

**FOR PEOPLE LIVING WITH  
EGFR+ LUNG CANCER**

**Making a plan can  
help you be confident  
about your journey with  
EGFR+ lung cancer.**

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Learn more now so you can be  
prepared for your next steps.

## MAKE A PLAN TODAY— IT CAN AFFECT THE ROAD AHEAD

Treating lung cancer with targeted therapy is an important step. You can determine your next treatment decisions based on your type of cancer—epidermal growth factor receptor positive (EGFR+) non-small cell lung cancer.

No one can predict the course that cancer will take. That's why **it's important to learn as much as you can now, so you can be prepared for what may come next in your treatment journey.**

### THIS BROCHURE CAN HELP YOU:

- **UNDERSTAND** how your cancer may become resistant to targeted therapy (see page 3)
- **LEARN** about the role the T790M mutation may play and the importance of testing (see pages 3 and 5)
- **PLAN** for your next steps using the Lung Cancer Action Plan (see pages 7-10)

## EGFR+ LUNG CANCER AND TARGETED THERAPY

When you were first diagnosed, you may have had a biopsy or a blood test that showed:



You have a type of lung cancer known as non-small cell lung cancer (NSCLC)—a common type of lung cancer



Your cancer tested positive for an EGFR mutation—a certain type of mutation found in cancer cells that plays a role in causing cancer to grow and spread

### TARGETING WITH A TKI

Many people with EGFR+ lung cancer are given a type of targeted therapy known as a tyrosine kinase inhibitor (or TKI). TKIs can help stop cancer growth.

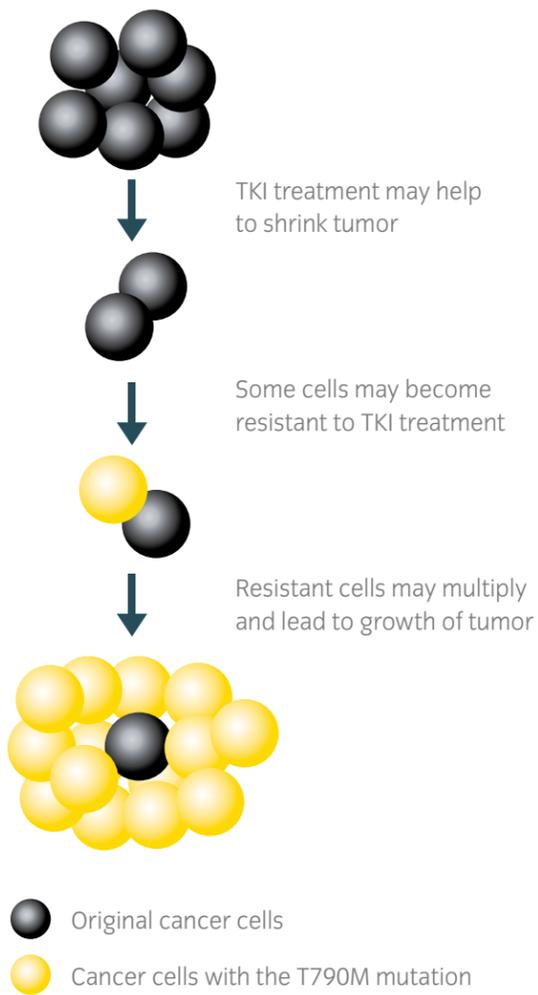
TKIs work differently than chemotherapy. They target the EGFR protein in cancer cells—and leave most healthy cells alone.



## TREATMENT RESISTANCE AND CANCER PROGRESSION

Cancer is smart. It is constantly changing and trying to outsmart your body and the treatments you are taking. This could mean that your cancer becomes resistant to targeted therapy. The TKI you take now may stop working—and your cancer may grow or spread. This is known as cancer progression.

Cancer progression is different for everyone. If this happens, it doesn't mean your initial TKI therapy was not right. It means that cancer cells found a way to grow despite treatment.



## THE ROLE OF THE T790M MUTATION

When EGFR+ lung cancer becomes resistant to targeted therapy, often it's due to a new mutation called T790M.

**As many as 2 out of 3 people whose cancer progressed on their first TKI therapy had tumors that tested positive for the T790M mutation.**

If your cancer progresses, make testing for the T790M mutation a part of your action plan. Knowing your T790M status can help guide your next steps.

**If your treatment stops working, it is important to get tested to see if your cancer has developed the T790M mutation.**

## LOOKING FOR SIGNS OF CANCER PROGRESSION

Scans are an important way to check for cancer progression. Make sure you and your doctor have a regular schedule for scans. Be sure to discuss the results of each scan and next steps with your doctor.

It's also important to pay attention to your body and how you are feeling. Tell your doctor right away about any changes you notice in your health. And be on the lookout for possible symptoms of cancer progression, which may include:

- Chest pain
- Headache
- Difficulty breathing
- Continuous coughing, including coughing up blood
- Difficulty or pain in swallowing
- Swelling of the neck and face
- Hoarseness
- High-pitched wheezing when taking a breath

**“If you're on treatment and understand your cancer may progress, knowing your next step is so important.”**  
—Deena,  
living with EGFR+ lung cancer

## TREATING EGFR+ LUNG CANCER IS NOT A ONE-STEP PROCESS

Depending on your cancer and how it is responding to your therapy, your current approach may have to change. Changing approaches is common to many people treating EGFR+ lung cancer. That's why it is important to work closely with your doctor to know what your next steps will be if your cancer changes. That way, you will have a plan in place and be ready to make decisions should the time come.

### TALK TO YOUR DOCTOR ABOUT:

- How you can tell if your current treatment is still working
- What you can do to continue monitoring your condition
- What your options are if your cancer becomes resistant to treatment and progresses

Use the Lung Cancer Action Plan on page 7 to keep track of how you're feeling, and report any changes right away to your doctor.

### THE IMPORTANCE OF TESTING FOR THE T790M MUTATION

Knowing your T790M mutation status can provide valuable information about your cancer that can guide your next steps. Talk to your doctor today about the T790M mutation, and make testing part of your action plan. Your doctor may refer to this type of testing as mutation, biomarker, molecular, or genetic testing.

If your doctor decides T790M testing is right for you, be sure to ask when you can expect the results. You may receive your test results several days to a few weeks after you take the test.

Tumor biopsies or blood tests are different ways to test for the T790M mutation.

### TUMOR BIOPSY

- With a biopsy, tissue or cells are removed from part of one tumor
- The tissue is examined under a microscope to see what disease characteristics are present or have changed, including the T790M mutation

**Even if you were tested when you were first diagnosed with lung cancer, your cells have likely changed since then, as cancer cells change over time. Make sure that your doctor performs a new biopsy if your cancer progresses to ensure you get an accurate, up-to-date T790M test result.**

**Testing for the T790M mutation is an important part of your plan to help guide your next steps.**

### BLOOD TEST

A blood test is also known as a liquid biopsy. It uses cells that can be found in a blood sample. Your doctor may refer to this as a ctDNA or cfDNA test.

**If a tumor biopsy is not right for you, a blood test is a less invasive way to test for T790M. Keep in mind, if your blood test is negative, your doctor may choose to confirm these results with a tumor biopsy.**

**“Learning about the T790M test made me feel a lot better knowing there was something I could be doing.”**

—Bruce,  
living with EGFR+ lung cancer

## GETTING THE ANSWERS YOU NEED

It can be hard to think about the possibility of your cancer progressing. But **knowing your options and making a plan are critical steps in living with lung cancer**. By preparing now, you'll have the comfort of knowing you have a plan in place if you're faced with overwhelming decisions in the future.

Ask your doctor these questions at your next visit:

- How will I know if my cancer has progressed?  
\_\_\_\_\_
- How will we test my lung cancer for T790M?
  - Biopsy (tumor biopsy)
  - Blood test (liquid biopsy)
  - Other \_\_\_\_\_
- How soon should I expect the test results?  
\_\_\_\_\_
- What are my options if my cancer tests positive for T790M?  
\_\_\_\_\_
- What are my options if my cancer tests negative for T790M?  
\_\_\_\_\_

## HAVING THE TOUGH CONVERSATION

Talking about cancer progression can be difficult. But having an open conversation with your doctor is the best way to **get the information you need to plan your next steps**. Even though your doctor may not want to worry you about progression, it's an important discussion to have now. Don't be afraid to ask tough questions—and make sure you get the answers you need.

Try using this sample conversation with your doctor:

**You might say:** *It's important to me that we plan for the future so I am prepared for what comes next.*

**Your doctor might say:** *It's too early to discuss cancer progression. You don't need to worry about that now.*

**To get the answers you need, you might say:**

- *I would feel better knowing what my options are if my cancer gets worse*
- *Can we take a few minutes now or schedule another appointment to talk about next steps?*

## BE SURE YOU GET THE ANSWERS YOU NEED

Take the action plan on the following pages to your next appointment.







**YOUR LUNG CANCER ACTION PLAN**

**Appointment Date:**

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**Topics Discussed:**

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**Follow-ups:**

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**Notes:**

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**Appointment Date:**

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**Topics Discussed:**

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**Follow-ups:**

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Information and support for people living with EGFR+ lung cancer.

**SIGN UP FOR EGFR CONNECTS TO RECEIVE ONGOING SUPPORT FOR YOUR TYPE OF CANCER**

EGFR Connects can help you learn more about EGFR+ lung cancer and the T790M mutation, specific options you may have, and ways you can continue to manage your health throughout your journey with lung cancer.

**SIGN UP FOR EGFR CONNECTS TODAY AT [EGFRConnects.com](https://EGFRConnects.com)**



Your EGFR+ lung cancer can change and become resistant to your current treatment. Be prepared by making a plan today.

**EGFR**  
*Connects*

**GET SUPPORT FROM  
EGFR CONNECTS**

Receive information and support personalized to your type of lung cancer.

**Sign up today at [EGFRConnects.com](http://EGFRConnects.com)**

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