

 **XPOVIO**[®]
selinexor tablets

 **FORUS**
THERAPEUTICS



Get to know XPOVIO[®] (selinexor) and the ForYOU[™] Patient Support Program

We have designed this booklet to help support you during your XPOVIO[®] treatment. Be sure to speak to your healthcare team if you have questions and inform them about how you are doing along your journey.

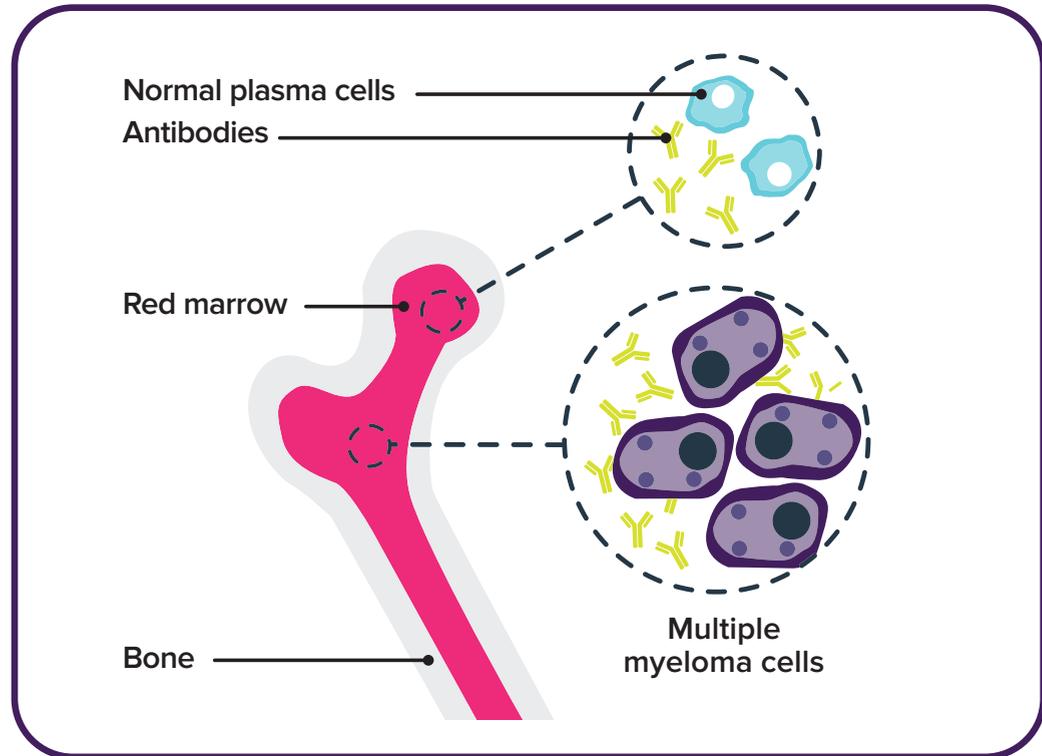
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What is multiple myeloma?

Multiple myeloma is a cancer that begins in plasma cells (a type of white blood cell that produces antibodies). Plasma cells are primarily found in the bone marrow.

Spontaneous changes in these plasma cells can change them into abnormal plasma cells that do not function properly. Multiple myeloma develops when an abnormal plasma cell divides uncontrollably, leading to a buildup of abnormal plasma cells in the bone marrow, which prevents other blood cells from functioning properly.



While there is no cure for multiple myeloma at this time, it is treatable.

What can I expect in my treatment journey?

The treatment journey differs for every patient with multiple myeloma.

While one treatment regimen may work well at first, it is possible that treatment will stop working over time. When your current treatment is not working, your doctor may prescribe you another treatment.

Your doctor may recommend a treatment regimen based on a number of factors, including your:



age



possible side effects



treatment history



genetic risk factors



timing of signs and symptoms



ability to go to a hospital or clinic



other health issues

It is important to inform your healthcare team about how you are doing throughout your treatment journey. Speak to them when you have questions or concerns.



What is XPOVIO®?

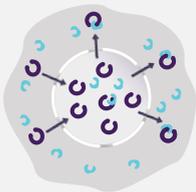
Why has XPOVIO® been prescribed?

XPOVIO® is used together with bortezomib and dexamethasone to treat adults with multiple myeloma. You will likely already have received at least one treatment for your cancer.

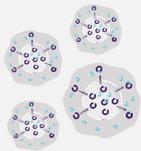
How does XPOVIO® work?

XPOVIO® is an XPO1 inhibitor cancer medicine.

Cancer cell not exposed to XPOVIO®

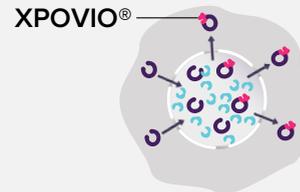


XPOVIO® blocks the action of a substance called XPO1. XPO1 acts inside cells. It is responsible for carrying important materials into and out of the core of the cell (the nucleus).



Some of these materials are responsible for cancer cell growth.

Cancer cell exposed to XPOVIO®



By blocking XPO1, XPOVIO® can slow down the growth of cancer cells, cause cancer cell death, and can stop multiple myeloma from getting worse.



What should I tell my healthcare provider before taking XPOVIO®?

To help avoid side effects and ensure proper use, talk to your healthcare professional before you take XPOVIO®.

Talk about any health conditions or problems you may have, including if you:

- have liver problems
- have eye problems, such as cataracts

| Female patients: | Male patients: |
|--|--|
| <ul style="list-style-type: none">• If you are pregnant, able to get pregnant, or think you are pregnant, there are specific risks you should discuss with your healthcare professional.• Avoid getting pregnant while taking XPOVIO®. It may harm your unborn baby.• If you are able to get pregnant, use an effective method of birth control while you are taking XPOVIO® and for at least 1 week after your last dose. This is to ensure you do not become pregnant.• If you become pregnant, or think you are pregnant, tell your healthcare professional right away.• It is not known if XPOVIO® passes into your breast milk. Do not breastfeed your baby during treatment with XPOVIO® and for at least 1 week after your last dose. | <ul style="list-style-type: none">• During your treatment with XPOVIO®, use an effective method of birth control each time you have sex with a woman who can get pregnant. Continue this birth control for at least 1 week after your last dose. |

Taking XPOVIO® may make it more difficult for you to have a child in the future.

Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements, or alternative medicines.

How do I take XPOVIO®?



- Take XPOVIO® exactly as your healthcare provider tells you. Do not decrease, stop, or change your dose on your own.



- XPOVIO® will be given with bortezomib and dexamethasone in treatment cycles. Each cycle is 5 weeks (35 days) long.
 - Take your XPOVIO® on day 1 of each week in the cycle. You will take your XPOVIO® only once each week. Take it with or without food.
 - Your healthcare professional will tell you how much and how often you will have each of bortezomib and dexamethasone.



- Swallow your XPOVIO® tablets whole with water. Do not break, chew, crush, or divide the tablets.



- On the days you take XPOVIO®, take it at about the same time.



- Your healthcare professional may recommend that you take other medicines before and during treatment with XPOVIO® to help prevent nausea and vomiting. Take these exactly as you are told. Tell your healthcare professional if these medicines do not control your nausea and vomiting.



- You may also need to increase the amount of fluid you drink and food you eat during your treatment.

Usual dose of XPOVIO®

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---|---------------------|----------------|----------------|----------------|----------------|----------------|
|  XPOVIO® 100 mg (five 20 mg tablets) + bortezomib 1.3 mg/m ² (for 4 weeks followed by 1 week off) + dexamethasone 20 mg | dexamethasone 20 mg | No dose |

The usual starting dose of XPOVIO® is 100 mg once per week. This weekly dose is made by taking five 20 mg XPOVIO® tablets on Day 1 of each week of the cycle.

If you experience certain side effects while taking XPOVIO®, your healthcare professional may stop, interrupt, or change your dose to one of the following:

- 80 mg once per week: Take four 20 mg tablets on Day 1 of each week of the cycle.
- 60 mg once per week: Take three 20 mg tablets on Day 1 of each week of the cycle.
- 40 mg once per week: Take two 20 mg tablets on Day 1 of each week of the cycle.

Check your dose before starting your treatment. Only take your dose once per week.

What should I do if I take too much?

If you think you, or a person you are caring for, have taken too much XPOVIO[®], contact a healthcare professional, hospital emergency department, or regional poison control centre immediately, even if there are no symptoms.

What should I do if I miss a dose?

If you miss a dose of XPOVIO[®], skip the dose. Take your next dose at the regularly scheduled day and time.

If you vomit after taking a dose of XPOVIO[®], do not repeat the dose. Take your next dose of XPOVIO[®] on the next scheduled day and time.



What should I know when taking XPOVIO®?

The most common (occurred in >20% of individuals) side effects of XPOVIO® were thrombocytopenia, nausea, fatigue, anemia, decreased appetite, diarrhea, peripheral neuropathy, upper respiratory tract infection, weight loss, asthenia, cataract, and vomiting.



Please be cautious when driving or operating machinery when taking XPOVIO®.



XPOVIO® can also cause abnormal blood test results. Your healthcare professional will order blood tests for monitoring.

These are not all the possible side effects you may feel when taking XPOVIO®. For a complete list of side effects, please see the Patient Medication Information leaflet provided with your medication. The Patient Medication Information leaflet is also available at www.xpoviopmi.ca.

It is important to tell your healthcare professional how you are feeling during your treatment. If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, tell your healthcare professional.

Tips for managing select side effects

Nausea and vomiting

- Avoid alcohol and caffeine.
- Eat small amounts several times during the day instead of 3 large meals.
- Eat bland, easy-to-digest foods that do not upset your stomach, such as plain crackers or toast.
- Don't wear clothes that are tight around the waist.

Fatigue

- Eat nutritious meals.
- Be as physically active as you can be.
- Make time throughout the day to rest when you need to.
- Let people help and ask for help.

Appetite and weight loss

- Eat your favourite foods when you feel well.
- Make every bite count by eating foods that are high in calories and high in protein.
- Make a smoothie to drink—changing the form of a food can make it more appetizing.

Peripheral neuropathy

- Be careful with sharp, hot, cold, or other dangerous objects that may cause harm if your fingers are numb.
- Move slowly and use handrails when going up and down stairs if muscle strength or balance is affected.
- Use objects that won't break (i.e., dishes).

General tips

- It is important to stay hydrated. Drink plenty of fluids and take small sips throughout the day.
- Monitor hydration by pinching skin at the back of your hand for a few seconds before releasing and observe how quickly it falls down.
 - If your skin falls down immediately, you are hydrated.
 - On the other hand, if your skin takes a few seconds to fall down, you are not hydrated enough.

If you are looking for more information around managing side effects, you can visit:

- www.myelome.ca/en/about-multiple-myeloma/living-with-myeloma-1/side-effects
- www.cancercareontario.ca/en/symptom-management
- www.cancer.ca/en/treatments/side-effects

What is the ForYOU™ Patient Support Program?

The ForYOU™ Patient Support Program is designed to support you and your caregivers throughout your treatment journey.

Once enrolled, the ForYOU™ Patient Support Program will offer:

- **Reimbursement Navigation and Financial Support**
Support in gaining access to XPOVIO®.
- **Treatment Support**
Provide educational support regarding your treatment with XPOVIO® and help answer questions you may be having. Your dedicated ForYOU™ Nurse Case Manager will be available to support you and your caregivers throughout your journey with XPOVIO®.
- **Personalized Solutions**
Connections to third party resources, including support groups and counselling services, that may be of interest to you or your caregivers.

For inquiries and more information on the ForYOU™ Patient Support Program, please call **1-833-4YOU PSP (1-833-496-8777)** between 9AM–5PM ET Monday–Friday, or email xpovio@foryoupsp.com.





What resources are available?*

Myeloma Canada

Myeloma Canada is the only national charitable organization created by and for Canadians impacted by multiple myeloma. The organization is driven to improve the lives of those affected by myeloma by empowering the community through awareness, education and advocacy programs, and supporting clinical research to find the cure. Since it was founded in 2005, Myeloma Canada has been making myeloma matter.

Learn more here:
www.myeloma.ca

Canadian Cancer Society

The Canadian Cancer Society is Canada's largest national cancer charity that serves to fund cancer research and offer cancer support services.

Visit the Canadian Cancer Society at
www.cancer.ca

* These groups are not affiliated with FORUS Therapeutics Inc. and are provided as potential third-party resources for patient and caregiver consideration. Your healthcare team may provide additional resources.

My healthcare team

Use this space to record your healthcare team's contact information and keep a list of questions or notes for your next appointment.

Contact information

Doctor:

Name: _____

Phone number: _____

Nurse:

Name: _____

Phone number: _____

Pharmacist:

Name: _____

Phone number: _____

Additional notes





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MED-CA-XP-2200139

