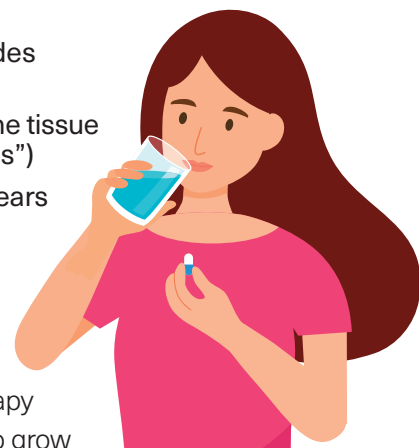


WHY DO I need to KEEP TAKING MEDICATION?

While most people with early breast cancer can have their tumor completely removed with surgery and be cancer free, there's no way to guarantee that the cancer won't return ("recurrence"). Different people have different risks of recurrence. You should talk with your provider about your personal risk of the cancer returning.

Some things that may put you at a higher risk are:

- Large tumor size
- Finding cancer in nearby lymph nodes during diagnosis
- Finding cancer cells at the edge of the tissue that was removed ("positive margins")
- Younger age, especially below 35 years
- Obesity



For people with a high risk of recurrence, taking medication for several years after surgery can lower the chances that the cancer will return.

- Most people with high-risk breast cancer need a type of medication called hormone therapy
- Hormone therapy blocks breast cancer cells from receiving the hormones that they use to grow
- Abemaciclib is a new type of medication, called a CDK4/6 inhibitor, that can help hormone therapy work better
- CDK4/6 inhibitors block proteins that help breast cancer cells grow and divide
- These medications can keep breast cancer from returning, but need to be taken for years for best results

Tips for Sticking With Your Treatment

People who take their medication as prescribed have better results. If you skip, change, or ignore your medicine, it may not work as well. It is important to take your full doses, in the right way, at the right time. Here are some tips to keep you on track and make sure your medication is working.

1

Use a Pill Box



- Can help you keep track of your medication schedule
- Helps you take the right pills at the right time
- Can remind you when you are due for a refill

2

Make it Routine



- Take your medication at the same time every day
- Make sure you understand how to take your medications and follow those instructions
- For example, some medications need to be taken with food; others need to be taken on an empty stomach

3

Use a Reminder System



- Set a reminder on your phone, computer, or watch
- Write reminders on sticky notes or on your calendar
- Ask a family member or a friend to remind you

4

Set Up Automatic Refills



- Talk to your pharmacist about setting up automatic refills
- Sign up for prescription status alerts to notify you when your prescription is ready for pickup

5

Ask Others for Support



- Ask family and friends to encourage you to take your medication as prescribed
- Regularly share how you feel with family and friends
- Don't be afraid to ask for help when you need it

6

Talk to Your Care Team



- Let your care team know about anything that might be making it difficult for you to take your medication as prescribed
- Your team is prepared to help provide solutions for all kinds of issues that might prevent you from following your treatment plan

MANAGING SIDE EFFECTS of Breast Cancer MEDICATION

Most people who skip or stop their breast cancer medication early do so because of side effects. However, most side effects can be managed with medication or lifestyle changes.

If you are experiencing uncomfortable side effects, don't stop taking your medicine before you talk with your care team.

Do report side effects right away to prevent them from becoming worse.

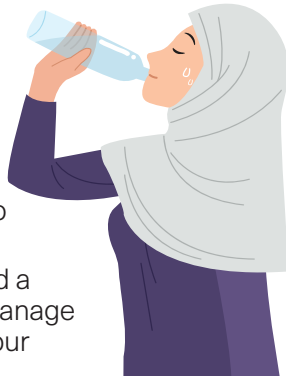


What Can I Do To Relieve My Side Effects?

Here are some ways you can prevent and manage side effects at home. Always report any side effects to your care team, and always consult with them before using any new over-the-counter (OTC) medications or products.

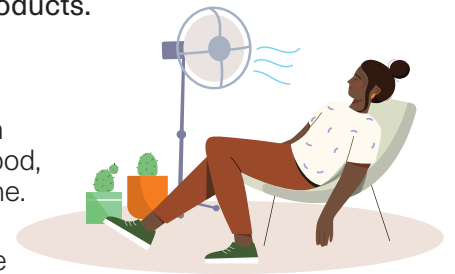
Diarrhea

- Let your care team know if you find you are having more bowel movements than normal.
- Make sure you are drinking enough fluids – you may need to drink more than you usually do.
- Your care team may recommend a medicine that you can take to manage diarrhea or adjust the dose of your breast cancer medication.



Hot Flashes

- Avoid triggers such as caffeine, spicy food, alcohol, and nicotine.
- Wear loose fitting layers of breathable material such as cotton or linen.
- Use fans and ice packs at bedtime.



Skin Rash

- Wash with mild soap that contains no perfumes or other irritants.
- Wear loose fitting clothes.
- Avoid scratching—it could make the rash worse.
- Ask your care team about anti-itch creams, antihistamines, or pain relievers to help ease rash discomfort.



Fatigue

- Keep a record of your energy levels and food to figure out if certain activities or foods might be improving or worsening your fatigue.
- Engage in regular moderate exercises such as walking or swimming—though it seems counterintuitive, exercise can give you more energy.



Fluid Retention

- Avoid salty or processed foods that can contribute to fluid retention.
- Avoid standing for long periods of time.
- Elevate the swollen area.



Vaginal Dryness

- Try an OTC water-based (not hormone-based) vaginal moisturizer or lubricant.
- Avoid using products that could be irritating.
- Ask your care team about whether vaginal estrogen treatment is right for you.

