

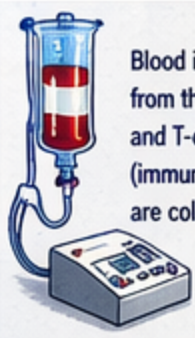
CAR-T THERAPY TIMELINE

★ WHAT TO EXPECT – DAY BY DAY ★

This is a journey. You are not alone. One day at a time. 



1. T-CELL COLLECTION
(LEUKAPHERESIS)



Blood is taken from the patient and T-cells (immune cells) are collected.

THE RAW MATERIAL

2. ENGINEERING IN THE LAB



T-cells are modified with a new gene called a CAR so they can find and attack cancer cells.

GIVING THEM A TARGET

3. CELL EXPANSION



Modified T-cells are multiplied into millions.

BUILDING THE ARMY

4. PREP CHEMO
(LYMPHODEPLETION)



Short course of chemo to make space in the body for CAR-T cells to work.

CLEARING THE BATTLEFIELD

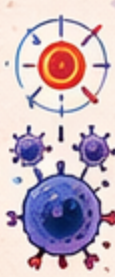
5. CAR-T INFUSION



Engineered T-cells are infused back into the patient.

DEPLOYING THE ARMY

6. ATTACK PHASE



CAR-T cells find and kill cancer cells. Immune system ramps up.

THE BATTLE

7. RECOVERY & MONITORING



Symptoms improve. Doctors monitor recovery and check response.

ASSESS & HEAL

★ ★ THE 30-DAY JOURNEY ★ ★

	DAYS -5 TO -2 PREP CHEMO	DAY 0 INFUSION DAY	DAYS 1 – 3 QUIET PHASE	DAYS 3 – 7 PEAK REACTION (CRS WINDOW)	DAYS 5 – 10 NEURO PHASE (ICANS)	DAYS 7 – 14 TURNING THE CORNER	WEEKS 3 – 4 (DAYS 15 – 28) EARLY RECOVERY	WEEKS 4 – 8 (DAYS 29 – 30+) CONTINUED RECOVERY & BEYOND
								
WHAT'S HAPPENING	Lymphodepleting chemotherapy prepares your body for CAR-T cells.	CAR-T cells are infused through an IV.	Monitoring begins. CAR-T cells are getting settled in.	Cytokine Release Syndrome (CRS) may occur as immune system activates.	Neurological effects (ICANS) can happen—may overlap with CRS or follow it.	Symptoms start to improve. Body begins to recover.	Continued healing and rebuilding strength.	Ongoing recovery and return to daily activities (slowly).
WHAT TO EXPECT	- Fatigue - Mild nausea - Generally manageable	- Usually an easy day - Feels similar to a regular infusion	- Mild fatigue or none - You may feel completely normal	- High fever - Chills, shaking - Weakness - Low blood pressure - Possible oxygen or IV fluids	- Confusion - Trouble speaking or finding words - Difficulty writing - Acting "not like themselves" - Rare: seizures	- Fever resolves - Mental clarity returns - Still very tired	- Fatigue - Weakness - Low appetite - Brain fog (mild)	- More energy - Appetite improves - Strength comes back gradually
WHAT TO WATCH FOR	Call for fever 100.4°F (38°C) or any new symptoms.	Report any new symptoms right away.	Monitor temperature 2–3 times daily.	Fever 100.4°F (38°C) or higher - Chills - Trouble breathing - Dizziness - Low blood pressure	- Confusion - Severe headache - Trouble speaking - Seizures - Unusual behavior	- New or returning fever - Trouble breathing - Bleeding	- Fever - Signs of infection - Bleeding - Shortness of breath	- Infection symptoms - New pain - Worsening fatigue
CARE & SUPPORT	- Rest - Eat small, frequent meals - Stay hydrated	- You are in good hands - Ask questions	- Rest - Stay hydrated - Walk as able - Deep breaths	- You may need hospital care - Medications (to treat CRS) - IV fluids - Oxygen if needed	- Close monitoring - Steroids or other meds may be used - Safety first	- Nutrition - Gentle activity - Emotional support is important	- Gradual activity increase - Good nutrition - Rest when needed	- Continue follow up visits - Stay active (as tolerated) - Celebrate small wins!
KEY MILESTONE	You are preparing for a powerful treatment.	Day 0: The start of your CAR-T journey!	CAR-T cells are settling in and getting ready.	Your immune system is working!	This is temporary. You are not alone.	Turning the corner! 	Healing continues.	Stronger days ahead.
REMEMBER	Every day brings you closer to healing. 	HOPE is powerful. 	Take it one step, one day at a time. 	Tough days don't last, but tough people do. 	You are stronger than you think. 	Better days are coming. 	Progress, not perfection. 	You are healing every day. 



QUICK REMINDERS

- Take your temperature daily.
- Report symptoms early.
- Never hesitate to call your care team.
- Bring a caregiver to appointments.
- Ask questions – you are part of the team.



DAYS 3 – 10 ARE THE MOST CRITICAL WINDOW. YOU ARE CLOSELY MONITORED AND NOT ALONE.

WHY CAR-T?

CAR-T therapy is designed to find and destroy cancer cells that other treatments may miss. It gives your immune system superpowers!



AFTER CAR-T

Response is checked with tests (usually 1–2 months after infusion). If the plan includes a transplant, your team will guide you through the next steps.





YOU ARE BRAVE ★ YOU ARE LOVED ★ YOU ARE NOT ALONE

WE'VE GOT THIS, TOGETHER. 