

Understanding potential weight gain with LORBRENA

Learn about this possible side effect and working with your doctor to help address it.

LORBRENA is a prescription medicine that is used to treat adults with non-small cell lung cancer (NSCLC) that is caused by an abnormal anaplastic lymphoma kinase (ALK) gene, and that has spread to other parts of your body (metastatic).

Your healthcare provider will perform a test to make sure that LORBRENA is right for you.

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

Selected Safety Information

LORBRENA can cause serious side effects, including:

- **Liver problems due to interactions with other medicines.** Liver problems can be severe. It is important to know what medicines not to take during treatment with LORBRENA.

Please see Important Safety Information on pages 4 and 5. Click for the full [Prescribing Information](#) and [Patient Information](#), or visit LORBRENA.com.



Preparing for treatment

You and your doctor have decided LORBRENA is the right treatment for your anaplastic lymphoma kinase-positive (ALK+) metastatic lung cancer. As you begin treatment, it is a good idea to understand possible side effects, including weight gain.

This brochure provides information about potential weight gain with LORBRENA and suggestions for how to work with your healthcare team. Everyone responds to treatment differently, so you may or may not experience weight gain. The more you know, the more prepared you can be.

This brochure explains:

- Side effects to be aware of when taking LORBRENA
- How many people experienced weight gain in the LORBRENA clinical trials and when it occurred
- Advice and resources you can use that may help manage weight gain while you are on LORBRENA

Taking an active role in helping to manage side effects can feel daunting, but you can do it. Your healthcare team and loved ones are there to support you. Use the tips and resources from this brochure to get started.

“The best advice I could give someone starting LORBRENA is to **have open and honest conversations with your doctor** about any side effects you experience, so you can work towards a plan to help manage them.”



—Stephen, a patient taking LORBRENA

Common side effects

The most common side effects of LORBRENA include:

- Swelling in your arms, legs, hands, and feet (edema)
- Numbness and tingling feeling in your joints or arms and legs (peripheral neuropathy)
- Weight gain
- Problems with thinking, such as forgetfulness or confusion
- Tiredness (fatigue)
- Difficulty breathing
- Pain in your joints
- Diarrhea
- Changes in mood, such as depression and irritability
- Increased cholesterol and triglyceride levels in the blood
- Cough



Talk to your healthcare provider about any changes you experience and how best to manage them.

You can report side effects to the Food and Drug Administration by calling **1-800-FDA-1088**.

Please see Important Safety Information on pages 4 and 5. Click for the full [Prescribing Information](#) and [Patient Information](#), or visit [LORBRENA.com](https://www.lorbrena.com).

Important Safety Information and Indication

LORBRENA can cause serious side effects, including:

- **Liver problems due to interactions with other medicines.** Liver problems can be severe. It is important to know what medicines not to take during treatment with LORBRENA.
- **Central nervous system (CNS) effects.** CNS effects can be severe. Tell your healthcare provider if you get any new or worsening symptoms of CNS effects, including: problems with thinking, such as forgetfulness or confusion, changes in mood, such as depression and thoughts about suicide or dying, psychotic effects, such as seeing or hearing things that are not real (hallucinations), seizures, changes in speech, and changes in sleep.
- **Increases in the cholesterol and triglycerides (lipid) levels in your blood.** Most people will get an increase in the lipid levels in their blood during treatment with LORBRENA.
 - If you get increases in the lipid levels in your blood, your healthcare provider may start you on a new medicine or increase your dose if you are already taking a medicine to lower the lipid levels in your blood.
 - Your healthcare provider will do blood tests to check the lipid levels in your blood before starting treatment, 1 and 2 months after starting treatment, and during treatment with LORBRENA.
- **Heart problems.** LORBRENA can cause very slow or abnormal heartbeats. Your healthcare provider will check your heart rhythm (electrocardiogram or EKG) before starting and during treatment with LORBRENA. In some people, these problems are severe, and you may need to get a pacemaker. Tell your healthcare provider right away if you feel dizzy or faint or have abnormal heartbeats.
- **Lung problems.** LORBRENA can cause severe or life-threatening swelling (inflammation) of the lungs during treatment that can lead to death. Symptoms may be like those from lung cancer. Tell your healthcare provider right away if you get any new or worsening symptoms of lung problems, including trouble breathing, shortness of breath, cough, or fever.
- **High blood pressure (hypertension).** Your healthcare provider will check your blood pressure before starting treatment, 2 weeks after starting treatment, and then at least every month during treatment with LORBRENA. Your healthcare provider may start or change your blood pressure medicine if you get high blood pressure. Tell your healthcare provider right away if you get signs or symptoms of high blood pressure, including headaches, dizziness, blurred vision, chest pain, or shortness of breath.
- **High blood sugar (hyperglycemia).** LORBRENA can cause new or worsening increases in your blood sugar levels. Your healthcare provider will do blood tests to check your blood sugar levels before starting and during treatment with LORBRENA. Your healthcare provider may start or change your blood sugar medicine if you get high blood sugar. Tell your healthcare provider right away if you get any signs and symptoms of high blood sugar, including: feeling very thirsty, needing to urinate more than usual, feeling very hungry, feeling sick to your stomach, feeling weak or tired, and feeling confused.

If you get serious side effects during treatment, your healthcare provider may change your dose, temporarily stop, or permanently stop treatment with LORBRENA.

Before taking LORBRENA, tell your healthcare provider about all of your medical conditions, including if you:

- have kidney problems
- have liver problems
- have had episodes of depression or seizures
- have high levels of cholesterol or triglycerides in your blood
- have problems with your heartbeat
- have lung or breathing problems
- have high blood pressure
- have diabetes or high blood sugar

- are pregnant or plan to become pregnant. LORBRENA can harm your unborn baby.

Females who are able to become pregnant:

- Your healthcare provider will do a pregnancy test before you start treatment with LORBRENA.
- Tell your healthcare provider right away if you become pregnant or think you may be pregnant during treatment with LORBRENA.
- Use effective non-hormonal birth control during treatment and for at least 6 months after the final dose of LORBRENA.
- Birth control pills (oral contraceptives) and other hormonal forms of birth control may not be effective if used during treatment with LORBRENA. Talk to your healthcare provider about birth control choices that are right for you during this time.

Males with female partners who are able to become pregnant:

- Use effective birth control during treatment and for at least 3 months after the final dose of LORBRENA.
- are breastfeeding or plan to breastfeed. It is not known if LORBRENA passes into your breast milk. Do not breastfeed during treatment and for 7 days after the final dose of LORBRENA. Talk to your healthcare provider about the best way to feed your baby during this time.

Tell your healthcare provider about all the medicines you take, including prescription medicines, over-the-counter medicines, vitamins, and herbal supplements. Taking LORBRENA with certain other medicines may increase your risk of side effects and may affect the way LORBRENA or the other medicines work.

Know the medicines you take. Keep a list of them to show to your healthcare provider and pharmacist when you get a new medicine.

Do not take LORBRENA if you take certain other medicines called strong CYP3A inducers. Ask your healthcare provider for a list of these medicines if you are not sure.

The most common side effects of LORBRENA include:

- swelling in your arms, legs, hands, and feet (edema)
- numbness and tingling feeling in your joints or arms and legs (peripheral neuropathy)
- weight gain
- problems with thinking, such as forgetfulness or confusion
- tiredness (fatigue)
- difficulty breathing
- pain in your joints
- diarrhea
- changes in mood, such as depression and irritability
- increased cholesterol and triglyceride levels in the blood
- cough

LORBRENA may cause decreased fertility in males, which may affect your ability to have children. Talk to your healthcare provider if you have concerns about fertility.

These are not all of the possible side effects of LORBRENA.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Indication

LORBRENA is a prescription medicine that is used to treat adults with non-small cell lung cancer (NSCLC) that is caused by an abnormal anaplastic lymphoma kinase (ALK) gene, **and** that has spread to other parts of your body (metastatic).

Your healthcare provider will perform a test to make sure that LORBRENA is right for you.

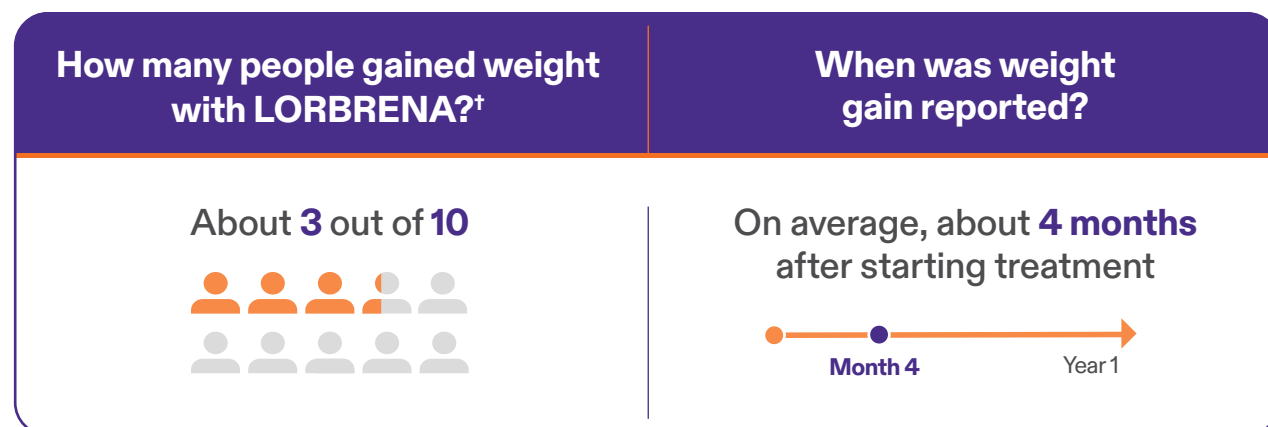
It is not known if LORBRENA is safe and effective in children.

Please click for the full [Prescribing Information](#) and [Patient Information](#), or visit [LORBRENA.com](#).

Weight gain with LORBRENA

Weight gain is a known side effect of LORBRENA. It is not known how LORBRENA causes weight gain.

When living with *ALK+* metastatic non-small cell lung cancer (mNSCLC), it is important to think about your overall well-being. While you may not experience weight gain, being prepared is an important part of your treatment plan with LORBRENA. Here is an overview of weight gain in the clinical trials*:



*Weight gain was reported if it reached a gain of 5% or more from starting weight at scheduled study visits.

†In the first-line clinical trials in patients newly diagnosed with *ALK+* mNSCLC, 38% of people gained weight with LORBRENA.

What to know when taking LORBRENA

- Treatment may make you more hungry, but there are also other factors that may cause you to gain weight
- Your doctor may check your weight regularly and adjust your treatment plan, if needed
- If you notice changes in your weight, tell your doctor as soon as possible. Proactively addressing side effects is important

Do not stop taking LORBRENA or change your dose on your own.

Talk to your doctor, who may adjust your LORBRENA treatment plan if needed.

Please see Important Safety Information on pages 4 and 5. Click for the full [Prescribing Information](#) and [Patient Information](#), or visit [LORBRENA.com](#).

Taking action where you can



Factors that could affect weight gain

Talk to your doctor if you notice your normal habits changing because of:

- Edema (swelling), which is extra fluid in the body
- Fatigue or pain causing you to be less active
- Eating because of feeling bored or stressed

Your doctor may be able to prescribe additional medicines or refer you to a specialist.

Have a weight management strategy

Addressing weight gain early is a helpful management strategy. This may mean making some changes to your routine, like choosing different foods or finding ways to get more physical activity. Always talk to your doctor before making significant changes to your routine.

Try making changes over time



Change can be difficult, but if you take it slowly, it is doable. Too many changes at once can be frustrating and harder to maintain. Make one adjustment and stick with it until it is a normal part of your life. Then make another adjustment.

Keep track of your weight



Write down how much you weigh when you begin taking LORBRENA, and weigh yourself regularly at home. If you notice changes in your weight, call your doctor right away. There are things they can do to help you manage your weight.

Make it a team effort



Sticking with new habits can be easier with a friend or partner. Talk to your friends and loved ones about your goals. They can help you stay on track.

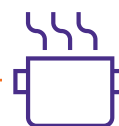
It is not always possible to fully address weight gain, but doing your best to follow a healthy routine can help. The tips and resources on the next few pages can help guide you on your way.

Remember, everyone has unique nutrition and activity needs, so it is important to work with your healthcare team to create the weight management plan that is right for you.

Workable ways to improve your eating habits

Here are some general tips and advice that you can discuss with your doctor. They were not studied in clinical trials with LORBRENA® (lorlatinib).

It is not just about choosing healthy foods, although this is very important. You can also make positive changes to when and how you eat. As you create new goals for yourself, remember it is about building habits over time and that setbacks are okay.



Cook up something you will enjoy

- When you can, prepare food at home. Restaurant meals often have large portions and a lot of sodium, which can contribute to weight gain by increasing fluid retention
- Eating foods you like can help you feel satisfied, so it is important to find healthy foods and recipes that you enjoy
- Foods with lots of fiber and protein help you feel full longer. Try to eat more fruits, vegetables, and whole grain breads and pasta, which are good sources of fiber, and plant-based sources of protein, like beans, nuts, seeds, and tofu
- Reduce fat when you can. Choose lean meats, poultry, fish, and low-fat dairy products. Cooking methods that use less fat include baking, broiling, roasting, and air-frying



Eat less, but more often

- Rather than 3 large meals, have smaller, more frequent meals throughout the day to keep you full and help avoid hunger peaks that may lead to overeating
- Buy or prepare single-serving items and try using smaller plates
- Portion out the not-so-healthy foods you love and enjoy them in moderation



Give yourself time

- Eating slowly can make it easier to recognize feeling full. Sit at the table and savor each meal
- Schedule time to grocery shop and prepare food so your pantry and refrigerator will be stocked with healthy options. Buying pre-cut produce and doubling recipes can save preparation time



Stay hydrated

- Drink plenty of water throughout the day to help keep cravings under control

Need help planning healthier meals? Ask your doctor to recommend a dietitian who works with people who have cancer.

Small steps to get moving a little more

Getting more physical activity may be easier than you expect. Most people need 30 to 60 minutes of moderate exercise most days, but it does not have to be all at once, and you do not need to go to the gym. Talk to your doctor before starting a new exercise routine.



Start where you are today

- Set goals based on your current fitness level and how you are feeling. It can be hard if you are tired, but even a little bit of activity helps
- For example, you could start with a 5- to 10-minute walk a few times a week. Once that feels easy, try walking a little longer or more often



Find activities you enjoy

- Working out may not be for everyone, but many other activities can help you get the movement you need—things like gardening, shopping at the mall, swimming, and dancing
- Consider asking a friend or partner to join you. It may be more fun and make it easier to reach your movement goals



Be mindful of your muscles

- Strengthening exercises help stimulate muscle growth and prevent loss of strength. If you can manage it, strengthening exercises are recommended 2 times a week
- When you are starting out, lifting weights can be as simple as lifting water bottles or cans of food (instead of dumbbells). Exercises that use your own body weight, like squats and push-ups, are also good



All physical activity counts

- Taking the stairs, doing chores around the house, and carrying groceries are all helpful
- Ask your doctor about other exercises that may be appropriate for you



Keep a log of your eating and exercise habits to help you understand your routine. There are many smartphone apps you can use to track your progress. You can also share this information with your healthcare team for advice.

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Resources to help address potential weight gain

These resources provide tools and information for maintaining a healthy weight and lifestyle. Simply click the title of each resource or scan each code with your smartphone.

This Is Living With Cancer™* is a program developed by Pfizer Oncology that includes resources designed for all people living with cancer, whether they are currently on a Pfizer treatment or not.

Staying active



Pfizer Oncology Together™
Explore downloadable resources that can help you add physical activity into your routine while you are on treatment.

Nutrition and meal planning



American Institute for Cancer Research†
Learn about the New American Plate, food values, and what your ideal weight may be.



LUNGeivity†
Download an app that provides nutrition information, tips, and recipes for people with lung cancer.



National Cancer Institute†
Download *Eating Hints: Before, During, and After Cancer Treatment*, a guide to navigating nutrition challenges for people with cancer.

Awareness and advice



LORBRENA Brochure
Learn about what LORBRENA is and how it works. Available in English and Spanish.



National Institutes of Health†
Learn about the latest dietary guidelines, how to make exercise a part of your weight-maintenance strategy, and tips like setting goals and seeking support from friends and family.



American Heart Association†
Download a fact sheet with tips on how to maintain a healthy weight.



This Is Living With Cancer*
Receive personalized support and resources designed to fit your needs. Sign up to access disease-specific articles, educational materials, cancer planning information, wellness content, and more.

Pfizer Oncology together™

Turn to Pfizer Oncology Together for financial assistance resources and personalized support.



Call **1-877-744-5675**
(Monday–Friday 8 AM–8 PM ET)

Visit **PfizerOncologyTogether.com**

*The free resources offered through This Is Living With Cancer are available to anyone living with cancer and their loved ones, and are not specific to LORBRENA.

†This is a third-party resource or website that is not owned or controlled by Pfizer. Pfizer does not endorse and is not responsible for the content or services of this resource or website.

Please see **Important Safety Information** on pages 4 and 5. Click for the full **Prescribing Information** and **Patient Information**, or visit **LORBRENA.com**.

For more information about LORBRENA and what to expect, plus support materials and additional resources, visit **LORBRENA.com**.

**LORBRENA**[®]
LORLATINIB | 100 mg | 25 mg
tablets



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