accept or ask for help.** Family and friends will want to help you, so if they offer help don't be too proud to accept it, and if you need help don't hesitate to ask. People will appreciate knowing exactly what - and how - you need to be supported.
- **Be kind to yourself.** Self-care during cancer isn't a luxury; it's a necessary part of your happiness and health. Remember: you matter, and your needs matter, even as you're managing a cancer diagnosis.

QUESTIONS TO ASK YOUR HEALTHCARE PROFESSIONAL

Questions about your diagnosis

- What kind of cancer do I have?
- What stage is my cancer?
- What is the time frame for me to make decisions regarding treatment?
- If I decide to have treatment, when can I start?

What are my treatment options?

- What are the usual treatment options for someone with my type of cancer?
- Are there any newer treatments that are not funded that may benefit me?
- How long will I need to stay on these treatments?
- How will I know my treatment is working?
- What are the chances my cancer will come back after treatment?

Is TECENTRIQ® right for me?

- What is immunotherapy?
- Is immunotherapy a suitable treatment option for my cancer?
- How does TECENTRIQ® work?
- How do I get TECENTRIQ® if it's not available in a public hospital?
- Who can I talk to regarding funding/health insurance to help me pay for TECENTRIQ®?
- How long will I need to be on TECENTRIQ®?
- How will I know if TECENTRIQ® is working?
- What are the side effects of TECENTRIQ®?

WHERE TO GO FOR FURTHER SUPPORT

As you receive treatment with TECENTRIQ®, remember that you are not alone - the following groups know what you are going through and can offer you support and valuable information.

Cancer Society of New Zealand

 www.cancernz.org.nz

 0800 226 237

Lung Foundation New Zealand

 www.lungfoundation.org.nz

 For more information on TECENTRIQ® visit www.cancerinfo.co.nz

Important numbers for you:

 SPECIALIST

		
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 CLINIC

		
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 NURSE

		
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 PHARMACIST

		
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 24 HOUR CONTACT

		
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GLOSSARY

Benign	<i>Not malignant, a non-cancerous growth.</i>
Cancer	<i>A malignant growth or tumour caused by the abnormal and uncontrolled division of cells in the body.</i>
Checkpoint inhibitor	<i>A type of drug which identifies cancer cells so that the immune system can attack them.</i>
Chemotherapy	<i>Treatment with medicines that attack and kill all rapidly growing cells, including cancer cells and normal cells.</i>
Gene	<i>The fundamental unit of heredity which is transferred from a parent to offspring; a specific section of DNA within a chromosome.</i>
Immune system	<i>A system within your body involving many types of cells, organs, proteins and tissues, which helps your body to fight infections and other diseases. It can tell the difference between your own cells and foreign cells such as bacteria, viruses, and diseases such as cancer.</i>
Immunotherapy	<i>A type of cancer treatment that helps your own immune system to fight cancer, rather than targeting and attacking the cancer directly (for example, by chemotherapy).</i>
IV (intravenous infusion)	<i>A way to deliver a liquid medication straight into your vein via a needle or tube.</i>
Malignant	<i>A cancerous or potentially dangerous growth.</i>
Metastatic	<i>When cancer cells have spread to other parts of the body.</i>
PD-L1	<i>A protein produced by cancer cells, which helps the cancer cells to 'hide' from the 'good' cells of your immune system.</i>
Protein	<i>Essential components of your body which are required for the structure, function, and regulation of your cells, tissues, and organs.</i>
Tumour	<i>A mass of tissue formed by the uncontrolled growth of new cells. Tumours can be cancerous (malignant) or non cancerous (benign).</i>
Vein	<i>Blood vessels that carry blood towards the heart.</i>



Tecentriq® (atezolizumab) 1200mg/20mL is a **Prescription Medicine** used for advanced or metastatic (spreading) non-small cell lung cancer, metastatic non-squamous non-small cell lung cancer, extensive stage small-cell lung cancer, advanced or metastatic urothelial (bladder and urinary system) cancer and advanced or metastatic triple negative breast cancer.

Tell your doctor if: you have immune system problems such as Crohn's disease, ulcerative colitis, or lupus; you have inflammation of the lungs (pneumonitis); you have liver problems, such as hepatitis; you have thyroid problems; you are taking other medicines; you are pregnant or breastfeeding or plan to become pregnant or breastfeed. Tell your doctor right away if you become pregnant during treatment with Tecentriq.

Tell your doctor immediately if you notice any of the following signs and symptoms: inflammation of the lungs (new or worsening cough, shortness of breath and chest pain); inflammation of the liver (yellowing of skin or eyes, nausea, vomiting, bleeding or bruising, dark urine, and stomach pain); inflammation of the intestines (diarrhoea, blood in stools, and stomach pain); inflammation of the thyroid, pituitary and adrenal glands (tiredness, weight loss, weight gain, changes in mood or behaviour, visual disturbances, increased sensitivity to cold or heat, slow or rapid heart rate, hair loss, constipation, headache, and dizziness); type 1 diabetes mellitus (feeling more hungry or thirsty than usual, need to urinate more often, weight loss, and feeling tired); inflammation of the brain or spinal cord (neck stiffness, headache, fever, chills, vomiting, eye sensitivity to light, confusion and sleepiness); inflammation of the nerves (muscle weakness, numbness or tingling in hands and feet); inflammation of the pancreas (abdominal pain, nausea and vomiting); inflammation of the heart muscle (shortness of breath, feeling tired, irregular heart beat or chest pain); inflammation of the kidneys (dark and/or frothy urine, high blood pressure, swelling to face, feet, legs and hands); inflammation of muscles (muscle pain or stiffness or skin rash); infusion reactions (fever, chills, shortness of breath and flushing).

Possible common side effects may also include: loss of appetite; diarrhoea; shortness of breath; itching of the skin; nausea; fever; rash; chills; vomiting; difficulty swallowing; flu-like symptoms; nasal congestion; cough; sore throat; tiredness; common cold; headaches; being short of breath when exercising; stomach or back pain; urinary tract infection, dizziness, light-headedness, looking pale; bleeding or bruising; mouth ulcers and/or cold sores; constipation; increase in infections; pain in the muscles and bones; joint pain; numbness or weakness of the arms and legs; tingling or loss of feeling.

Tecentriq has risks and benefits. Ask your doctor if Tecentriq is right for you. Use strictly as directed. If symptoms continue or you have side effects, see your healthcare professional. For further information on Tecentriq, please talk to your health professional or visit www.medsafe.govt.nz for Tecentriq Consumer Medicine Information.

Tecentriq is not funded by PHARMAC. You will need to pay the full cost of this medicine. A prescription charge and normal oncologist fees may apply.

Consumer Panel dated 27 May 2019.

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THIS BOOKLET IS AN EDUCATIONAL INITIATIVE PROUDLY BROUGHT TO YOU BY ROCHE.

This guide is intended as a resource for patients receiving treatment with TECENTRIQ®. It is not intended as a substitute for advice from a qualified medical professional, nor is it considered a comprehensive and exhaustive source of information.

① For more information on TECENTRIQ® visit www.cancerinfo.co.nz

**If you have any questions about your diagnosis or treatments,
please speak to your healthcare professional.**



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