

# Your SUTENT<sup>®</sup> Guide





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# Introduction

Many people feel more involved in the decisions that need to be made about their condition when they have a better understanding of their condition and the treatments available to them.

This guide is designed to provide you with information about cancer and your treatment with Sutent. You will also find tips on how to look after yourself physically and emotionally throughout your treatment program.

This guide does not need to be read from cover to cover – use the information as a reference and review the various sections as needed. It also, does not contain all the available information and does not replace talking to your doctor or pharmacist.

If you have any concerns about this medicine, ask your doctor or pharmacist.

## Understanding your cancer

Cancer occurs when the genes in a cell undergo change and the cells grow out of control. These cells can then form a lump or tumour. Your doctor has prescribed Sutent for you to help slow down the growth of these cells.

Sutent is used to treat different types of cancers such as kidney, stomach, bowel or a cancer found in the cells of the pancreas.

If you have any questions about why Sutent has been prescribed for you ask your doctor.

## What is kidney cancer?

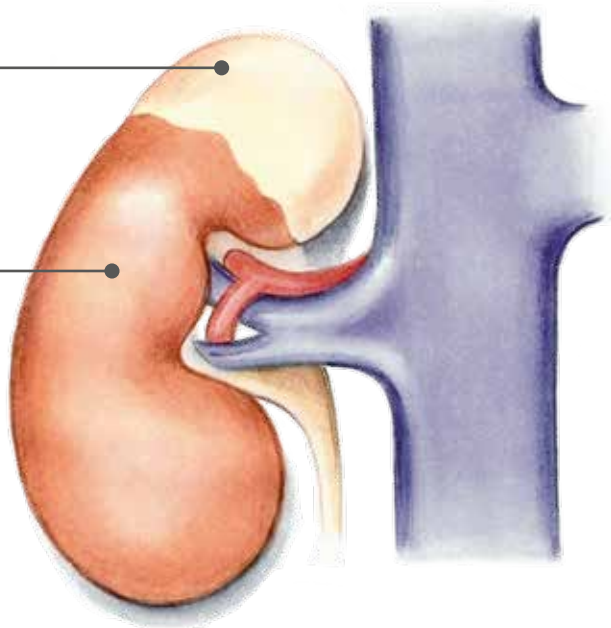
Kidney cancer is a cancer that starts in the kidneys. Renal cell carcinoma is the most common type of kidney cancer. It forms in the lining of a very small tube in the kidney that filters the blood and removes waste products. Often a person who has renal cell carcinoma has had a change in a gene called the von Hippel-Lindau or VHL gene.

Kidney cancer often grows as a single tumour within one kidney. Sometimes, more than one tumour grows in one kidney. Less often tumours grow in both kidneys at the same time.

### HEALTHY KIDNEY

Adrenal gland

Kidney

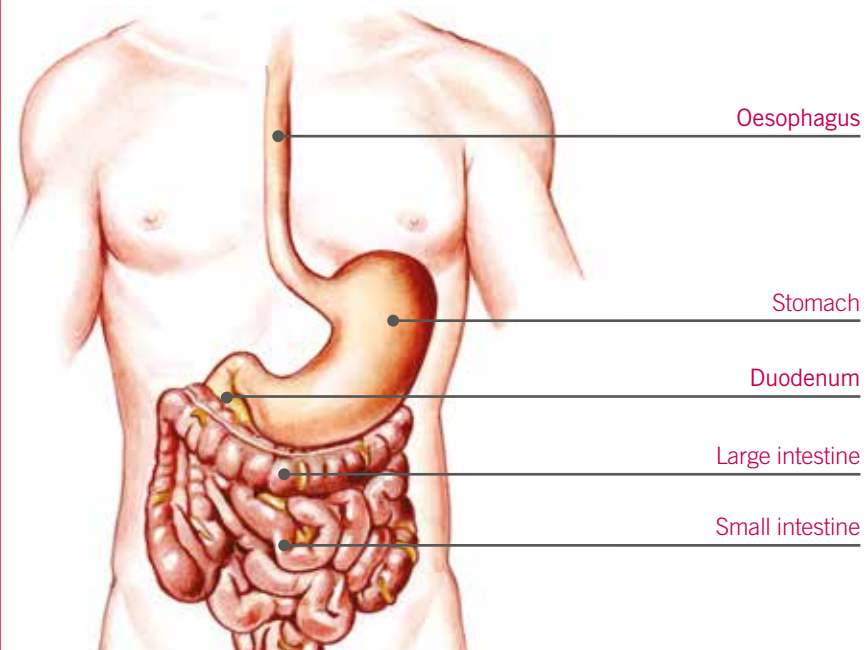


## What is Gastrointestinal Stromal Tumour (GIST)?

GIST is a type of rare cancer known as a soft tissue carcinoma that begins in the gastrointestinal system. It is caused by the uncontrolled growth of cells in the wall of the stomach or bowel. It most commonly appears in the stomach, but can also appear in the small intestine. It rarely occurs in the large intestine, duodenum or oesophagus.

It is not known why some people develop a GIST. Often a person with a GIST has had a change in a gene called KIT. Less often they have had a change in a gene called PDGFR. Although not known for sure, it appears that GISTs develop randomly and are not inherited.

### GIST



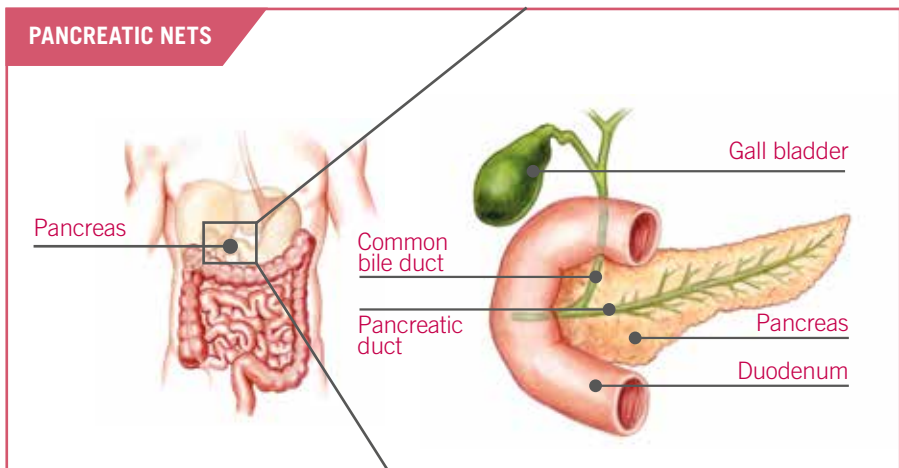
## What are Pancreatic Neuroendocrine Tumours (pancreatic NETs)?

Also known as islet cell tumour or pancreatic NETs is a rare cancer in the cells of the pancreas that release hormones.

Pancreatic NETs start in the islet cells that contain endocrine cells. The islet cells make hormones such as insulin which help in regulating various bodily functions including blood sugar levels.

Pancreatic NETs can be divided into functional or non-functional tumours depending on whether they do (functional) or do not (non-functional) overproduce hormones that cause particular hormone-related symptoms. Those that do produce hormones can be further classified by the type of hormone they produce, and your symptoms will differ depending on what that hormone is.

Typically, pancreatic NETs are slow-growing tumours that are often not noticed until they are well established.





# Treatment with Sutent

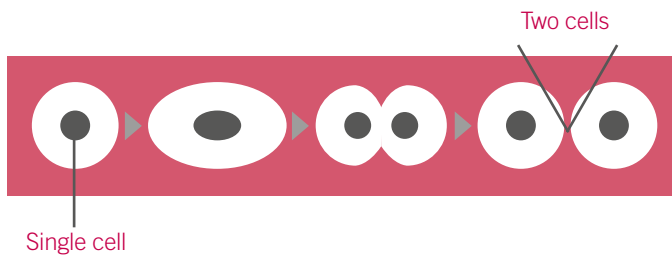
## How does Sutent work?

Sutent treats cancer by selectively targeting an enzyme involved in cancer cell growth. It stops the enzyme acting on cells, thus preventing cancer from progressing.

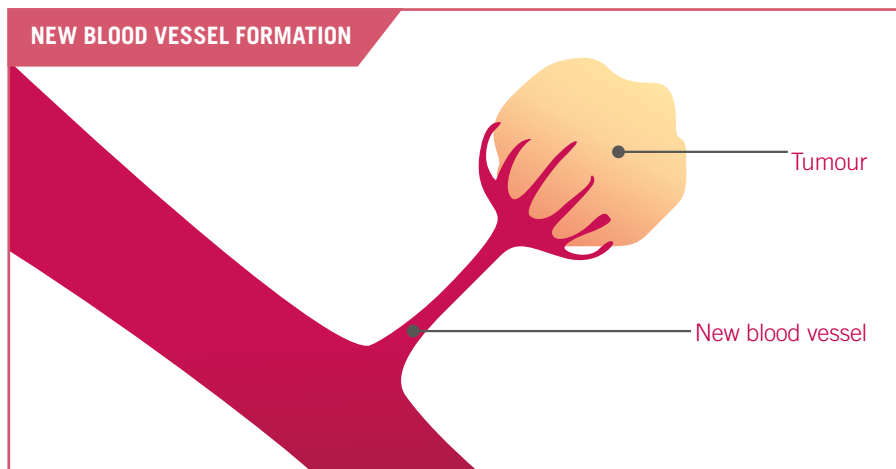
**Sutent blocks two processes that cause cancers to grow:**

**The process of cell division or 'proliferation'** – Sutent helps slow down this process by switching off the signal that tells cancer cells to keep dividing. This means new cancer cells do not replace the older cancer cells and the cancer cannot grow.

### CELL DIVISION



**The process of new blood vessel formation or ‘angiogenesis’** – cancers need new blood vessels to supply them with oxygen and nutrients to support cell growth. Sutent stops new blood vessels from forming. Without a blood supply, cancer cells cannot grow or spread.



**Follow all instructions given to you by your doctor carefully. These instructions may differ from the information contained in this guide.**

**If you do not understand the instructions on the label ask your doctor or pharmacist for help.**

## How much Sutent do I take?

Sutent is available in different strengths and ranges from 12.5mg to 50mg capsules. Your doctor will tell you the dose you should take and how often you should take it. The dose depends on the type of cancer and how you respond.



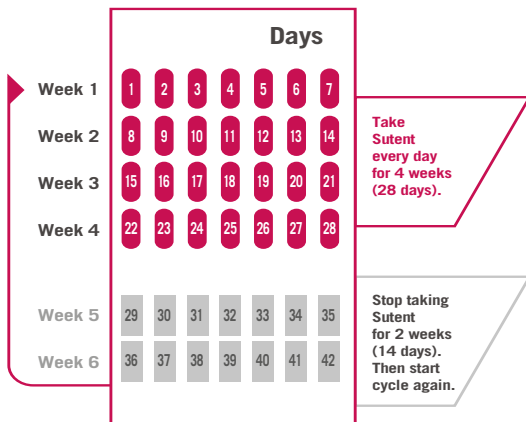
## How do I take Sutent?

For renal cell carcinoma and GIST, the usual dose is 50 mg taken once a day for 4 weeks followed by no medicine for 2 weeks, making a 6-week cycle. Your doctor will let you know how many cycles of treatment you will need, as this can vary depending on your response to treatment.

For pancreatic NETs the usual dose is 37.5 mg continuously, once a day.

Your doctor may change your dose or dosing schedule during treatment, and will let you know how many cycles of treatment you need. The length of your Sutent treatment depends on how your cancer responds to treatment and how the treatment affects you. Not everyone responds in the same way to therapy.

### A CHART WITH ONE 6-WEEK TREATMENT CYCLE IS SHOWN HERE



**Each Sutent capsule is marked with the corresponding day of the week**

Sometimes your doctor may decide to increase or decrease your dosage, or use different treatment schedules.

Using your CareMate® app will help you to update and record your treatment schedule. It can also send you reminders for when you need to take your treatment.

## Tips for taking Sutent



Swallow the capsules with a glass of water.



Take the capsules at about the same time each day. Taking them at the same time each day will help you to remember to take them.



Sutent can be taken with or without food.

## How long should I take Sutent for?

Continue taking Sutent for as long as your doctor prescribes it.

## What happens if I forget my Sutent?

If you miss a dose, do not take an additional dose. Take your usual dose on the next day.

Do not take a double dose to make up for the one that you missed.

If you are not sure what to do, ask your doctor or pharmacist.

## What if I take too much Sutent?

**Immediately call your doctor or Poisons  
Information Centre**

In Australia call **13 11 26** and in New Zealand call **0800 POISON** or **0800 764 766** for advice or go to Accident and Emergency at your nearest hospital.

Do this even if there are no signs of discomfort or poisoning.

Keep the telephone numbers for these places handy.

## What do I need to know about taking other medications?

Tell your doctor if you are taking any other medicines, including medicines that you buy without a prescription from a pharmacy, supermarket or health food shop.

Some medicines and Sutent may interfere with each other. Some of these medicines include:

- ✓ **Ketoconazole, a medicine to treat fungal infections**
- ✓ **Itraconazole, a medicine to treat fungal infections**
- ✓ **Ritonavir, a medicine to treat HIV infection**
- ✓ **Erythromycin, a medicine to treat infections**
- ✓ **Clarithromycin, a medicine to treat infections**
- ✓ **Rifampicin, a medicine to treat tuberculosis and some other infections**
- ✓ **Dexamethasone, a medicine to treat dermatitis, asthma and some other conditions**
- ✓ **Phenytoin, a medicine to treat seizures**
- ✓ **Carbamazepine, a medicine to treat seizures**
- ✓ **Phenobarbitone, a medicine to treat seizures**
- ✓ **St John's wort (a herbal medicine, also called Hypericum perforatum) to treat anxiety**
- ✓ **Medicines used to treat irregular heart beat**
- ✓ **Medicines called bisphosphonates, such as zoledronic acid, alendronate pamidronate or ibandronate to treat osteoporosis and some types of cancers**
- ✓ **Medicines to treat diabetes**

**You may need to take different amounts of your medicines or use different medicines. Your doctor will advise you.**

# Possible side effects with Sutent

## What should I expect when taking Sutent?

All medicines can have unwanted side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment for some side effects. Medicines can affect people in different ways. To help support you further, refer to the section on 'Getting the most from Sutent'.

Everyone responds differently to treatment and you may not experience these side effects. A list of possible side effects is below. Tell your doctor or pharmacist if you notice any of the following and they worry you:

- ✓ **Tiredness**
- ✓ **Nausea (feeling sick) or vomiting**
- ✓ **Diarrhoea**
- ✓ **Change in sense of taste, loss of taste**
- ✓ **Loss of appetite, weight loss**
- ✓ **Change in skin colour**
- ✓ **Change in hair colour**
- ✓ **Tingling or rash on palms of hands or soles of feet**
- ✓ **Rash, dry skin, skin redness, scaly skin, itchy skin, blisters; skin infections, pus formation, skin ulcers**
- ✓ **Headache**
- ✓ **Constipation**
- ✓ **Sore tongue, sore mouth, dry mouth, difficulty swallowing, cold sores**
- ✓ **Cough**
- ✓ **Upset stomach, stomach pain, wind, heart burn, indigestion**
- ✓ **Pain in fingers, arms or leg**
- ✓ **Weakness**
- ✓ **Muscle pain, joint pain, back pain**
- ✓ **Dizziness**



- ✓ Hair loss
- ✓ Nose bleeds
- ✓ Increased tears, watery eyes
- ✓ Tingling or numbness of hands or feet; pins and needles
- ✓ Difficulty sleeping
- ✓ Depression
- ✓ Unusual urine colour, frequency or pain passing urine
- ✓ Swelling, weight gain, enlargement of thyroid gland
- ✓ Feeling overheated, increased sweating
- ✓ Fast or irregular heart beat

**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Sutent. Your doctor or pharmacist can answer any questions you may have.**

**Tell your doctor immediately if you get any of the following side effects as these may be serious and you may need urgent medical attention:**

- ✓ Shortness of breath, wheezing or trouble breathing, chest pain
- ✓ Swelling of feet or legs, leg pain
- ✓ Swollen face, eyelids, lip, tongue or voice box; swelling under the skin
- ✓ Bleeding or bruising under the skin; coughing blood
- ✓ Flu-like symptoms (chills, fever, sore throat, swollen glands)
- ✓ High blood pressure
- ✓ Very bad stomach pain
- ✓ Leaking or discharge near anus
- ✓ Fits, seizures
- ✓ Infection
- ✓ Swelling, dark marks or blisters on any part of the body
- ✓ Muscle pain, weakness or wasting
- ✓ Decrease in amount of urine
- ✓ Yellowing of skin and eyes (jaundice)
- ✓ Numbness or tingling on one side of the body; weakness of face, arm or leg; trouble speaking, seeing or swallowing; headache, confusion, dizziness, loss of co-ordination or balance
- ✓ Pain or numbness in the jaw, teeth or gums
- ✓ Decreased blood sugar level, feeling hungry, shaky or anxious
- ✓ Pain in the neck, shoulder or arm
- ✓ Pressure in the chest

# Getting the most from Sutent

## How do I get the most from Sutent?

Taking an active role in making decisions about your treatment will help ensure you get the most benefit from your treatment. Effective prevention and management of side effects can help to minimise dose reductions or interruptions to your Sutent treatment.

Below are suggestions that could help prevent or manage some of the more common side effects. If any of these side effects are worrying you, it is important to speak to your doctor or pharmacist immediately.

## Diarrhoea

Diarrhoea is having frequent loose or watery bowel motions. It is a common side effect with Sutent treatment but is generally manageable.

- ✔ **Drink plenty of fluids but only in small sips**
- ✔ **Avoid foods that are spicy, sweet, fried or fatty**
- ✔ **Some people with diarrhoea develop a temporary intolerance to the lactose in milk.  
If you think milk may be a problem, try soy milk or lactose-reduced milk**
- ✔ **Eat small meals often**

If you're experiencing more than six bowel motions per day, see your doctor immediately for help on how you can manage this symptom.

## Tiredness and weakness

Feeling tired and weak is commonly reported with Sutent treatment. However, it may also indicate a more serious medical problem.

- ✓ **Take short naps or breaks**
- ✓ **Plan activities when you have the most energy**
- ✓ **Take short walks or do light exercise if you feel up to it**
- ✓ **Eat well and drink plenty of fluids**
- ✓ **Stick to a normal sleeping routine**
- ✓ **Ask others to help out where needed**
- ✓ **Do things that you find relaxing such as listening to music or reading**

See your doctor immediately if you're still feeling tired even after resting, or if you have difficulty looking after yourself.

## Nausea

If you're feeling sick or have the urge to vomit you may have nausea. Nausea has been commonly reported with Sutent treatment.

- ✓ **Drink fluids often but only in small sips**
- ✓ **Eat and drink slowly. Chew food well**
- ✓ **Avoid foods that are spicy, sweet, fried or fatty**
- ✓ **Eat small meals or snacks often - not eating can actually make nausea worse**
- ✓ **Avoid strong odours and cooking smells**

See your doctor immediately if nausea makes it difficult for you to drink, eat or take the medicines you need.

## Vomiting

Vomiting has been commonly reported with Sutent treatment.

- ✓ **Start with small amounts of fluids often but only in small sips**
- ✓ **Eat and drink slowly**
- ✓ **Avoid foods that are spicy, sweet, fried or fatty**
- ✓ **Eat small meals or snacks often - not eating can actually make nausea worse**
- ✓ **Avoid strong odours and cooking smells**

See your doctor immediately if you're experiencing more than 5 episodes of vomiting each day.

## Change in taste

While you're taking your treatment you may notice differences in the way food tastes, or you may find a strange taste in your mouth.

- ✓ **Plan to have your favourite meals regularly**
- ✓ **Try adding extra flavour to foods with herbs, lemon, sauces, spices, sugar, chocolate or other flavourings**
- ✓ **Use salt or lemon juice if food tastes too sweet**
- ✓ **Add sugar or honey to food if it tastes metallic or salty**
- ✓ **Eat with plastic utensils to help reduce bitter flavours and try not to drink out of drink cans or metallic containers if you already have a metallic taste**
- ✓ **Try sucking on lemon or other sharp-flavoured boiled sweets**
- ✓ **Don't force yourself to eat foods you don't enjoy**
- ✓ **Cold or frozen foods may taste better than hot foods**
- ✓ **Cook your meal in advance and microwave it later when you feel like eating, so the cooking odour doesn't put you off eating**

- **Try snacking throughout the day rather than eating three large meals**
- **Use a drinking straw to bypass your taste buds**
- **Keep your mouth clean and healthy by brushing and flossing often**
- **Try light exercise one hour before meals to help increase your appetite**

## **Weight loss / Change in appetite**

During treatment, you may have less desire to eat which may lead to weight loss. Maintaining good nutrition and a healthy weight are important.

- **Start with small amounts of fluids often but only in small sips**
- **Eat and drink slowly**
- **Avoid foods that are spicy, sweet, fried or fatty**
- **Eat small meals or snacks often - not eating can actually make nausea worse**
- **Avoid strong odours and cooking smells**

See your doctor immediately if you have had noticeable weight loss.

## **High blood pressure**

You may have noticed an increase in your blood pressure during your check-ins. Sutent may increase your blood pressure. For some people a rise in blood pressure may be a signal that the drug is working.

However you may need treatment for this or an adjustment to your blood pressure medicine. That's why you should monitor your blood pressure on a regular basis. Your doctor can advise you on how often you should measure your blood pressure.

Blood pressure is measured using two numbers. The first number, called systolic blood pressure, measures the pressure in your blood vessels when your heart beats. The second number, called diastolic blood pressure, measures the pressure in your blood vessels when your heart rests between beats.

If the measurement reads 120 systolic and 80 diastolic, you would say “120 over 80” or write “120/80 mmHg”.

Normal blood pressure is less than 120/80 mm Hg.

If your blood pressure is higher than normal, see your doctor immediately for help on how you can manage it.

## Mouth pain or sores

While on your treatment you may develop mouth pain. Your symptoms may include mouth sores, redness or swelling in the mouth, a white coating on the tongue, bleeding gums, or difficulty swallowing. Talk to your doctor or pharmacist if this symptom is worrying you.

- **Avoid foods that are hot, spicy or acidic**
- **Eat soft foods**
- **Use a straw for drinking liquids**
- **Use a very soft toothbrush**
- **Avoid mouthwashes with alcohol and toothpaste with whiteners**

If you experience pain inside your mouth and have difficulty eating, see your doctor immediately.

## Blisters or rash on hands or feet

You may hear your doctor refer to blisters or rashes appearing on your hands and/or feet as “Hand Foot Syndrome”. This is commonly reported with Sutent and can also appear as redness, swelling, pain, tingling or numbness on the palms of your hands and/or soles of your feet.

- **Reduce exposure of hands and feet to hot water**
- **Cool your hands and feet with ice packs, wrapped in a towel or cloth, for 15–20 minutes at a time**
- **Apply a high-protection sunscreen (SPF 30–50) whenever you leave the house**

- ✓ **For painful cracks or splits in the skin, consider soaking your hands or feet for 5–10 minutes in cool to lukewarm water with an antiseptic**
- ✓ **Use a moisturiser which contains urea if your skin is thickening or cracking. Apply twice daily**
- ✓ **Wear a loose pair of cotton gloves or socks after applying moisturiser to promote absorption**
- ✓ **Use a soap-free moisturising cleanser with lukewarm water and avoid overwashing**
- ✓ **Use pressure-absorbing insoles. Wear slippers around the home**
- ✓ **Avoid tasks that require you to squeeze your hand on a hard surface such as using a screwdriver, opening jars or using household utensils such as knives**
- ✓ **Avoid tight-fitting jewellery such as rings**
- ✓ **Wear loose, well-ventilated shoes and avoid tight clothes, e.g. stockings**
- ✓ **Keep your hands and feet elevated when sitting or lying down**
- ✓ **Consider getting a professional pedicure to remove any pre-existing calluses before you start Sudent therapy**

See your doctor immediately if you're experiencing severe peeling, blistering, bleeding, swelling or painful thickening of the skin on the palms of your hands and/or soles of your feet.

## **Dry skin**

Dry skin is a common symptom and can be effectively managed by:

- ✓ **Use of non-soap cleansers with no fragrance**
- ✓ **Frequent use of moisturisers specifically made for dry, sensitive skin**
- ✓ **Do not exfoliate**

If this symptom is worrying you, discuss with your doctor or pharmacist for further advice. If your dry skin is red or itchy and you have difficulty looking after yourself, see your doctor immediately.



## Skin / Hair changes

The medicine contained in Sutent capsules is yellow, so taking it may make your skin look yellow. Your skin and hair may get lighter in colour.

While this symptom usually poses no health risks, yellow skin can be a sign of a more serious condition. Discuss this symptom with your doctor so he or she can perform a full evaluation.

## Upset stomach / Abdominal pain

Sutent treatment may cause you to experience abdominal pain. This is a common side effect of treatment. In some cases, abdominal pain may have a specific cause such as constipation. Consult them immediately if you have a very bad stomach pain.

- **Avoid heavy meals, coffee, and alcohol**
- **Sleep in a more upright position, propped up on a pillow**
- **Ask your doctor if there are over-the-counter or prescription medications that may help you manage your condition**
- **Reduce your stress with meditation, yoga, or music**

# CareMate®

## Program Overview

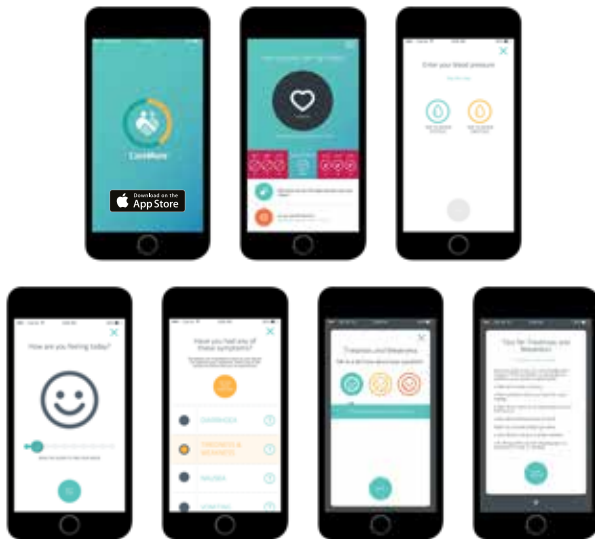
CareMate has been designed to help you with your treatment journey. It is there to support you and to give you a hand with managing your treatment.

The key parts of CareMate are:



### THE CAREMATE APP

Here to help you by reminding you when to take your medication, allowing you to record your blood pressure, acting as your health diary and giving you helpful tips on how to manage any symptoms you may experience. You can email all of these updates in a single report to yourself, your family, friends or your doctor.



## THE CAREMATE PACK

Provides you with a blood pressure wrist monitor to help you track your blood pressure, some supplies for your comfort throughout your treatment journey, along with some patient guides help to guide you along the way.



# Additional information and support

## Some questions you could ask your doctor

After being diagnosed with cancer, it is natural that you have lots of questions for your doctor. It is also easy to forget some of the things you may want to ask. To help, we have included a notes section at the back of this guide so you can jot down any questions you may have. Don't be afraid to ask your doctor to explain again if you don't understand the answer to any of your questions.

To further help we have provided some questions you may want to ask, or you may want to take with you on your next doctor visit.

### QUESTIONS ABOUT CANCER

- What stage of cancer do I have?
- Is it slow or fast growing?
- How did I get cancer?
- Is my cancer hereditary and if so, what should I tell my family?
- How common is my cancer?

## PERSONAL QUESTIONS

- // What is my prognosis?
- // Can you recommend a local cancer support group or local counsellor I can talk to?
- // Is there any financial assistance available?
- // Are there local support services available such as transport or food preparation?
- // Will I have problems with fertility?
- // Is there someone I can talk to about my sexual health or changes to my sex life?

## QUESTIONS ABOUT YOUR TREATMENT

- // Why have you recommended Sutent for me?
- // Are there other treatment options for me? If not, why not?
- // What will happen if I decide not to take Sutent?
- // What are the side effects of Sutent? How are side effects best prevented or reduced?
- // How long will the treatment take and will it affect what I can do?
- // What tests will you do to determine whether Sutent is working?
- // What if the treatment does not work?
- // How much does Sutent cost?
- // How often do I need to see you?
- // Do I need to bring anything specific to my appointments?
- // Is there anything I need to do in between my appointments?
- // Who are the members of my healthcare team?
- // Who should I call if I have questions about my treatment?

# Glossary

## A

**Adrenal glands:** Triangular glands resting on top of each kidney that produce adrenaline and other hormones.

**Angiogenesis:** The way a tumour forms blood vessels to help it grow.

## B

**Bladder:** A hollow organ that collects urine from the kidneys. Urine is expelled from the kidney through the ureters.

**Blood test:** A test to check the blood for changes that can be caused by cancer and its treatment.

**Blood pressure:** The force of circulating blood on the walls of the arteries. Blood pressure is taken using two measurements: systolic (measured when the heart beats, when blood pressure is at its highest) and diastolic (measured between heart beats, when blood pressure is at its lowest). Some cancer medications may increase blood pressure so this may be monitored closely during treatment.

## C

**Cancer:** A disease in which body cells grow out of control. Cancer can invade nearby tissue and spread to other parts of the body.

**Cancer care coordinator:** A healthcare professional who coordinates the care you or your loved one receives and supports them and their family throughout treatment.

**Cardiologist:** A doctor who specialises in the medical treatment of disorders of the heart and blood vessels.

**CAT or CT scan:** A series of detailed pictures of areas inside the body taken from different angles. The pictures are created by a computer linked to an X-ray machine.

**Chest X-ray:** An X-ray of the chest, lungs, heart, large arteries, ribs and diaphragm. It may be done to check for abnormalities in the organs and bones of the chest. If cancer has already been diagnosed, a chest X-ray can show whether the cancer has spread to the lungs or to the bones in the chest. The procedure is painless and takes only a few minutes.

## D

**Diarrhoea:** Loose or watery bowel movements that happen more often than normal. Diarrhoea is common during cancer treatment and can be managed, even if severe.

**Dermatologist:** A doctor who specialises in the treatment of skin conditions.

**Dietitian/nutritionist:** A healthcare professional trained in nutrition who can give advice about food choices to promote health and well-being.

**Dose:** The amount of medicine taken at one time.

## E

**Endocrinologist:** A doctor who specialises in the treatment of diseases of glands such as the thyroid gland.

**Echocardiogram (ECHO):** A test that uses sound waves to create a moving image of the heart. This image is much more detailed than an X-ray and involves no exposure to radiation.

## G

**Gastroenterologist:** A doctor who specialises in conditions of the gastrointestinal tract.

**Gastrointestinal tract:** Begins with the mouth, leads to the oesophagus and extends through the stomach, small and large intestines, ending with the anus. Its main function is to break down the food we eat and absorb the nutrients into the body.

**Gated SPECT (Single Photon Emission Computed Tomography):** A technique for obtaining three-dimensional images of the heart contracting and relaxing after injection of a radiotracer.

**Genes:** The functional and physical unit of heredity passed from parent to offspring. Genes are pieces of DNA, and most genes contain the information for making a specific protein.

**Gerota's fascia:** The layer of tissue that surrounds the kidney and adrenal gland.

**GIST or gastrointestinal stromal tumour:** A type of cancer known as soft tissue carcinoma that begins in the gastrointestinal tract. It most commonly appears in the stomach but can also appear in the small intestine. Rarely, it occurs in the large intestine, duodenum or oesophagus.

# Glossary

## H

**Heart disease:** Refers to any illness or disease that causes damage to, or loss of function of, some part of the heart. This includes diseases of the heart muscle, blood vessels that supply oxygen and nutrients to the heart or valves and electrical systems of the heart.

**Heart function tests:** Tests to assess heart function such as an echocardiogram (ECHO), gated SPECT (Single Photon Emission Computed Tomography), contrast angiography, or cardiovascular MRI or CT scan.

**Hypothyroidism:** A disorder of the thyroid gland when too little thyroid hormone is produced. Symptoms include weight gain, constipation, dry skin and sensitivity to the cold. Also called underactive thyroid.

## K

**Kidney cancer:** Cancer that starts in the kidneys.

**Kidneys:** The two organs in the abdomen that filter waste from the blood, producing urine in the process. The kidneys also produce hormones which control red blood cell production and regulate calcium levels.

## M

**Medical oncologist:** A doctor who specialises in the treatment of cancer using a range of medicines including chemotherapy and other drug treatments.

**Metastasis:** The spread of cancer from one part of the body to another.

**MRI (magnetic resonance imaging):** A procedure in which radio waves and a powerful magnet linked to a computer are used to create detailed pictures of areas inside the body. These pictures can show the difference between normal and diseased tissue.



## N

**Nephrologist:** A doctor who specialises in diseases of the kidneys.

**Nutritionist/dietitian:** A healthcare professional trained in nutrition who can give advice about food choices to promote health and well-being.

## O

**Oncology:** The study of cancer and its treatment.

## P

**Pancreatic NET:** An uncommon sub-type of neuroendocrine tumours (NETs) which arise from the endocrine cells of the pancreas, and further classified into functional (over excretion of hormones) or non-functional.

**PET scan:** A procedure in which a small amount of radioactive glucose (sugar) is injected into a vein, and a scanner is used to make pictures of areas inside the body where the glucose is used. These pictures can then be used to find cancer cells in the body because cancer cells often use more glucose than normal cells.

**Podiatrist:** A healthcare professional who specialises in conditions of the foot. A podiatrist can play an important role in helping your loved one manage or prevent a skin side effect called hand-foot syndrome that may occur on their hands and feet during treatment.

**Prognosis:** The expected outcome of a disease, that is, what is going to happen.

**Progression:** An increase in the size of a tumour, or the spread of cancer in the body.

# Glossary

## R

**Radiation oncologist:** A doctor who specialises in the treatment of cancer using radiotherapy.

**Radioisotope bone scan:** A radioisotope scan may be done to see if any cancer cells have spread to the bones. The scan takes quite a while because you will need to have an injection of radioactive dye and then wait three to four hours while the dye moves through your bloodstream to your bones. You will then be scanned by a machine that detects radioactivity. Higher levels of radioactivity will show in any areas of bone that are affected by cancer cells.

**Radiotherapy:** The treatment of disease, especially cancer, using X-rays or similar forms of radiation.

**Regression:** A decrease in the size of a tumour or in the extent of cancer in the body.

**Relapse:** The return of signs and symptoms of cancer after a period of improvement.

**Remission:** A decrease in, or disappearance of signs and symptoms of cancer.

**Renal:** Relating to the kidneys.

**Renal cell carcinoma:** The most common type of kidney cancer that forms in the lining of the very small tubes in the kidney.

## S

**Side effects:** Unwanted symptoms that can happen as a result of a drug treatment.

**Staging:** A way of describing how far cancer has spread in the body.

## T

**Thyroid:** A gland located beneath the voice box (or larynx) that produces hormones to help regulate growth and metabolism.

**Tumour:** A lump that forms when cells grow out of control. Some tumours are cancer; others are not.

## U

**Ultrasound:** A scan that uses sound waves to produce pictures of your internal organs.

**Urethra:** The tube through which urine leaves the body. It empties urine from the bladder.

**Urologist:** A doctor who specialises in diseases and surgery of the urinary system.

## V

**von Hippel-Lindau or VHL gene:** A tumour suppressor gene, which keeps cells from growing and dividing. This gene is often changed or mutated in people with a type of kidney cancer called renal cell carcinoma.

## Notes

## Notes

## Notes

## Notes

For Australia, further information is available from the Sutent Consumer Medicine Information available at [www.pfizer.com.au](http://www.pfizer.com.au). Please talk to your doctor regarding any concerns you have about your condition or treatment. Pfizer Australia Pty Limited, Sydney Australia. ABN 50 008 422 348. [www.pfizer.com.au](http://www.pfizer.com.au). Medical Information: 1800 675 229.

For New Zealand, Sutent has risks and benefits. Discuss with your doctor to ensure Sutent is right for you.

#### **SUTENT (sunitinib 12.5 mg, 25 mg and 50 mg as malate) Capsules**

SUTENT (sunitinib malate) is a prescription medicine used to treat:

- renal cell carcinoma, a type of kidney cancer
- gastrointestinal stromal tumour (GIST), a cancer of the stomach and bowel
- pancreatic neuroendocrine tumours, a cancer in the cells of the pancreas that release hormones.

Do not take SUTENT if you are allergic to sunitinib or any of the other ingredients in SUTENT capsules.

Caution is needed if you have or have ever had high blood pressure, an aneurysm (abnormal balloon-like swelling in the wall of an artery), problems with your heart, liver, kidneys or thyroid, are diabetic, are pregnant or planning to become pregnant, are breastfeeding or going to have dental work. Tell your doctor if you are taking any other medicines.

Common side effects include tiredness, diarrhoea, mouth ulcers, sore or dry mouth, change in taste, nausea (feeling sick), loss of appetite, bleeding, vomiting, heart burn, cough, high blood pressure, aches and pains, headache, rash, red, dry, itchy or scaly skin, tingling or rash on palms of hands or soles of feet, blisters, change in skin or hair colour, constipation, shortness of breath, infection, bleeding or bruising under the skin, abnormal blood test results. If you have side effects see your doctor.

Use strictly as directed. Consult your doctor to see if SUTENT is right for you.

SUTENT is funded for renal cell carcinoma and GIST. A pharmacy charge and normal doctor's fees apply for all prescriptions.

Contains 12.5 mg, 25 mg or 50 mg of sunitinib.

Further information on SUTENT is available from [www.medsafe.govt.nz](http://www.medsafe.govt.nz) or Pfizer New Zealand Ltd, Auckland, [www.pfizer.co.nz](http://www.pfizer.co.nz). Ph. 0800 736 363. V10120

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PP-SUT-ANZ-0030-February 2020. TAPS NA11677. PZR0537. February 2020.

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