

# YOUR <sup>Pr</sup>KISQALI<sup>®</sup> TREATMENT TRACKER

TRACK YOUR TREATMENT ONE DAY AT A TIME



Remember to bring this Treatment Tracker with you to each appointment with your healthcare team.

KISQALI<sup>®</sup> is used to treat breast cancer in adult patients, when it has spread to other parts of the body. The breast cancer must be hormone receptor (HR)-positive and human epidermal growth factor receptor 2 (HER2)-negative. KISQALI<sup>®</sup> is taken with:

- Aromatase inhibitors. This is an initial hormone therapy for women and men. Patients need to also take a drug to reduce the amount of estrogen (for women who have not gone through menopause) or testosterone (for men).

**OR**

- Fulvestrant. This is used as an initial hormone therapy or when other hormone therapies do not work. Women must have gone through menopause to take KISQALI<sup>®</sup> this way.



Continue taking KISQALI<sup>®</sup> for as long as your healthcare professional tells you to. KISQALI<sup>®</sup> is a long-term treatment, possibly lasting for months or years. Your healthcare professional will regularly monitor your condition to check that the treatment is working.

**If you need another Treatment Tracker, please ask your healthcare professional for another one (a printed version or a digital PDF is available).**

## Your Treatment Tracker **Cycle 1\***

I started this treatment cycle on: \_\_\_\_\_ (DD/MM/YYYY).

I am taking KISQALI® in combination with:  an aromatase inhibitor  fulvestrant (post-menopausal women only)

Day of the week (fill in)							
<b>WEEK 1</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 2</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 3</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 4</b> (one week KISQALI pause)	✗	✗	✗	✗	✗	✗	✗
Medications taken							

## Your Treatment Tracker **Cycle 2\***

I started this treatment cycle on: \_\_\_\_\_ (DD/MM/YYYY).

I am taking KISQALI® in combination with:  an aromatase inhibitor  fulvestrant (post-menopausal women only)

Day of the week (fill in)							
<b>WEEK 1</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 2</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 3</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 4</b> (one week KISQALI pause)	✗	✗	✗	✗	✗	✗	✗
Medications taken							



If you have trouble swallowing tablets, try drinking a little water before swallowing them. This moistens the throat.

\* Take KISQALI® exactly as prescribed for you by your healthcare professional. They will tell you exactly how many tablets to take along with the other drugs and which days to take them on. Check with your healthcare professional if you are not sure. Your breast cancer may be treated with KISQALI® in combination with another drug (aromatase inhibitors or fulvestrant). Read the Patient Medication Information for the other drug as well as this one.

### Lifestyle tip #1:

Try to focus on what brings you joy on a daily basis.

## Notes

E.g., How are you feeling? What side effects, if any, are you experiencing?

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Use this space to write down any questions you may have for your healthcare team. You might also find it useful to write down things you've discussed during your appointments.

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### Lifestyle tip #2:

Try this breathing exercise when you feel stressed. As you breathe in, tense your muscles. As you breathe out, relax your muscles and feel the tension leaving.

## Your Treatment Tracker **Cycle 3\***

I started this treatment cycle on: \_\_\_\_\_ (DD/MM/YYYY).

I am taking KISQALI® in combination with:  an aromatase inhibitor  fulvestrant (post-menopausal women only)

Day of the week (fill in)							
<b>WEEK 1</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 2</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 3</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 4</b> (one week KISQALI pause)	✗	✗	✗	✗	✗	✗	✗
Medications taken							

## Your Treatment Tracker **Cycle 4\***

I started this treatment cycle on: \_\_\_\_\_ (DD/MM/YYYY).

I am taking KISQALI® in combination with:  an aromatase inhibitor  fulvestrant (post-menopausal women only)

Day of the week (fill in)							
<b>WEEK 1</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 2</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 3</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 4</b> (one week KISQALI pause)	✗	✗	✗	✗	✗	✗	✗
Medications taken							



It's important to tell a member of your healthcare team about any side effects you may have, no matter how small.

\* Take KISQALI® exactly as prescribed for you by your healthcare professional. They will tell you exactly how many tablets to take along with the other drugs and which days to take them on. Check with your healthcare professional if you are not sure. Your breast cancer may be treated with KISQALI® in combination with another drug (aromatase inhibitors or fulvestrant). Read the Patient Medication Information for the other drug as well as this one.

### Lifestyle tip #3:

You may find it helpful to talk to other people with with metastatic breast cancer. Visit or reach out to the organizations below for more information on metastatic breast cancer, resources to help you or for information on connecting with others.

Canadian Cancer Society ([cancer.ca](http://cancer.ca))

Canadian Breast Cancer Network ([cbcncan.ca](http://cbcncan.ca))

rethink Breast Cancer ([rethinkbreastcancer.com](http://rethinkbreastcancer.com))

Quebec Breast Cancer Foundation ([rubanrose.org](http://rubanrose.org))

## Notes

E.g., How are you feeling? What side effects, if any, are you experiencing?

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Use this space to write down any questions you may have for your healthcare team. You might also find it useful to write down things you've discussed during your appointments.

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## Your Treatment Tracker **Cycle 5\***

I started this treatment cycle on: \_\_\_\_\_ (DD/MM/YYYY).

I am taking KISQALI® in combination with:  an aromatase inhibitor  fulvestrant (post-menopausal women only)

Day of the week (fill in)							
<b>WEEK 1</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 2</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 3</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 4</b> (one week KISQALI pause)	✗	✗	✗	✗	✗	✗	✗
Medications taken							

## Your Treatment Tracker **Cycle 6\***

I started this treatment cycle on: \_\_\_\_\_ (DD/MM/YYYY).

I am taking KISQALI® in combination with:  an aromatase inhibitor  fulvestrant (post-menopausal women only)

Day of the week (fill in)							
<b>WEEK 1</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 2</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 3</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 4</b> (one week KISQALI pause)	✗	✗	✗	✗	✗	✗	✗
Medications taken							



**Lifestyle tip #4:** Watching what you eat, getting regular exercise, and learning more about your diagnosis can help improve your sense of well-being. Make sure to talk to your healthcare team before starting any new exercise routine.

\* Take KISQALI® exactly as prescribed for you by your healthcare professional. They will tell you exactly how many tablets to take along with the other drugs and which days to take them on. Check with your healthcare professional if you are not sure. Your breast cancer may be treated with KISQALI® in combination with another drug (aromatase inhibitors or fulvestrant). Read the Patient Medication Information for the other drug as well as this one.

## Lifestyle tip #5:

A wellness plan can offer guidance on diet, exercise and managing stress. Ask your oncologist or other member of your healthcare team about a wellness plan for you.

## Notes

E.g., How are you feeling? What side effects, if any, are you experiencing?

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Use this space to write down any questions you may have for your healthcare team. You might also find it useful to write down things you've discussed during your appointments.

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## Lifestyle tip #6:

Talking about challenges you are experiencing with friends and family can be useful for both you and them. When people understand what you're going through, they usually want to lend a hand.

## Your Treatment Tracker **Cycle 7\***

I started this treatment cycle on: \_\_\_\_\_ (DD/MM/YYYY).

I am taking KISQALI® in combination with:  an aromatase inhibitor  fulvestrant (post-menopausal women only)

Day of the week (fill in)							
<b>WEEK 1</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 2</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 3</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 4</b> (one week KISQALI pause)	✗	✗	✗	✗	✗	✗	✗
Medications taken							

## Your Treatment Tracker **Cycle 8\***

I started this treatment cycle on: \_\_\_\_\_ (DD/MM/YYYY).

I am taking KISQALI® in combination with:  an aromatase inhibitor  fulvestrant (post-menopausal women only)

Day of the week (fill in)							
<b>WEEK 1</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 2</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 3</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 4</b> (one week KISQALI pause)	✗	✗	✗	✗	✗	✗	✗
Medications taken							



Take KISQALI® at the same time each day, preferably in the morning.

\* Take KISQALI® exactly as prescribed for you by your healthcare professional. They will tell you exactly how many tablets to take along with the other drugs and which days to take them on. Check with your healthcare professional if you are not sure. Your breast cancer may be treated with KISQALI® in combination with another drug (aromatase inhibitors or fulvestrant). Read the Patient Medication Information for the other drug as well as this one.

### Lifestyle tip #7:

Exercise can help you cope with fatigue, anxiety and stress. Make sure to talk to your healthcare team before starting any new exercise routine.

## Notes

E.g., How are you feeling? What side effects, if any, are you experiencing?

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Use this space to write down any questions you may have for your healthcare team. You might also find it useful to write down things you've discussed during your appointments.

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### Lifestyle tip #8:

Your loved ones often want to know how they can help. Make a list and don't be afraid to specify what you need such as preparing meals or walking the dog.

## Your Treatment Tracker **Cycle 9\***

I started this treatment cycle on: \_\_\_\_\_ (DD/MM/YYYY).

I am taking KISQALI® in combination with:  an aromatase inhibitor  fulvestrant (post-menopausal women only)

Day of the week (fill in)							
<b>WEEK 1</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 2</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 3</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 4</b> (one week KISQALI pause)	✗	✗	✗	✗	✗	✗	✗
Medications taken							

## Your Treatment Tracker **Cycle 10\***

I started this treatment cycle on: \_\_\_\_\_ (DD/MM/YYYY).

I am taking KISQALI® in combination with:  an aromatase inhibitor  fulvestrant (post-menopausal women only)

Day of the week (fill in)							
<b>WEEK 1</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 2</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 3</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 4</b> (one week KISQALI pause)	✗	✗	✗	✗	✗	✗	✗
Medications taken							



If you miss a dose or vomit after taking your dose, skip the missed dose that day. Take the next dose at your regular time. Do not take a double dose to make up for a forgotten or a missed dose. Instead, wait until it is time for your next dose and then take your usual prescribed dose.

\* Take KISQALI® exactly as prescribed for you by your healthcare professional. They will tell you exactly how many tablets to take along with the other drugs and which days to take them on. Check with your healthcare professional if you are not sure. Your breast cancer may be treated with KISQALI® in combination with another drug (aromatase inhibitors or fulvestrant). Read the Patient Medication Information for the other drug as well as this one.

### Lifestyle tip #9:

Consider taking a family member or friend along to appointments with your healthcare team. Having the second person take notes while you talk can help you get the most out of your appointment.

## Notes

E.g., How are you feeling? What side effects, if any, are you experiencing?

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Use this space to write down any questions you may have for your healthcare team. You might also find it useful to write down things you've discussed during your appointments.

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### Lifestyle tip #10:

You may need someone to drive you to and from appointments with your healthcare team. If you need this on a regular basis, consider asking several people and set up a driving schedule.

## Your Treatment Tracker **Cycle 11\***

I started this treatment cycle on: \_\_\_\_\_ (DD/MM/YYYY).

I am taking KISQALI® in combination with:  an aromatase inhibitor  fulvestrant (post-menopausal women only)

Day of the week (fill in)							
<b>WEEK 1</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 2</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 3</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 4</b> (one week KISQALI pause)	✗	✗	✗	✗	✗	✗	✗
Medications taken							

## Your Treatment Tracker **Cycle 12\***

I started this treatment cycle on: \_\_\_\_\_ (DD/MM/YYYY).

I am taking KISQALI® in combination with:  an aromatase inhibitor  fulvestrant (post-menopausal women only)

Day of the week (fill in)							
<b>WEEK 1</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 2</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 3</b>	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg	KISQALI® __mg
Additional medications taken							
<b>WEEK 4</b> (one week KISQALI pause)	✗	✗	✗	✗	✗	✗	✗
Medications taken							



Some side effects aren't always obvious to your healthcare team. Tell them about any side effects you are experiencing. The sooner you tell your healthcare team about any problems, the sooner they can help you cope with them.

\* Take KISQALI® exactly as prescribed for you by your healthcare professional. They will tell you exactly how many tablets to take along with the other drugs and which days to take them on. Check with your healthcare professional if you are not sure. Your breast cancer may be treated with KISQALI® in combination with another drug (aromatase inhibitors or fulvestrant). Read the Patient Medication Information for the other drug as well as this one.

## Lifestyle tip #11:

If you feel up to it, try to keep some routine in your life, including regular time with friends and family and taking part in activities.

## Notes

E.g., How are you feeling? What side effects, if any, are you experiencing?

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Use this space to write down any questions you may have for your healthcare team. You might also find it useful to write down things you've discussed during your appointments.

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## More helpful tips for your KISQALI® treatment journey



Keep all of your records that relate to your treatment. Organize these records in a binder or folder so that you can easily take them to your appointments if you need to.



During your appointments, don't be afraid to ask for information to be repeated if you weren't clear on what was being said the first time.



If you need to share information with multiple people after your appointments, consider using email or social media. You can also ask someone else to share the information.



It's important to keep track of all medications you're taking including over-the-counter products such as vitamins or supplements.

## Other helpful lifestyle tips



When you go to see your oncologist or other member of your healthcare team, make sure to mention any major stressors or recent life changes.



Watch a funny video or movie. When you laugh, your brain releases chemicals that produce positive feelings and relax your muscles.



Making art may help with expressing your feelings. Try creating a painting, drawing or sculpture that shows what you are feeling.



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