



Information on your treatment

for HR+, HER2-
early breast cancer

Provided by your physician after prescription of Verzenios®

Dear Patient,

Your physician has selected Verzenios® to treat your breast cancer.







This brochure includes important information on the diagnosis, action and intake of the drug Verzenios®. You will also find out how you can prevent and treat possible side effects. A personal therapy diary can help you to document and better understand your well-being during the Verzenios® therapy and antihormone therapy.

This brochure supplements the package leaflet. Read through the package leaflet carefully before you start taking Verzenios®, as it contains important additional information.

If you have any questions that this brochure does not answer or would like medical advice, please contact your physician.

We wish you all the best with your health.

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Information on Verzenios®

What are the differences between early breast cancer and metastatic breast cancer?

Unlike early breast cancer, which is confined to the breast and adjacent lymph nodes, cancer cells spread to other parts of the body in metastatic breast cancer. There they form tumours, for example in the bones, liver, lungs or brain, known as metastases.

Why Verzenios®?

Verzenios® is used to treat patients with certain types of breast cancer (hormone receptor positive, human epithelial growth factor receptor-2 negative) which:

- has spread to the lymph nodes in the armpit and has not been detected to other parts of the body, has been surgically removed and has certain features that increase the risk of cancer recurrence. Treatment is carried out in combination with anti-hormonal therapy, such as aromatase inhibitors or tamoxifen, to prevent the cancer from coming back after surgery (post-surgery treatment is called adjuvant therapy).
- has spread beyond the original tumour and/or into other organs. It is given together with aromatase inhibitors or fulvestrant, which are used as hormonal cancer therapy, or can be given alone.

**The first 2 years after your diagnosis are important.
The risk of the disease potentially recurring is higher in this time.**

Verzenios® is taken in addition to antihormone therapy to reduce the risk of recurrence.

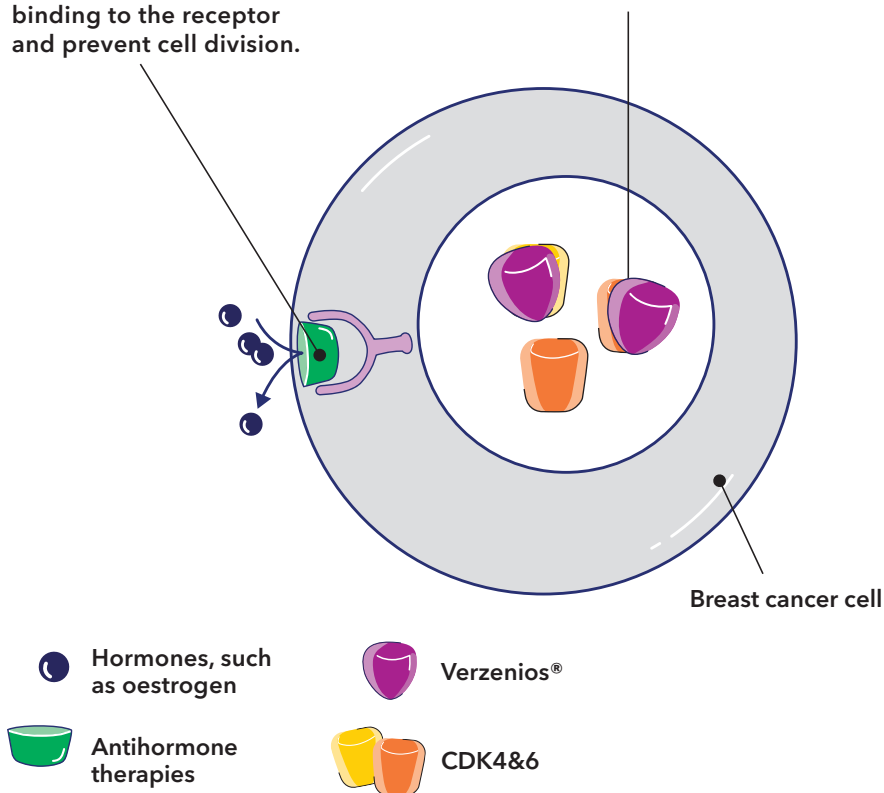


How does Verzenios® work?

All breast cancers are caused by an uncontrolled growth of altered cells in the breast tissue, because of errors in the genetic information. Verzenios® specifically inhibits two proteins in the body, CDK4 and CDK6, and differs in this way from the mode of action of chemotherapy.

Antihormone therapies reduce the amount of oestrogen or block its binding to the receptor and prevent cell division.

Verzenios® inhibits CDK4 and CDK6 and therefore reduces the rate of cell growth and division.



Intake and dosage

Verzenios® is an oral medication (in tablet form) that is taken comfortably at home. Regular visits to your doctor are, however, necessary to monitor your treatment and well-being and, if necessary, to discuss further treatment options.

How to take Verzenios®



In the morning and evening: When taken in combination with antihormonal therapy, Verzenios® is taken twice daily by mouth, in tablet form - **once in the morning and once in the evening** - with or without food, unless your doctor has given you different instructions. Swallow the tablets whole.

Do not chew, crush or divide these before taking them.



In the morning and evening
150 mg 2 x daily



Same time of day: Try to take your morning and evening doses regularly at about the same time of day.



Missed dose: If you have forgotten to take a dose of Verzenios® or vomited after taking a dose, take the next dose at the usual time. Do not take an extra dose of Verzenios® to make up for a missed dose.



In accordance with the instructions of your doctor:



Take Verzenios® exactly as your doctor has told you. The recommended dose is 150 mg twice daily in combination with antihormone medicine. If necessary, your doctor can change your dose. You must not stop taking Verzenios® or change your dose without consulting your doctor.




If you have taken more Verzenios® than prescribed, contact your doctor right away.

What can influence the effect of Verzenios®?

- Verzenios® and certain other medicines may interact with each other, which can cause serious side effects or affect the way Verzenios® or the other medicines work in your body. If necessary, your doctor can amend your dose accordingly.
- Before starting Verzenios® treatment, you should talk to your doctor about other medicines (including herbal preparations) that you are taking.
- Consumption of grapefruit (or products containing grapefruit) as well as St John's wort (plant) is not recommended during treatment with Verzenios®, as it may increase the concentration of the medicine in the blood.

Possible side effects



As with all medicines, side effects may occur during Verzenios® treatment. You and your doctor can plan in advance how to take small steps to positively influence your treatment and get any possible side effects under control.

What side effects can occur?

- Diarrhea
- Infections
- Drop in white blood cell count (leukopenia/neutropenia)
- Tiredness (fatigue)
- Abdominal pain
- Nausea, vomiting
- Drop in red blood cells/platelets (anemia/thrombocytopenia)
- Decreased appetite
- Strain on the liver (elevated alanine/aspartate aminotransferase)
- Stomatitis
- Hair loss or thinning (alopecia)
- Skin rash
- Dizziness
- Itching

This list does not cover all the possible side effects of Verzenios®. Please consult your doctor if you experience any side effects that cause you concern or that do not go away. You can receive further information from your doctor or in the package leaflet.

Please observe the instructions for use of the antihormone medicine that you have been prescribed in combination with Verzenios®.

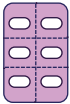
Therapy guide

The information below can support you in taking small steps to positively influence your treatment and improve your wellbeing in the event of any side effects.

Helpful tips for diarrhea

Diarrhea can occur when taking Verzenios®. This develops after about a week and can generally be well controlled over the next few weeks. Diarrhea can be treated with appropriate measures and medications, such as loperamide.

What you can do at the start of treatment



Have an over-the-counter diarrhea medication, such as loperamide, ready before you start treatment.

- At the first signs of soft or loose bowel movements, start taking a diarrhea medication, for example loperamide. Take this in accordance with your doctor's recommendation.
- If your symptoms last longer than 24 hours, contact your doctor right away. They will then adjust your dose accordingly, if necessary.
- Make sure you are taking in enough fluids and drink at least 1.5-2.0 L clear fluids like water, broth or a stomach-friendly tea.
- Take note of any changes to document and better understand your well-being.

What you can do if you have diarrhea



WATCH OUT FOR



Drink 1.5 to 2 liters of fluids daily, such as water, diluted fruit juices, tea (e.g., black tea), vegetable broth, or isotonic drinks.



Eat potassium-rich foods such as mashed bananas, apricots, peaches, potatoes, meat and fish to rebalance your mineral levels. Cooked rice or pectin-containing foods such as grated apple and cooked carrots contain water-soluble fiber, which promotes firmer bowel movements.



Also drink between meals.



Eat more frequent but smaller portions.



Try to eat meals lukewarm or at room temperature.



AVOID



Avoid foods that can cause abdominal cramps, bloating or diarrhea, such as carbonated beverages, beer, coffee, beans, cabbage, broccoli, highly spiced foods, artificial sweeteners and sugar-free gum.



Avoid or reduce high-fat foods, such as fries, sauces and salad dressings.

Helpful tips for tiredness (fatigue)

In particular when you are low on energy, it is helpful to prioritize the essentials.

What you can do at the start of treatment

- Keep a journal of your daily activities and the intensity of your tiredness and weakness. This can then help you plan important activities and prioritize when you have the most energy.
- Endurance sports, like brisk walking, jogging, cycling or swimming, or even moderate supervised strength training can prevent and relieve tiredness.
- Add short rest breaks to your daily calendar.
- Try to relax. Music, easy reading or meditation can help you with this.

What you can do if you feel tired (fatigue)



Incorporate gentle exercise into your daily routine.
This can contribute both to improving sleep and increasing your energy levels.

1. Activities like yoga, which incorporate elements of movement, stretching and balance, can increase your energy levels.
2. Time in nature can help you feel more awake. If possible, arrange to do joint activities with other people.
3. If you have pronounced symptoms (tiredness that is severely limiting your daily life, significant difficulties concentrating, insomnia, pain), contact your doctor.

Healthy habits during treatment with Verzenio®



Make sure you eat a varied and healthy diet.



Ensure you get enough sleep.



Do reasonable exercise on a regular basis, as discussed with your doctor.

You can find more information on these tips and recommendations at <https://www.krebsliga.ch/ueber-krebs/leben-mit-und-nach-krebs>

When should I inform my doctor?

- If you have signs of infection such as chills, a cough and/or fever.
- Painful swollen legs, chest pain, shortness of breath and a fast pulse.
- Unusual weight changes, yellowing of the skin or whites of the eyes and/or dark urine.
- Diarrhea that lasts more than 24 hours.
- And also if you have any other symptoms, in particular if they are unusual or severe and do not resolve by themselves.

Use the space below for important contact information that may make your day-to-day life easier.

Emergency contact

Treating doctor

GP

Pharmacy

Other



Patient organizations and further information

Here you can find a selection of patient organizations and sources of information on your illness.

The Swiss Cancer League:

The Swiss Cancer League provides information and resources on this platform to support people affected by cancer and their loved ones before, during, and after the disease. The content is designed to help patients cope with everyday challenges and regain confidence in living with and beyond cancer.

www.krebsliga.ch

Leben mit Krebs (Living with Cancer):

With medical information and stories from people affected by cancer, the website aims to provide encouragement to cancer patients and their relatives and empower them to have a say in their treatment, enabling them to make decisions with greater confidence.

www.lebenmitkrebs.ch

Your treating doctor

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