

my COMPANION IN CML

Loading...



Novartis Pharma AG
CH-4002 Basel, Switzerland

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6/13

G-CML-1065510

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Privacy Policy

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Accept



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6/13

G-CML-1065510

Welcome to

my COMPANION IN CML

myCompanion in CML is a unique application that can help you take an active role in managing your Ph+ CML. This easy-to-use tool can help you better understand your treatment and how to track your progress.

Get Started



Before using this app, we'll need some information from you.

Please enter your date of diagnosis below. The date you select here will be used for tracking your treatment goals.

Date

Tap to enter

Continue



[Back](#)

Date of Diagnosis

Before using this app, we'll need some information from you.

Please enter your date of diagnosis below. The date you select here will be used for tracking your treatment goals.

Date

3 March 2013

[Done](#)

December

31

2010

January

01

2011

February

02

2012

March

03

2013

April

04

2014

May

05

2015

June

06

2016

Choose the number of tablets
you should take each day
according to your prescription:



Your overall adherence
percentage will be calculated
from the number of tablets
selected here. You will be able to
change your selection at any time
in the **Settings** menu.

Continue



Choose the number of tablets
you should take each day
according to your prescription:



Your overall adherence
percentage will be calculated
from the number of tablets
selected here. You will be able to
change your selection at any time
in the **Settings** menu.

Continue



You are now ready to use the myCompanion in CML app!

It's always good to create a backup of the data in this app so that you do not lose any of your entries in case your device is damaged or lost.

Be sure to back up the data in this app regularly.

You will be able to create a backup file at any time in the **Settings** menu.

Finish



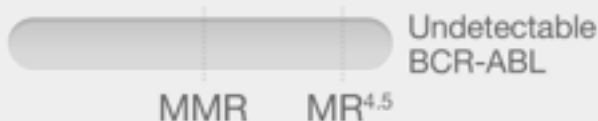


Start here

*my*Profi

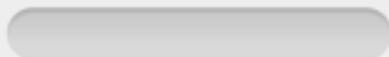
myPCR Results

Enter your PCR results to begin
tracking your progress



myAdherence Diary

Overall Adherence



No Adherence Entries

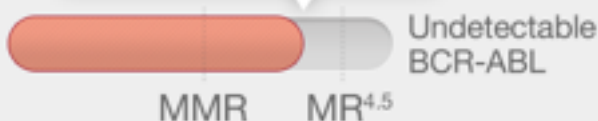
myKnowledge



myProfile

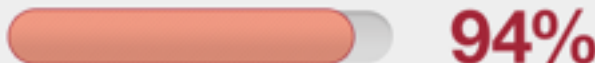
myPCR Results

%BCR-ABL^{IS} 0.014



myAdherence Diary

Overall Adherence



I'm on track!

myKnowledge

100



AT DIAGNOSIS



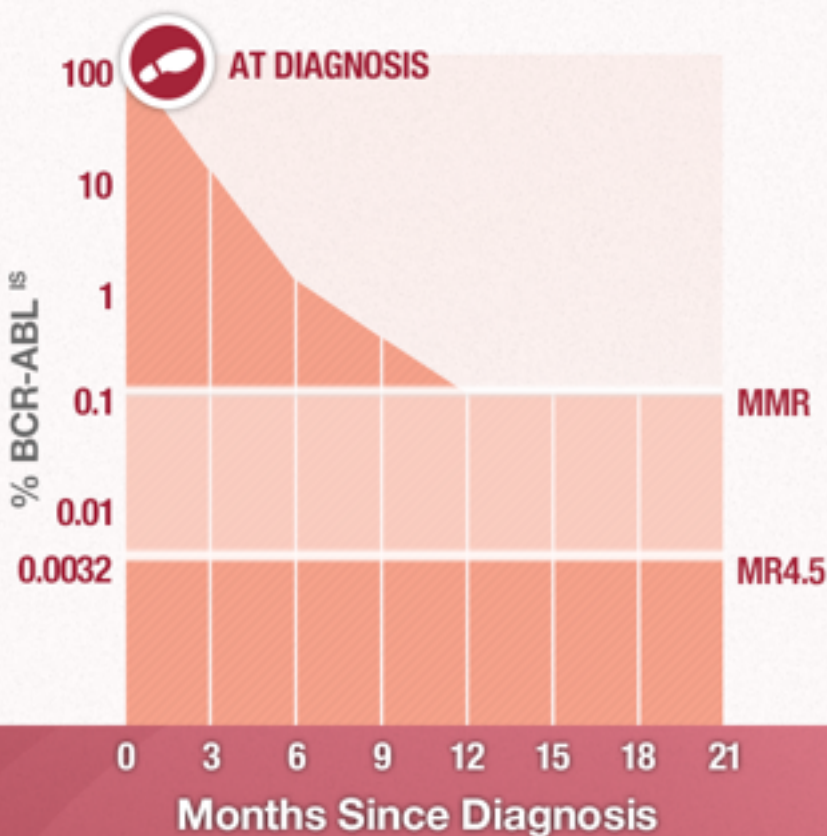
The level of disease at diagnosis has automatically been set to 100% BCR-ABL^{IS} or 0-Log Reduction. If you would like to change this number, select the footprint icon.

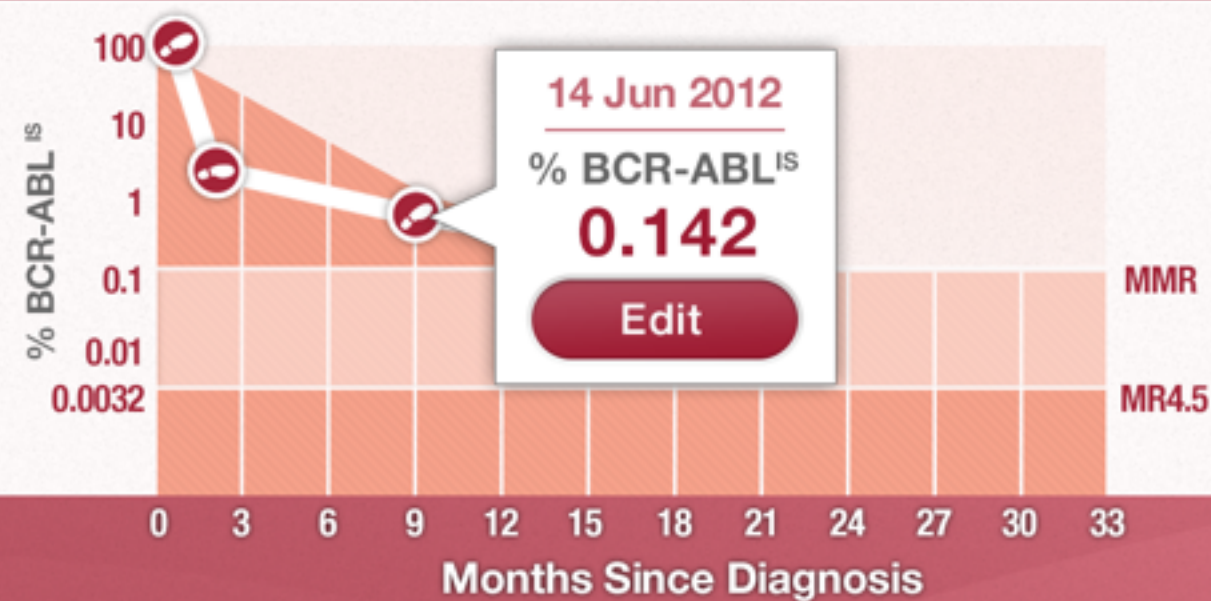
0 3 6 9 12 15 18 21

Months Since Diagnosis

New Entry

Last entry: DD MMM YYYY

[New Entry](#)Last entry: **DD MMM YYYY**

[New Entry](#)Last entry: **2 Jan 2013**

Your PCR results may have been given as either % BCR-ABL^{IS} or Log Reduction. Please select the format in which you have received your results.

% BCR-ABL^{IS}

Log Reduction

What does this mean?

You can change your selection at any time from the **Settings** menu.

Continue

Your PCR results may have been given as either % BCR-ABL^{IS} or Log Reduction. Please select the format in which you have received your results.

% BCR-ABL^{IS}

Log Reduction

What does this mean?

You can change your selection at any time from the **Settings** menu.

Continue



% BCR-ABL vs Log Reduction

When you receive your PCR test report, the result will either be given as a log reduction or % BCR-ABL.

Log reduction:

- Number in your PCR test report, ranging between 0 to about 4.5

% BCR-ABL^{IS}:

- Number that ranges between 100% to less than 0.003%
- Make sure that you enter the standardized % BCR-ABL^{IS} result, which may be labeled as BCR-ABL (IS %) in your report.

Cancel

New Entry

Save

% BCR-ABL^{IS}

100%

Date

3 March 2013

You can change the format in which you enter your results (BCR-ABL^{IS} or Log Reduction) at any time in the Settings menu.



Cancel

New Entry

Save

% BCR-ABL^{IS}

100%

Date

3 March 2013

Keypad

Selector

7

8

9

4

5

6

1

2

3

.

0



Cancel

New Entry

Save

% BCR-ABL^{IS}

100%

Date

3 March 2013

Keypad

Selector

100 . 0 0 0 0

99 1 1 1 1

98 2 2 2 2

97 3 3 3 3

Cancel

New Entry

Save

% BCR-ABL^{IS}

100%

Date

3 March 2013

December

31

2010

January

01

2011

February

02

2012

March

03

2013

April

04

2014

May

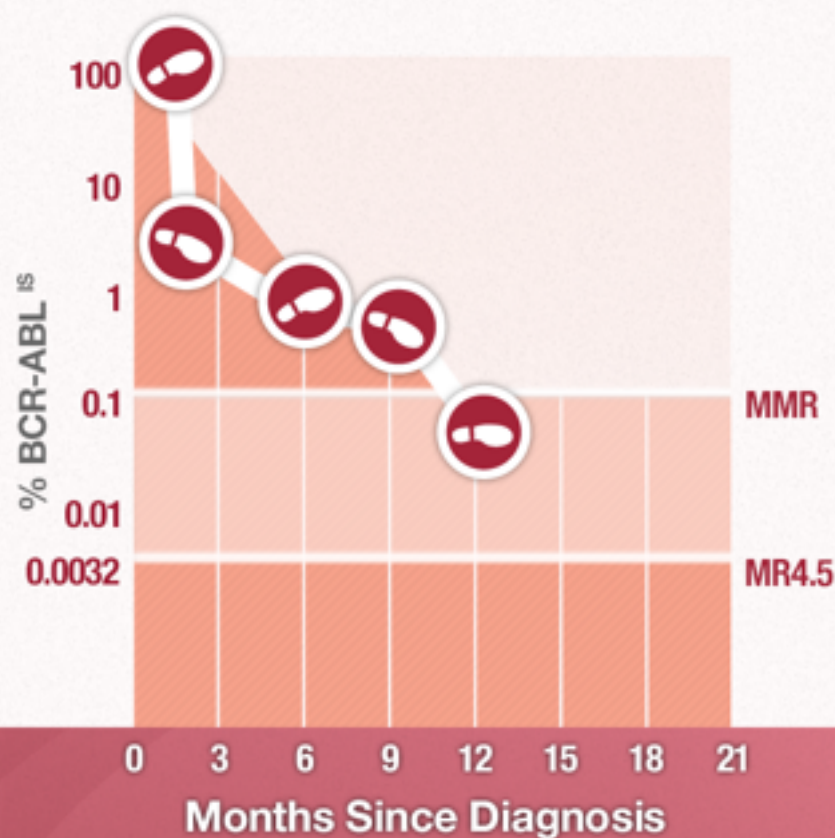
05

2015

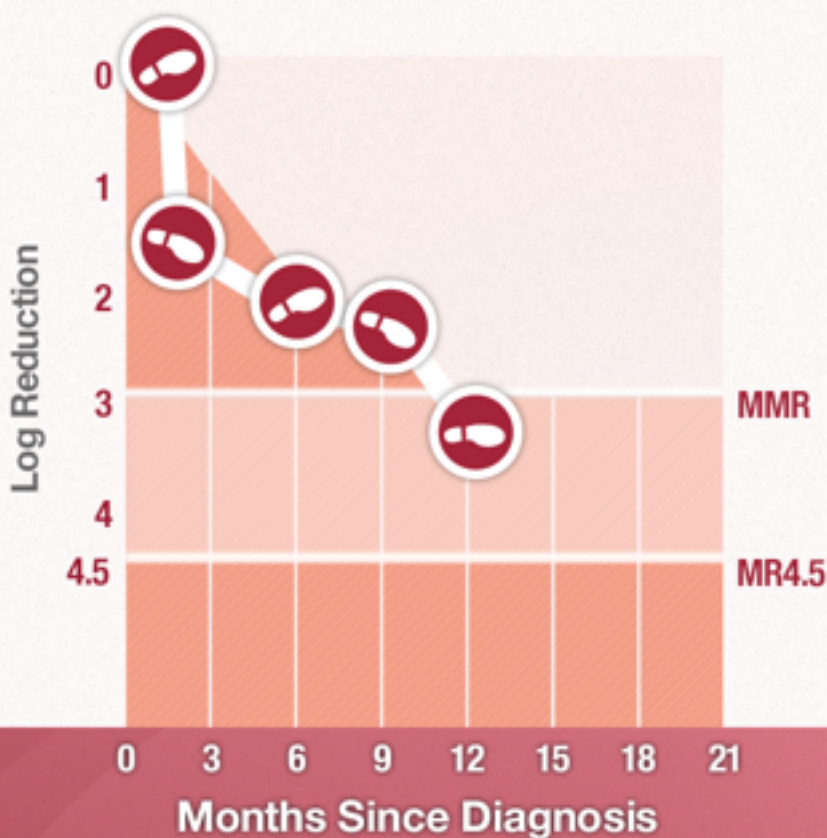
June

06

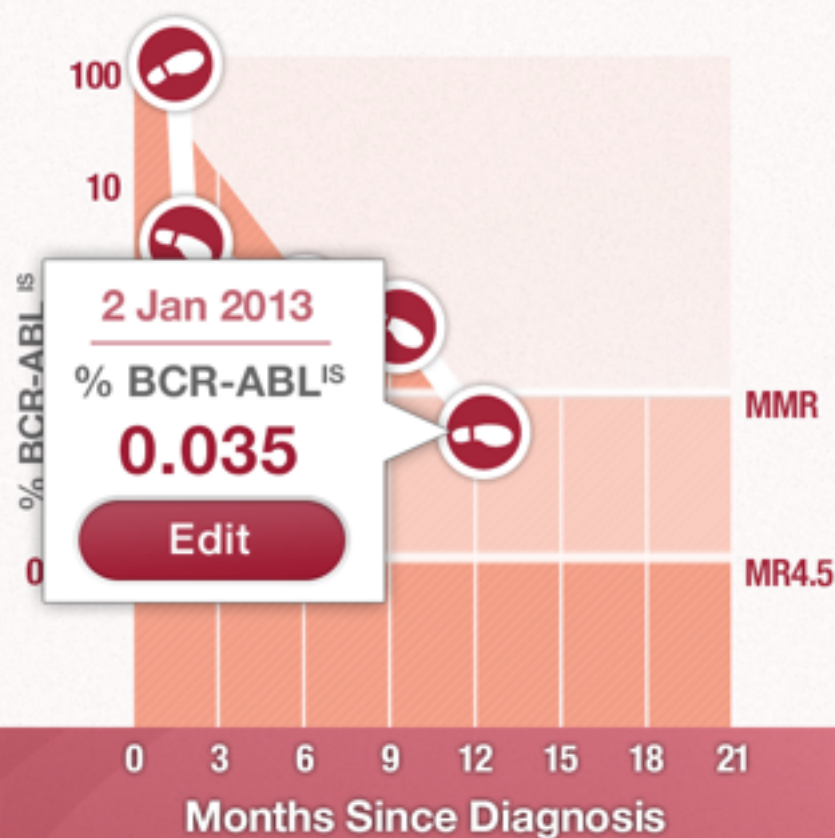
2016

[New Entry](#)

Last entry: 2 Jan 2013

[New Entry](#)

Last entry: 2 Jan 2013

[New Entry](#)

Last entry: 2 Jan 2013

DATE

% BCR-ABL^{IS}

2013

Jan 2

0.014%

2012

Sep 23

0.132%

Jun 14

0.142%

Mar 2

0.392%

2011

Dec 29

Diagnosis

Any entries you make will appear in this list. Selecting an entry from the list will highlight it on the graph.

DATE

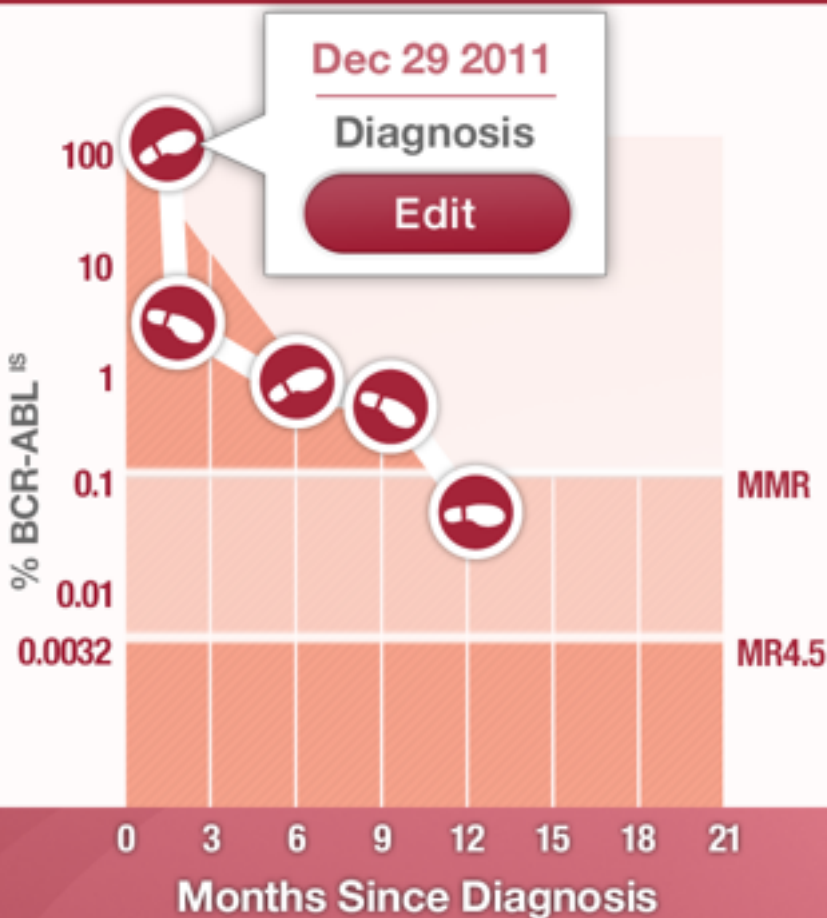
% BCR-ABL^{IS}

2011

Dec 29

Diagnosis

Any entries you make will appear in this list. Selecting an entry from the list will highlight it on the graph.



New Entry

Last entry: 2 Jan 2013

Note that your date of diagnosis must precede any of your PCR result dates.

BCR-ABL^{IS} %

-

Date

3 March 2013

December

31

2010

January

01

2011

February

02

2012

March

03

2013

April

04

2014

May

05

2015

June

06

2016

Your most recent PCR test result shows that you may not be reaching one of your treatment goals.

First, check that you have entered the result correctly. If it is correct, remember that some patients meet goals earlier than others, and there are things that you can do to get back on track.

Be sure to discuss your latest result with your healthcare provider.

What can I do?

Your most recent PCR test result shows an increase in BCR-ABL, but it is not necessarily a cause for alarm.

First, check that you have entered the result correctly. If it is correct, remember that your results may differ from time to time for a number of reasons.

Be sure to discuss your latest result with your healthcare provider.

What can I do?



What can I do?

Some patients meet goals earlier than others. If you don't meet one of your goals, you and your healthcare provider should discuss your options. There are things you can do to get back on track, like taking your medication more regularly.

If you have a PCR test result that shows an increase in BCR-ABL, it is not necessarily a cause for alarm. Results may differ from time to time for a number of reasons.



January 2013



MON TUE WED THU FRI SAT SUN

31 1 2 3 4 5 6



Your **overall adherence** is automatically set to start calculating from today's date. You can change the **starting date** at any time in the **Settings** menu.



Manage Dosing

Overall
AdherenceCurrent
Month

0%

*You have
not logged
any entries*



January 2013



MON TUE WED THU FRI SAT SUN

31 1 2 3 4 5 6

7 8 9 10 11 12 13

14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30 1 2 3 4

5 6 7 8 9 10 11

■ MISSED DOSE ■ PARTIAL DOSE ■ FULL DOSE

Overall
Adherence

0%

Current
Month*You have
not logged
any entries*

Manage Dosing



January 2013



MON	TUE	WED	THU	FRI	SAT	SUN
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

■ MISSED DOSE ■ PARTIAL DOSE ■ FULL DOSE

[Manage Dosing](#)Overall
AdherenceCurrent
Month

94%

*I'm on
track!*



January 2013



MON	TUE	WED	THU	FRI	SAT	SUN
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

■ MISSED DOSE ■ PARTIAL DOSE ■ FULL DOSE

[Manage Dosing](#)**Overall
Adherence****Current
Month****82%***How can I
improve my
adherence?*



You're on track!

Your dosage history shows that you are taking your doses regularly, and you are on track to achieving the best results from your therapy.

To remain on track to reaching your goals, you should aim to take more than 90% of your prescribed doses.

Prescribed Dose	Your adherence drops to <90% by
1 tablet	Only missing more than 3 tablets/month or 1.5 weekends/month
2 tablets	Only missing more than 6 tablets/month or 1.5 weekends/month



from your therapy.

To remain on track to reaching your goals, you should aim to take more than 90% of your prescribed doses.

Prescribed Dose	Your adherence drops to <90% by
1 tablet	Only missing more than 3 tablets/month or 1.5 weekends/month
2 tablets	Only missing more than 6 tablets/month or 1.5 weekends/month
3 tablets	Only missing more than 9 tablets/month or 1.5 weekends/month
4 tablets	Only missing more than 12 tablets/month or 1.5 weekends/month



Your adherence diary shows that you may have missed some doses recently.

To get back on track to reaching your goals, you should aim to take more than 90% of your prescribed doses.

Select the number of tablets in your daily dosing schedule.



Your adherence drops to <90% by



Select the number of tablets
in your daily dosing schedule.



**Your adherence
drops to <90% by**
only missing more than

3

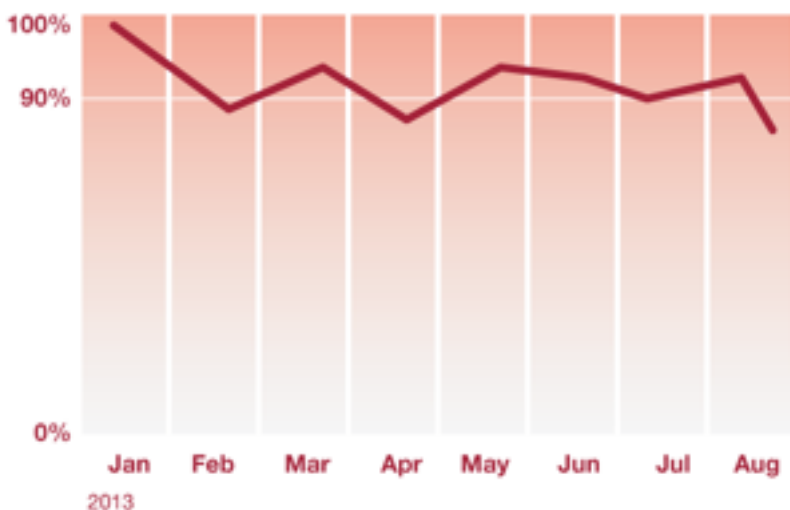
tablets/month or

1.5

weekends/month



Monthly Adherence Graph



This graph shows a summary of your monthly adherence. It is important that you take your medication as prescribed so you can get the best results from your therapy.

Why is adherence important?

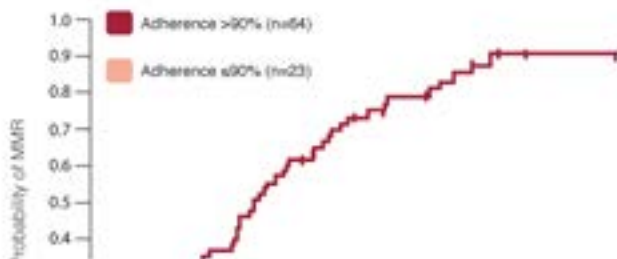


Why is adherence important?

- Adherence, or taking your medication exactly as prescribed by your doctor, has a big impact on the success of your treatment.
- You play an important role in managing your Ph+ CML, and you should try to do all you can to meet your goals. Missing doses or not taking your medication as prescribed can prevent you from achieving the best results from your therapy.
- A clinical study has shown

- A clinical study has shown a strong connection between taking medicine as prescribed and reaching important milestones. According to this study:

Doses taken	Missed days	Patient results
Less than 90%	More than 3 days or 1.5 weekends per month	Did not achieve MMR ($>0.1\%$ BCR-ABL [®] or <-3 -log reduction in BCR-ABL)
More than 90%	Less than 3 days or 1.5 weekends per month	Achieved MMR ($\leq 0.1\%$ BCR-ABL [®] or >-3 -log reduction in BCR-ABL)





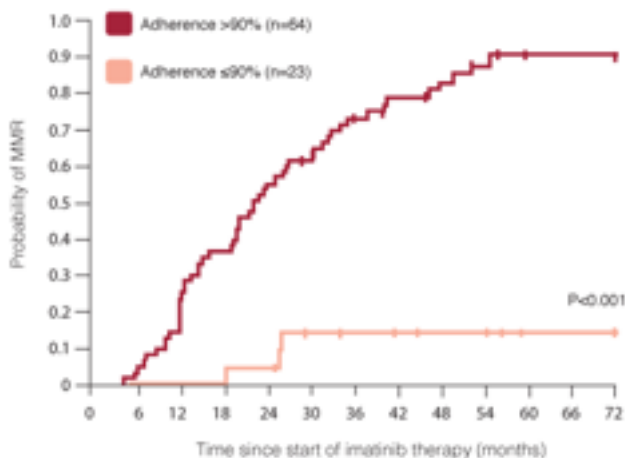
More than 90%

or 1.5 weekends
per month

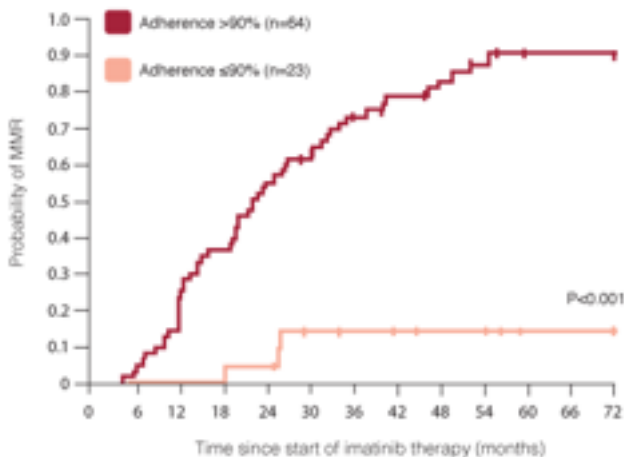
Less than 3 days
or 1.5 weekends
per month

BCR-ABL[®] or <3 -log reduction
in BCR-ABL

Achieved MMR ($<0.1\%$
BCR-ABL[®] or >3 -log reduction
in BCR-ABL)



- As you reach your goals towards improved health, you may be feeling better but you still need to take



- As you reach your goals towards improved health, you may be feeling better but you still need to take your medication regularly to keep Ph+ CML cells from coming back.

Cancel

myDosing

Save

STARTING DATE

TABLETS PER DAY

* Aug 04, 2012

4

Date

0



+ Add new dosing plan

* Your overall adherence is calculated starting from this date.

Cancel

myDosing

Save

STARTING DATE

TABLETS PER DAY

* Aug 04, 2012

4

Mar 03, 2013

0



Done

December

31

2010

January

01

2011

February

02

2012

March

03

2013

April

04

2014

May

05

2015

June

06

2016

Cancel

myDosing

Save

STARTING DATE

TABLETS PER DAY

* Aug 04, 2012

4

Date

0



The starting date has
not been entered.

+ Add new dosing plan

* Your overall adherence is calculated
starting from this date.

Cancel

myDosing

Save

STARTING DATE

TABLETS PER DAY

* Feb 02, 2013

4

.Jan 01, 2013

0



Your adherence start date
cannot be set to occur after
an existing dosing plan.

Please select a different date
or delete the dosing plan.

+ Add new dosing plan

* Your overall adherence is calculated
starting from this date.

Cancel

myDosing

Save

STARTING DATE

TABLETS PER DAY

* Aug 04, 2012

4

Aug 04, 2012

0



There is already a dosing plan
that starts on the selected date.

Please select a different date
or delete the dosing plan.

+ Add new dosing plan

* Your overall adherence is calculated
starting from this date.

PCR Results

What is a PCR test?



What do my PCR test results mean?



What are my milestones?



How often should I get PCR tests?



What if I am not reaching my goals?



Adherence

Why is adherence important?



How can I maintain good adherence?



Tips

Medication reminder tips



Side effect management



PCR Results

What is a PCR Test?

Every Philadelphia positive (Ph+) CML cell contains abnormal Philadelphia chromosomes with the CML-causing *BCR-ABL* gene. A polymerase chain reaction (PCR) test is a simple blood test that is sensitive enough to check for even the smallest trace of *BCR-ABL*.

PCR Results

What do my PCR test results mean?

Both log reduction and % *BCR-ABL*^{IS} results tell you about the levels of *BCR-ABL* present in your body. Since *BCR-ABL* is the cause of Ph+ CML, the lower the levels of *BCR-ABL*, the better.

When you receive your PCR test report, the result will either be given as a log reduction or % *BCR-ABL*^{IS}.

Log reduction:

- Describes the decrease of *BCR-ABL* levels in your blood
- Each 1-log reduction means that *BCR-ABL* levels have been

PCR Results

reduced by 10 times

- Number in your PCR test report that ranges between 0 to about 4.5

% BCR-ABL^{IS}:

- Describes the amount of *BCR-ABL* that remains in your blood
- Number that ranges between 100% to less than 0.003%

When you are entering a % BCR-ABL^{IS} result into myPCR Results, make sure that you enter the standardized result, which may be labeled as BCR-ABL (IS %) in your report – the “IS” stands for “International Scale” – as it

PCR Results

the standardized result, which may be labeled as BCR-ABL (IS %) in your report – the “IS” stands for “International Scale” – as it ensures a more accurate comparison between test results.

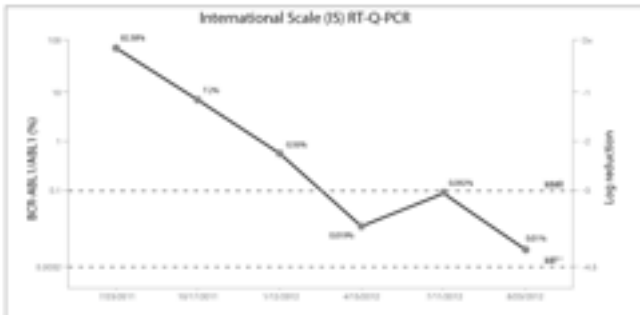
Here is a sample PCR test report:

Patient Name:		Hospital/Ordering Physician:	
Sex:	M	Date of Birth:	
Specimen:	Peripheral Blood	Received:	8/16/2012 9:12 AM
Collected:	8/15/2012	Reported:	8/16/2012 11:08:44 AM

Transcripts by Quantitative RT-Q-PCR

CLINICAL DATA:
17-year-old male. Whole blood submitted for evaluation.

MMR: YES
MR: NO



MMR, major molecular response; MR, molecular response.

PCR Results

What are my milestones?

Select a milestone to learn more:

CCyR**MMR****MR^{4.5}
or deeper**

2.5 cm

Complete Cytogenetic Response (CCyR):

- No cells with Ph chromosome in a bone marrow sample. CCyR is approximately equivalent to a 2-log reduction in *BCR-ABL* levels, or 1% *BCR-ABL* remaining

PCR Results



2.5 cm

Complete Cytogenetic Response (CCyR):

- No cells with Ph chromosome in a bone marrow sample. CCyR is approximately equivalent to a 2-log reduction in *BCR-ABL* levels, or 1% *BCR-ABL* remaining

This is roughly the size of a 2.5 cm mass containing approximately 10 billion *BCR-ABL* positive cells. A mass of this diameter is roughly equivalent in size to an almond without its shell.

PCR Results

What are my milestones?

Select a milestone to learn more:

CCyR**MMR****MR^{4.5}
or deeper**

1cm

Major Molecular Response (MMR):

- 3-log reduction in *BCR-ABL* levels or 0.1% *BCR-ABL* remaining

This is roughly the size of a 1 cm mass containing approximately

PCR Results

CCyR

MMR

MR^{4.5}
or deeper

1cm

Major Molecular Response (MMR):

- 3-log reduction in *BCR-ABL* levels or 0.1% *BCR-ABL* remaining

This is roughly the size of a 1 cm mass containing approximately 1 billion CML cells. A mass of this diameter is roughly equivalent in size to a Lima bean.

PCR Results

What are my milestones?

Select a milestone to learn more:

CCyR**MMR****MR^{4.5}
or deeper**

0.3 cm

MR^{4.5} or Deeper Response:

- 4.5-log reduction in *BCR-ABL* levels, or 0.0032% *BCR-ABL* remaining (or less)

This is roughly the size of a 0.3 cm mass containing approxi-

PCR Results

CCyR

MMR

**MR^{4.5}
or deeper**

0.3 cm

MR^{4.5} or Deeper Response:

- 4.5-log reduction in *BCR-ABL* levels, or 0.0032% *BCR-ABL* remaining (or less)

This is roughly the size of a 0.3 cm mass containing approximately 32 million CML cells. A mass of this diameter is roughly equivalent in size to a peppercorn.

PCR Results

How often should I get PCR tests?

- Experts recommend that you get tested at certain times to make sure you are on track to reaching your treatment goals
- Regular PCR blood testing is the only way to tell if you've reached MMR and are staying there
- You should have a PCR test every 3 months to make sure that your BCR-ABL levels are low or are decreasing

PCR Results

What if I am not reaching my goals?

- Some patients meet goals earlier than others. If you don't meet one of your goals, you and your healthcare provider should discuss your options. There are things you can do to get back on track, like taking your medication more regularly.
- If you have a PCR test that shows an increase in BCR-ABL, it is not necessarily a cause for alarm. Results may differ from time to time for a number of reasons.

PCR Results

If you have a PCR test that shows an increase in BCR-ABL, it is not necessarily a cause for alarm. Results may differ from time to time for a number of reasons.

For example: a test result could vary if you have missed doses or if you used a different lab for testing.

- If several tests in a row go up, however, be sure to talk to your healthcare provider. They may adjust your treatment regimen or schedule an extra PCR test to make sure you are still on track.

Adherence

Why is adherence important?

- Adherence, or taking your medication exactly as prescribed by your doctor, has a big impact on the success of your treatment.
- You play an important role in managing your Ph+ CML, and you should try to do all you can to meet your goals. Missing doses or not taking your medication as prescribed can prevent you from achieving the best results from your therapy.

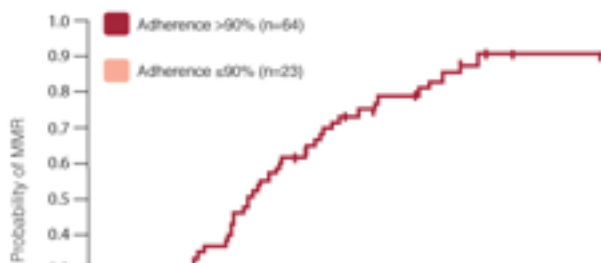
-

Adherence

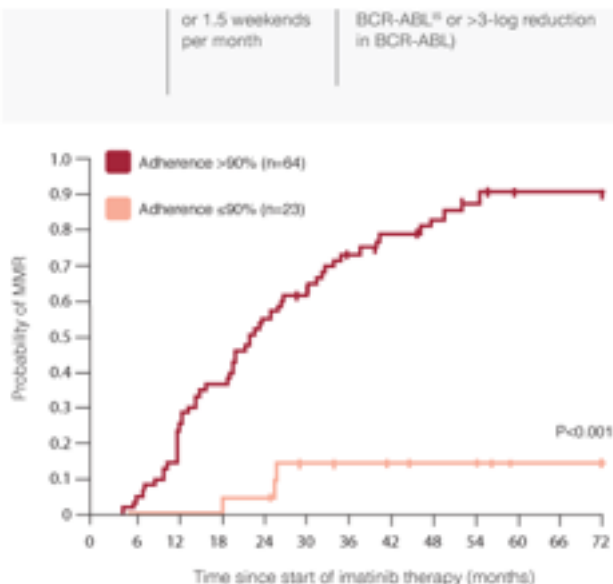
results from your therapy.

- A clinical study has shown a strong connection between taking medicine as prescribed and reaching important milestones.

Doses taken	Missed days	Patient results
Less than 90%	More than 3 days or 1.5 weekends per month	Did not achieve MMR ($>0.1\%$ BCR-ABL [®] or <3 -log reduction in BCR-ABL)
More than 90%	Less than 3 days or 1.5 weekends per month	Achieved MMR ($\leq 0.1\%$ BCR-ABL [®] or >3 -log reduction in BCR-ABL)



Adherence



As you reach your goals towards improved health, you may be feeling better but you still need to take your medication regularly to keep Ph⁺ CML cells from coming back.

Adherence

How can I maintain good adherence?

To remain on track to reaching your goals, you should aim to take more than 90% of your prescribed doses.

Select the number of tablets in your daily dosing schedule.



**Your adherence
drops to <90% by
only missing more than**

3

Adherence

Select the number of tablets
in your daily dosing schedule.



**Your adherence
drops to <90% by
only missing more than**

3

tablets/month or

1.5

weekends/month

Tips

Medication reminder tips

Take your medicine at the same time or times each day. It can be helpful to schedule your doses at the same time as other daily activities, such as brushing your teeth or getting ready for bed.

Place a reminder note where you will see it each day, like on a bathroom mirror, computer screen, or refrigerator door.

Keep your medicines in a place that will remind you to take them, like on the kitchen table or counter. Always keep medicines out of the reach

Tips

Keep your medicines in a place that will remind you to take them, like on the kitchen table or counter. Always keep medicines out of the reach of children.

Find a buddy. Ask someone in your house to remind you, especially during the first few weeks of a new medication schedule.

Use an alarm or sound to remind you that it is time to take your medicine. Devices like these can sometimes fail, so use them only as a back-up method:

Tips

Side effect management

It is important to understand the possible side effects of your medication. Each person's experience may be different, so talk with your healthcare provider about the following questions.

- What are the possible serious side effects?
- Are there early signs of these serious side effects that I should watch for?
- What other common side effects might happen?
- When should I call the office?

It is very important to talk with

Tips

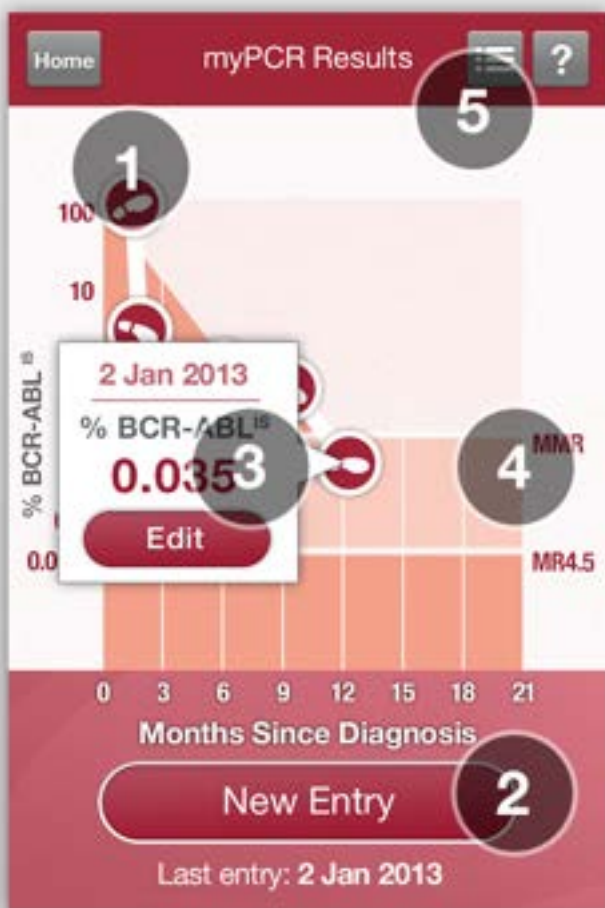
- What are the possible serious side effects?
- Are there early signs of these serious side effects that I should watch for?
- What other common side effects might happen?
- When should I call the office?

It is very important to talk with your healthcare provider about all side effects that you are experiencing. Your healthcare provider may need to order tests, change the dose of your medication, or tell you to stop taking a medicine. He or she may also recommend over-the-counter

Select each number for more information.



Select each number for more information.



Select each number for more information.



Select each number for more information



1. Adherence

Record how often you take your medication in your myAdherence Diary. Start by choosing a day – the current date will be selected unless you choose another day.

The current day will display as a missed dose (grey) until you select the doses you have taken. If you indicate that you have taken all of the doses in your dosing plan for a given day, the day will be shown in **dark red**. If you indicate that you have only taken some of the doses in your dosing plan for a given day, that day will be shown in **dark pink**.

Select each number for more information.

6

Cancel

myDosing

Save

5

STARTING DATE

TABLETS PER DAY

*

Aug 04, 2012

4

Date

1

0

2

4

3

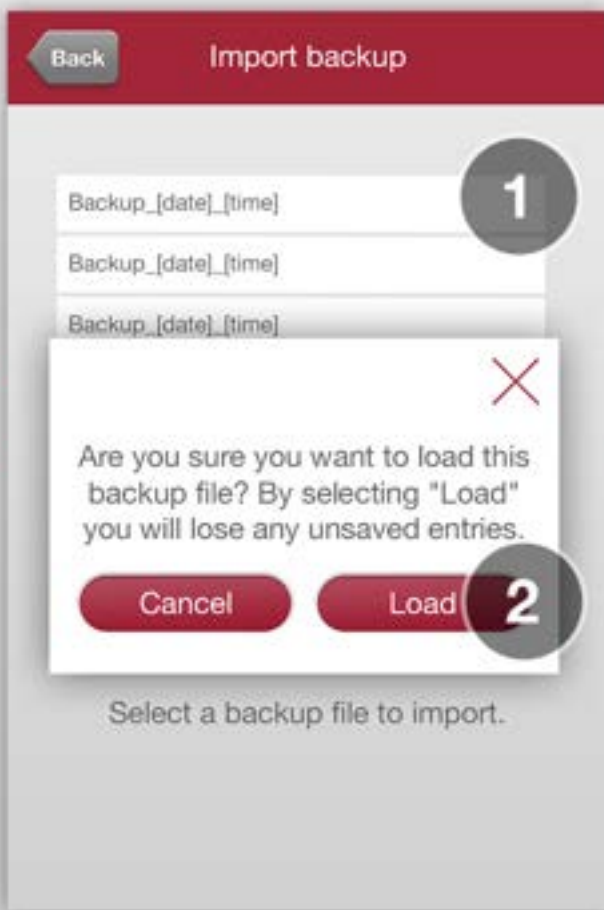
+ Add new dosing plan

* Your overall adherence is calculated starting from this date.

Select each number for more information.



Select each number for more information.



Select each number for more information.



Select each number for more information.



myPCR Tracker

PCR results % BCR-ABL ▶

Reminder to enter PCR results Off ▶

myAdherence Diary

Reminder to enter adherence Off ▶

Other

Terms of use and privacy policy ▶

Maintenance

Create backup ▶

Import backup ▶

Delete entries ▶

% BCR-ABL^{IS}

Log Reduction

Your PCR results may have been given as either % BCR-ABL or log reduction. Please select the format in which you have received your results.

[Find out more](#)

Remind me

OFF

If enabled, you will be reminded to enter your PCR results every 90 days (10 days before your next expected test result).

Note that for reminders to work, you must have notifications enabled for this app in your device's settings.

Remind me

ON

Show badge

ON

Select the time for your reminder
(every 90 days).

9

10

11

12

1

2

3

00

01

02

03

AM

PM

Remind me

If enabled, you will be reminded to make an entry in your adherence diary.

Note that for reminders to work, you must have notifications enabled for this app in your device's settings.

[Back](#)

Adherence Reminder

Remind me

ON

Reminder Frequency

Daily



Weekly



Mon

9

Tue

10

11

Wed

12

00

AM

Thu

1

01

PM

2

02

Fri

3

03

Create Backup File

Tap below to learn how to back up
and transfer data.





You have successfully created a
backup file.

Backup_[date]_[time]

Backup_[date]_[time]

Backup_[date]_[time]

Backup_[date]_[time]

Backup_[date]_[time]

Backup_[date]_[time]

Backup_[date]_[time]

Backup_[date]_[time]

Select a backup file to import.

Backup_[date]_[time]

Backup_[date]_[time]

Backup_[date]_[time]



Are you sure you want to load this backup file? By selecting "Load" you will lose any unsaved entries.

Cancel

Load

Select a backup file to import.

Back

Import backup

Backup_[date]_[time]

Backup_[date]_[time]

Backup_[date]_[time]



[Filename] has been loaded.

Select a backup file to import.

Back

Delete Entries

Delete all PCR results

Delete all adherence data