



A Conversation With IBRANCE Ambassadors

Ruth:

That's a question I get a lot. You know, what inspires hope for me is I've been lucky to have come far with my metastatic breast cancer. I'm in Year 4. So, what inspires hope for me is to look back at to how hard it was to incorporate this into my identity. And how it kind of stifled and muffled my joy. And frightened me. And I'm not saying that I'm 24/7 joyful, happy. I'm not living in spite of it. I'm not living for it. It's just along for the ride, and it is not who I am.

Ursula:

Just being understood... and surrounding yourself with people that want to be positive and uplift you and be that bright light in your life, that's for me that's key—is having those people at my side.

Lisa:

A big source of encouragement and positivity in this mBC world are my fellow Ambassadors as well as other women that I meet or talk to on the phone. It's extremely encouraging to listen to their stories and see where they are in this chapter in their life.

Norma:

That's really a good question. One of the main things that helps me accept my diagnosis—and moving forward is—the doctor explained that this diagnosis does not have to define who I am. And in conjunction with that, I also watch people, and when we talk about my situation with breast cancer, they don't recognize that I have it. So, that also gives me the ability to keep going and to accept my condition so much more.

Ursula:

Wow, I'm not really sure where to start! I just tell them that it's there, um, it's always there, it's not going away, sadly. But I'm continuing to live my life, make those memories, do the things that I want to do with my family. And I'm not going to let that one thing ruin all of the good and all of the positive uh, things that I have going on in my life.

Lisa:

MBC has affected some of my relationships. Um, I've lost some friends because mostly they don't know how to deal with it. Um, which I find weird. Because I'm still me. Um, but for the most part it's strengthened my relationships and it's made them deeper. I know who's important. I know who's going to be there for me. And I know who my true people are.

Norma:

I'm glad you asked. My friends give support because they're willing to accept me as I am. And we do things, and I don't have to put up a front for them. They see me good or bad, whether I'm covered in dirt from the garden or sweaty because we're all taking a walk in the heat. But we get together and we enjoy each other's company, and it doesn't focus on medical conditions all the time.

Lisa:

I turn to my family for my encouragement and positivity. My husband is always telling PG-13 jokes. He's always making me laugh, even if it's at the expense of me. My boys are always making me happy. I'm so proud of them.

Ursula:

Explaining my diagnosis can be difficult. I have helped loved ones understand my diagnosis by just explaining, um, what, you know, what metastatic breast cancer means, and what it is, and that it's something that I'll be living with for the rest of my life. Um, sometimes, that's hard for them to understand. Uh, they want to encourage me. And I appreciate the encouragement, and I'm certainly willing to try *[laughs]*. Um, but I'm just, I'm a very realistic person, and I've always said that I need to balance, um, reality with hope and encouragement.

Ruth:

This is super corny, but I'm gonna say it. Since I've had the metastatic breast cancer diagnosis, I literally notice every day when my alarm clock goes off and I'm there to hear it and wake up. I notice it every day, and every day I'm like, "OK." I'm still here. And I will say I will never be one of those people who says, "Oh, I've gotten so much more out of life with this diagnosis." I'm not one of those people. I would really rather be shallow and not have breast cancer. But, I will say, uh, I definitely, I really think I take things in, uh, a lot more. I take a lot less for granted, and revel in good moments. And I say them out loud. I do think I have deepened my experiences in my life and my relationships. And just getting deep pleasure out of day-to-day events.

INDICATIONS

IBRANCE 125 mg capsules and tablets are a prescription medicine used in adults to treat hormone receptor-positive (HR+), human epidermal growth factor receptor 2-negative (HER2-) breast cancer that has spread to other parts of the body (metastatic) in combination with an aromatase inhibitor as the first hormonal based therapy, or fulvestrant in people with disease progression following hormonal therapy.

IMPORTANT SAFETY INFORMATION**IBRANCE may cause serious side effects, including:**

Low white blood cell counts (neutropenia). Low white blood cell counts are very common when taking IBRANCE and may cause serious infections that can lead to death. Your healthcare provider should check your white blood cell counts before and during treatment.

If you develop low white blood cell counts during treatment with IBRANCE, your healthcare provider may stop your treatment, decrease your dose, or may tell you to wait to begin your treatment cycle. Tell your healthcare provider right away if you have signs and symptoms of low white blood cell counts or infections such as fever and chills.

Lung problems (pneumonitis). IBRANCE may cause severe inflammation of the lungs during treatment that can lead to death. Tell your healthcare provider right away if you have any new or worsening symptoms, including:

- chest pain
- cough with or without mucus
- trouble breathing or shortness of breath

Your healthcare provider may interrupt or stop treatment with IBRANCE completely if your symptoms are severe.

What should I tell my healthcare provider before taking IBRANCE?

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

- have fever, chills, or any other signs or symptoms of infection.
- have liver or kidney problems.
- are pregnant or plan to become pregnant; IBRANCE can harm your unborn baby.
 - **Females** who are able to become pregnant should use effective birth control during treatment and for at least 3 weeks after the last dose of IBRANCE. Your healthcare provider may ask you to take a pregnancy test before you start treatment with IBRANCE.
 - **Males** with female partners who can become pregnant should use effective birth control during treatment with IBRANCE for at least 3 months after the last dose of IBRANCE.
- are breastfeeding or plan to breastfeed. It is not known if IBRANCE passes into your breast milk. Do not breastfeed during treatment with IBRANCE and for 3 weeks after the last dose.

The most common side effects of IBRANCE include:

- Low red blood cell counts and low platelet counts. Call your healthcare provider right away if you develop any of these symptoms during treatment:
 - dizziness
 - shortness of breath
 - weakness
 - bleeding or bruising more easily
 - nosebleeds

Other most common side effects include:

- infections
- tiredness
- nausea
- sore mouth
- abnormalities in liver blood tests
- diarrhea
- hair thinning or hair loss
- vomiting
- rash
- loss of appetite

IBRANCE may cause fertility problems in males. This may affect your ability to father a child. Talk to your healthcare provider about family planning options before starting IBRANCE if this is a concern for you.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of IBRANCE. Call your doctor for medical advice about side effects.

Tell your healthcare provider about all of the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. IBRANCE and other medicines may affect each other, causing side effects.

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

Do not drink grapefruit juice or eat grapefruit products while taking IBRANCE as they may increase the amount of IBRANCE in your blood.

Tell your healthcare provider if you start a new medicine. Take IBRANCE exactly as your healthcare provider tells you.

If you take too much IBRANCE, call your healthcare provider right away or go to the nearest hospital emergency room.

Please click link above for Full Prescribing Information and Patient Information.