

A GUIDE TO SCALP CARE AND TRANSDUCER ARRAY PLACEMENT



Maximizing your
time on Optune
Gio® starts with
proper scalp care

Inside you will find helpful
tips for taking care of your
skin during treatment

 **OPTUNE**
GIO®

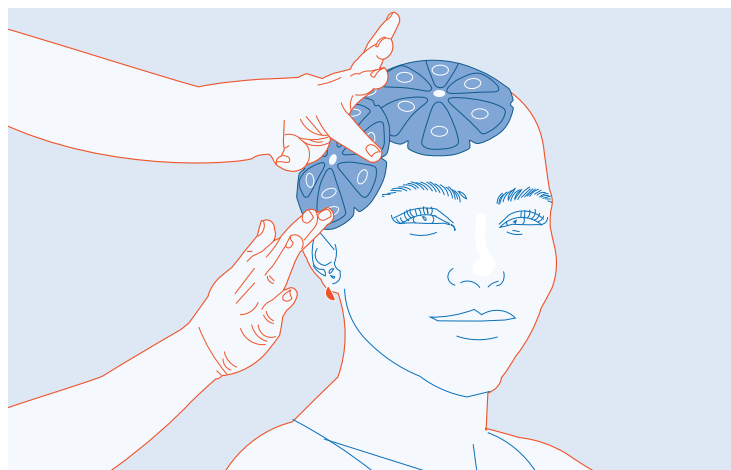
I POWER MY LIFE

Actor Portrayal

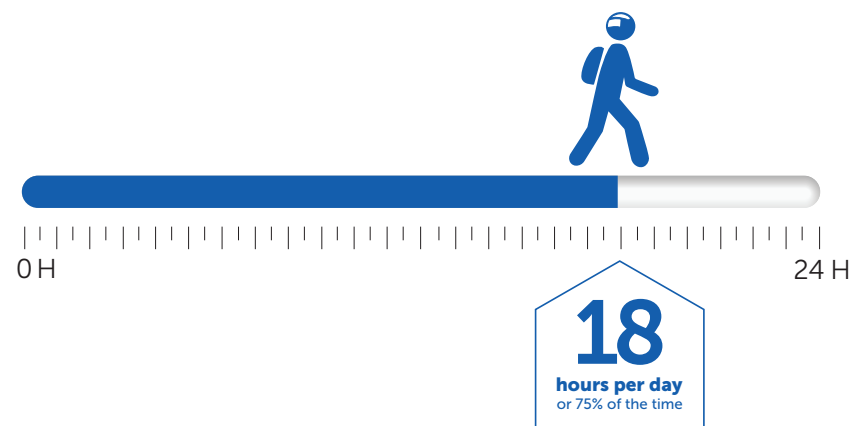
Proper scalp care could prevent irritation to help you get the most out of Optune Gio®

We want you to get the best possible response from treatment, so we've created this booklet to help prevent scalp irritation and help you wear the device for longer each day. You and your caregiver can use this booklet to help you:

- Prevent and minimize skin irritation
- Reduce the risk of infection
- Prepare your scalp to ensure proper array-to-scalp contact
- Properly place transducer arrays
- Manage skin irritation, should it occur



How long should I use Optune Gio?



Tumor Treating Fields (TTFields) application should be continuous for at least 18 hours a day on average. Patients may take breaks for personal needs (eg, showers, changing arrays) as long as the average treatment duration remains at least 18 hours per day.

How can I minimize skin irritation and reduce the risk of infection?

Tips to minimize skin irritation



Change arrays twice a week or when arrays loosen.

Friction can be minimized by placing adhesive padding, such as silicone tape gel or a hydrocolloid dressing, where necessary to prevent rubbing and reduce added pressure to the skin. Ensure that the placement of adhesive padding does not interfere with the adhesion of the arrays to the treatment area.



Avoid placing segments over noticeable screws, plates, unhealed scars, or open sores.



Ensure anything covering the arrays has good ventilation to help minimize skin irritation or increasing array temperature.



Remove arrays gently by pulling back on the edge of the array, taking a minute to remove each array.

- Use baby oil to loosen the edges of the arrays to pull them off or warm water to loosen the edges of the arrays to pull them off
- Based on patient experience, unplug the cords from the connector box and step into a warm shower to loosen and remove the arrays
- Wash your scalp with a mild fragrance-free shampoo or dandruff shampoo
- After array removal, skin should be thoroughly examined. Any signs of skin damage or excess irritation should be reported to the physician promptly. Keep a photo diary of any skin damage or irritation experienced. This log can then be referred back to during clinic appointments



Actor Portrayal



Actor Portrayal

Tips to minimize skin irritation (continued)



Rotate the arrays during routine exchanges clockwise or counterclockwise.

- **Place the new array 0.75 inches from the last place to avoid placing them in the same spot**

Contact your Device Support Specialist (DSS) and treating physician if you are experiencing any skin irritation. Your physician is the only one who can answer medical questions about how to treat the skin irritation. Your DSS can help you with how to best position the arrays to avoid the areas of skin irritation.

Tips to reduce the risk of infection



Wash your hands before each application and removal of arrays.



Wash your scalp with a mild fragrance-free or dandruff shampoo.



Clean electric razor after every use and replace electric shaver head every 3-6 months.



Help reduce the risk of skin irritation with proper transducer array placement and shifting.



Take a picture of any skin irritation and notify your doctor.

How can I minimize skin irritation, reduce the risk of infection, and stay cooler when using Optune Gio® in warm weather?

Change arrays at least twice a week or when arrays loosen.

However, more frequent transducer array exchanges are recommended if:

- The weather has been warmer, causing you to sweat more
- Your hair grows quickly
- You've performed intense physical activity, causing you to sweat more
- You're experiencing discomfort, intense itching, or excessive oiliness on your scalp
- The hydrogel layer over the segments becomes soft or "goosey" because of excessive moisture on your scalp



Actor Portrayal



The Optune Gio Buddy Program

From scalp care to hot-weather "head wear" and more, hear from someone who's been there. This program lets you connect with Optune Gio users and caregivers who share their first-hand experiences with glioblastoma (GBM) and how they incorporated Optune Gio into their lives.

OptuneGioBuddy.com



Monthly Optune Gio Webinars

Webinars throughout the year keep you informed of the things you want and need to know. Things like adjusting to life with Optune Gio, traveling with Optune Gio, even how to stay and look cool on summer days with Optune Gio.

Please note that we cannot provide you with medical advice. Consult with your doctor for medical questions.

How can I prepare my scalp for placing arrays?

Follow these simple steps:



Shave your scalp closely with the electric razor in your starter kit

- Use a clean shaver after every use
- Run a moistened gauze pad across your skin. If there is noticeable friction, you need a closer shave



After shaving, wash your skin using a gentle shampoo*

- Prior to placing a new set of arrays, gently pat your skin dry with an absorbent towel to remove moisture or residue

*Use a mild fragrance-free shampoo or dandruff shampoo.



Skin should be moisturized regularly with fragrance-free moisturizers

- If any preventative topical medications (corticosteroid or antibiotic cream/solution) are being used, they should be applied to clean skin and left uncovered for as long as directed by your doctor to allow for proper absorption before application of the arrays. Any residues should be removed before array placement. To remove any residues, clean the skin and gently pat dry. Avoid rubbing to minimize skin abrasion/damage

Proper shaving and washing are important to promote optimal array-to-scalp contact and minimize skin irritation.



Actor Portrayal

How do I place my arrays?

- Make sure your skin is completely dry before applying a new set of arrays
- Reference your array layout map for placement
- Hold arrays by the mesh, avoid touching the segments
- Place down on treatment site, avoid stretching and pulling arrays during placement
- Once you place the arrays, press down on the segments first, then smooth out the mesh to ensure the segments are secure (ensure the mesh is not under any of the segments)
- While it is OK for the mesh of the arrays to overlap, make sure the segments do not overlap and avoid taping under the segments
- For scalp placement, if necessary, utilize tape and place tubular mesh over arrays to help keep them in place

How do I shift my arrays?

To minimize skin irritation, slightly rotate the arrays clockwise or counterclockwise and place them approximately 0.75 inches from the last location every time you exchange them, so contact sites vary. Your DSS will provide you with guidance.

On your next transducer array exchange, shift them back to the previous position.

- The segments leave a slight impression on the surface of your skin. This allows you or your caregiver to see where to position the new set of arrays

Note: Do not discard your used arrays. Please place them in the bag provided by the DSS.



What are examples of skin irritation that can occur?

Skin irritation, also called “dermatologic adverse events,” can occur. These photos show some potential skin issues.



Dermatitis is skin inflammation that appears with swelling and redness, followed by scaling.



Folliculitis is an inflammation of a hair follicle that appears as a red pimple with hair in the center. There may be pus, itching, and/or burning.



Erosions are moist, depressed sores (lesions) of a limited area that result from loss of the top layer of the skin (epidermis). They can cause mild bleeding, pain, and burning.

Contact your DSS and treating physician if you are experiencing any skin irritation. Your physician is the only one who can answer medical questions about how to treat the skin irritation. Your DSS can help you with how to best position the arrays to avoid the areas of skin irritation.



Actor Portrayal



Actor Portrayal

What do I do if skin irritation develops on my scalp?

Take note

Skin irritation as a result of this treatment can often be managed without discontinuing therapy, through proper skin care and the use of medications such as topical corticosteroids and antibiotics.

If you experience swelling, redness, excessive itching, or other skin-related symptoms:



- Contact your healthcare provider for treatment options
 - Take a photograph of the affected area
 - If you have a scheduled appointment at a time when skin irritation is a concern, do not wear arrays to the visit, so your doctor can properly examine your scalp
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- Please refer to pages 4-8 for tips that may help you minimize skin irritation, prevent infection, and stay cool when using Optune Gio® in warm weather

A DSS will ask you some questions about your skin condition and instruct you to contact your physician if there are any skin reactions related to treatment with TTFields.

What is Optune Gio® approved to treat?

Optune Gio is a wearable, portable, FDA-approved device indicated to treat a type of brain cancer called glioblastoma multiforme (GBM) in adult patients 22 years of age or older.

Newly diagnosed GBM

If you have newly diagnosed GBM, Optune Gio is used together with a chemotherapy called temozolomide (TMZ) if:

- Your cancer is confirmed by your healthcare professional **AND**
- You have had surgery to remove as much of the tumor as possible

Recurrent GBM

If your tumor has come back, Optune Gio can be used alone as an alternative to standard medical therapy if:

- You have tried surgery and radiation and they did not work or are no longer working **AND**
- You have tried chemotherapy and your GBM has been confirmed by your healthcare professional

Who should not use Optune Gio?

Optune Gio is not for everyone. Talk to your doctor if you have:

- **An implanted medical device (programmable shunt), skull defect (missing bone with no replacement), or bullet fragment.** Optune Gio has not been tested in people with implanted electronic devices, which may cause the devices not to work properly, and Optune Gio has not been tested in people with skull defects or bullet fragments, which may cause Optune Gio not to work properly
- **A known sensitivity to conductive hydrogels** (the gel on the arrays placed on the scalp like the ones used on EKGs). When Optune Gio comes into contact with the skin, it may cause more redness and itching or may rarely cause a life-threatening allergic reaction

Do not use Optune Gio if you are pregnant or are planning to become pregnant. It is not known if Optune Gio is safe or effective during pregnancy.

What should I know before using Optune Gio?

Optune Gio should only be used after receiving training from qualified personnel, such as your doctor, a nurse, or other medical staff who have completed a training course given by Novocure®, the maker of Optune Gio.

- Do not use any parts that did not come with the Optune Gio Treatment Kit sent to you by Novocure or given to you by your doctor
- Do not get the device or transducer arrays wet
- If you have an underlying serious skin condition on the scalp, discuss with your doctor whether this may prevent or temporarily interfere with Optune Gio treatment

What are the possible side effects of Optune Gio?

Most common side effects of Optune Gio when used together with chemotherapy (temozolomide, or TMZ) were low blood platelet count, nausea, constipation, vomiting, tiredness, scalp irritation from the device, headache, seizure, and depression. The most common side effects when using Optune Gio alone were scalp irritation (redness and itchiness) and headache. Other side effects were malaise, muscle twitching, fall and skin ulcers. Talk to your doctor if you have any of these side effects or questions.

Please visit [OptuneGio.com/Safety](https://www.optunegio.com/safety) for the Optune Gio Instructions For Use (IFU) for complete information regarding the device's indications, contraindications, warnings, and precautions.

How can I find additional support and resources?

Contact MyNovocure® or visit OptuneGio.com for more information.



MyNovocure

Resources are available throughout your treatment journey. Whether it's answering your questions or helping you reorder supplies, support from MyNovocure is designed with you in mind. That way, you can feel more confident about your next steps.* Call MyNovocure at 1-855-281-9301.



OptuneGio.com

Gives patients and caregivers a wealth of information about Optune Gio®, including videos, downloadable resources, and where to find a certified treatment center.



Optune Gio Facebook page

Check out some of the things Optune Gio users do to personalize their Optune Gio look.

*It's important to know that MyNovocure cannot provide medical advice. To make sure you receive proper support, be sure to ask your doctor any treatment questions you may have.

Please visit [OptuneGio.com/Safety](https://www.optunegio.com/safety) for the Optune Gio Instructions For Use (IFU) for complete information regarding the device's indications, contraindications, warnings, and precautions.

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