Use the Cancer Support Community’s
CAR T Patient and Caregiver Guide
to help you or your loved one, understand and manage all the aspects of the CAR T process, from referral through treatment and follow-up.

What’s inside the CAR T Guide:
- An overview of the CAR T process
- Step-by-step journey map through CAR T
- Questions to ask your doctor before every step and at every step
- Checklist of things you need to prepare for every step
- Resources

Who should use this Guide:
- Anyone considering CAR T
- Anyone who’s loved one is considering CAR T
- Anyone going through CAR T, at any stage of the process
- Anyone who’s loved one is going through CAR T, at any stage of the process

Request a copy at Orders.CancerSupportCommunity.org or call 844-792-6517
One new cancer treatment being studied is CAR T cell (Chimeric Antigen Receptor T cell) therapy. CAR T cell therapy uses a patient’s own cells and “re-engineers” them to fight cancer. It is a very complex treatment. Collecting and altering the cells is difficult, and CAR T cell therapy often causes very severe side effects. This therapy is only offered at some major cancer centers.

To date, most of the patients treated with CAR T cell therapy have been people with blood cancers.

CAR T cell therapy, or chimeric antigen receptor T cell therapy, is one way to use the body’s natural defenses to fight cancer. It is called CAR T cell therapy because a lab-made protein, a CAR protein, is added into your own T cells. The CAR protein helps T cells target cancer cells to be killed.

Each patient’s CAR T cell infusion process is personalized, created from their own cells. CAR T cell therapy is designed for a one-time treatment.

How it works

1. Blood is removed from the patient to get the T cells
   T cells can be collected from your bloodstream in a procedure called apheresis and sent to the lab. The T cells may be frozen and kept in a special temperature-controlled storage unit until you are ready to receive treatment.

2. CAR T cells are made in the lab
   CAR proteins, which act like cancer-cell tracking devices, are then added to your T cells. Now your T cells are CAR T cells.

3. Millions of CAR T cells are grown
   The new CAR T cells continue to grow in the lab until there is enough for your treatment.

4. CAR T cells are infused into the patient
   Once the CAR T cells are ready, they are infused back into your bloodstream. You may get a brief course of chemotherapy (referred to as conditioning chemotherapy) before getting the CAR T cell infusion. This is done to destroy normal T cells and give the CAR T cells more room to operate.

5. CAR T cells bind to cancer cells and kill them
   Once the CAR T cells are back in your bloodstream, they attack your cancer.

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