

# Resources and support for patients with myelodysplastic syndromes (MDS) and their caregivers

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Unlike some other cancers, MDS is a rare disease. That means that you or the person you care for may not know a lot about MDS, or know others who have it.

It is important to understand MDS and be able to turn to a support system. The following organizations offer free resources to learn more about MDS and how it is treated.

## What is INQOVI?

INQOVI® (decitabine and cedazuridine) tablets are a prescription medicine used to treat adults with myelodysplastic syndromes, including chronic myelomonocytic leukemia (CMML). Your healthcare provider will determine if INQOVI can treat your type of MDS.



It is not known if INQOVI is safe or effective in children.

## Important Safety Information

**INQOVI may cause serious side effects, including:**

**Low blood cell counts.** Low blood counts (white blood cells, platelets, and red blood cells) are common with INQOVI but can also be serious and lead to infections that may be life-threatening. If your blood cell counts are too low, your healthcare provider may need to delay treatment with INQOVI, lower your dose of INQOVI, or in some cases give you a medicine to help treat low blood cell counts. Your healthcare provider may need to give you antibiotic medicines to prevent or treat infections or fever while your blood cell counts are low. Your healthcare provider will check your blood cell counts before you start treatment and regularly during treatment with INQOVI.

**Call your healthcare provider right away if you get any of the following signs and symptoms of infection during treatment with INQOVI:**

- fever
- body aches
- chills
- bruising more easily than usual

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

- have kidney problems
- have liver problems
- are pregnant or plan to become pregnant. INQOVI can harm your unborn baby. Tell your healthcare provider right away if you become pregnant or think you may be pregnant during treatment with INQOVI.

## Important Safety Information (cont'd)

**Females who are able to become pregnant:**

- Your healthcare provider will check to see if you are pregnant before you start treatment with INQOVI.
- You should use effective birth control during treatment with INQOVI and for at least 6 months after your last dose of INQOVI.

**Males with female partners who are able to become pregnant should use effective birth control during treatment with INQOVI and for 3 months after the last dose.** Talk to your healthcare provider if you have questions about birth control options that are right for you.

- are breastfeeding or plan to breastfeed. It is not known if INQOVI passes into breast milk. Do not breastfeed during treatment with INQOVI and for 2 weeks after your last dose of INQOVI.

**Tell your healthcare provider about all the medicines you take,** including prescription and over-the-counter medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

**The most common side effects of INQOVI include:** low white blood cell count (leukopenia), low platelets in your blood (thrombocytopenia), low white blood cell count (neutropenia), low red blood cell count (anemia), tiredness, constipation, bleeding, muscle pain, pain or sores in your mouth or throat, joint pain, nausea, shortness of breath, diarrhea, rash, dizziness, fever with low white blood cell count (febrile neutropenia), swelling of arms or legs, headache, cough, decreased appetite, upper respiratory tract infection, pneumonia and changes in liver function tests.

INQOVI may affect fertility in men. Talk to your healthcare provider if this is a concern for you. These are not all of the possible side effects of INQOVI. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Please read the full Prescribing Information in pocket or at [INQOVI.com/PI](https://www.inqovi.com/PI), and discuss with your healthcare provider.

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35mg / 100mg tablets

Using a smartphone or tablet, open the camera and aim at one of the QR codes below to visit each website.



**For more information about the AAMDSIF**

**Visit [aamds.org](http://aamds.org)**

You can chat with an information specialist, who will get back to you Monday to Friday, 8 AM to 4 PM ET.

**Call 1-800-747-2820**

To speak with an information specialist through the AAMDSIF HelpLine, select option 2.



**For more information about the Leukemia & Lymphoma Society**

**Visit [lls.org](http://lls.org)**

You may call, chat live online, or email an Information Specialist.

**Call 1-800-955-4572**

Monday to Friday, 9 AM to 9 PM ET to connect with an Information Specialist.



**For more information about the MDS Foundation, Inc.**

**Visit [mds-foundation.org](http://mds-foundation.org)**

You can fill out a contact form if you can't find what you're looking for, or email our Patient Liaison directly at [patientliaison@mds-foundation.org](mailto:patientliaison@mds-foundation.org).

**Call 1-800-MDS-0839 (1-800-637-0839)**



The Aplastic Anemia and MDS International Foundation (AAMDSIF) is the world's leading nonprofit health organization dedicated to supporting patients and families living with aplastic anemia, MDS, and related bone marrow failure diseases. The AAMDSIF supports patients and their families throughout the 3 phases of bone marrow failure diseases: the life-changing phase of diagnosis, the life-threatening phase of treatment, and the lifelong phase of living with a chronic disease.

They offer a variety of learning experiences that include:

- patient educational guides and fact sheets
- webinars and podcasts
- patient and family conferences
- financial assistance resources
- information on clinical trials
- a map to locate medical specialists
- general advice for caregivers
- access to a national support network of patients and caregivers

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The Leukemia & Lymphoma Society (LLS) is the largest nonprofit organization dedicated to finding a cure for blood cancers and improving the quality of life of patients and their families. Since 1949, they have pioneered groundbreaking research that has led to some of today's most innovative approaches to finding a cure.

LLS delivers MDS education for patients and caregivers, with a detailed look at:

- signs and symptoms
- disease classification
- diagnosis
- statistics
- treatment
- risk factors

They can help connect you with:

- Information Specialists for more personalized information
- other patients and caregivers, by telephone or virtually, or support groups within the community
- one-on-one nutrition consultations with a licensed dietitian
- disease and treatment information, resources, and support for caregivers
- personalized clinical trial navigation
- financial assistance



The Myelodysplastic Syndromes (MDS) Foundation, Inc., is a global nonprofit advocacy organization started by a group of physicians and researchers to support and educate patients and their caregivers.

The organization provides patients around the world with:

- referrals to MDS Centers of Excellence meeting the highest standards for diagnosis, treatment, and patient care
- contact information for clinical trials now enrolling
- a hotline for patients and caregivers to speak with a patient liaison at 1-800-637-0839
- sharing of new research and treatment options between physicians
- educational support and resources for patients and healthcare professionals

Beyond a guided understanding of MDS, the foundation offers:

- connection to global patient support groups and a patient mentorship program
- MDS newsletters and webinars
- videos and stories from real patients
- patient perspectives and summaries from scientific MDS meetings

This resource reflects information available as of July 2020. Please access each organization's website to find the most up-to-date information.

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For more information about treatment with  
INQOVI® (decitabine and cedazuridine) tablets, visit [INQOVI.com](https://www.inqovi.com)



For general information and support, go to  
[INQOVI.com/resources](https://www.inqovi.com/resources)

**Please see inside for additional Important Safety Information.  
Please read the full Prescribing Information in pocket or at  
[INQOVI.com/PI](https://www.inqovi.com/PI), and discuss with your healthcare provider.**

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