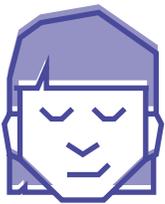


Train Your Mind—One Breath at a Time

In our multitasking world, people don't often slow down and focus on the present. Mindfulness is the act of paying attention to the moment you are in.



It is common to experience a range of emotions while living with recurrent ovarian cancer. Your emotions may not always feel positive or hopeful. You may have experienced feelings of stress, depression, or anxiety. Practicing mindful activities may help you cope with how you feel. There are many types of mindful activities. A good place to start is with mindful breathing.

Mindfulness takes practice

You can approach any activity in a mindful way. During your practice, you may notice your mind wandering from time to time. When this happens, note that your mind has wandered, acknowledge the thought, and gently return to your mindful activity. Like any skill, it gets easier with practice.

You may wonder what to do if

- **Your nose itches.** Part of mindfulness is being present and aware of your body. Notice how you feel, but return to your mindful activity
- **You can't focus.** Bring your attention back to your breathing. Take a few slow, deep breaths. Notice how you feel. Return your focus to your mindful activity

Mindful breathing

Sit in a comfortable position in a chair or on the floor with your arms and legs relaxed. Feel the weight of your body. Notice the parts of your body that feel comfortable and try to relax any areas that feel tight.

- **Notice** your breathing. **Slow** and deepen your breath. If it helps you focus, soften your gaze or close your eyes
- **Pay attention** to how your breath feels as it moves through your nose. Try to slow your breath even more. **Feel** your chest or stomach rise and fall. Continue to **focus on your breath** for several minutes, just noticing your breathing
- Gradually return your breathing to normal. Try to **relax** even more deeply
- Before you finish your practice, **take a moment to notice how you feel**

Try adding mindfulness to your routine.

Set aside 5 minutes in your day to practice mindful breathing. Once you can do 5 minutes, try extending your mindful practice by a few more minutes. Keep up your practice every day for 3 weeks and see how you feel. Write down what you notice with your practice.

When will you add mindfulness to your day?

AM / PM
(Circle one.)



For more information about mindfulness, visit ZEJULA.com or pages 34-35 of *My Plan, My Way*. Don't have *My Plan, My Way* yet? Visit ZEJULA.com to sign up for *ZEJULA My Way* to get your free starter kit.

Indication

ZEJULA is a prescription medicine used for the maintenance treatment of adults with ovarian cancer, fallopian tube cancer, or primary peritoneal cancer, when the cancer comes back. ZEJULA is used after the cancer has responded (complete or partial response) to treatment with platinum-based chemotherapy.



It is not known if ZEJULA is safe and effective in children.

Important Safety Information

ZEJULA may cause serious side effects, including:

Bone marrow problems called Myelodysplastic Syndrome (MDS) or a type of blood cancer called Acute Myeloid Leukemia (AML).

Some people who have ovarian cancer and who have received previous treatment with chemotherapy or certain other medicines for their cancer have developed MDS or AML during treatment with ZEJULA. MDS or AML may lead to death.

Symptoms of low blood cell counts (low red blood cells, low white blood cells, and low platelets) are common during treatment with ZEJULA, but they can be a sign of serious bone marrow problems, including MDS or AML. These symptoms may include the following:

- Weakness
- Weight loss
- Fever
- Blood in urine or stool
- Feeling tired
- Frequent infections
- Shortness of breath
- Bruising or bleeding more easily

Your doctor will do blood tests to check your blood cell counts before treatment with ZEJULA. You will be tested weekly for the first month of treatment with ZEJULA, monthly for the next 11 months of treatment, and from time to time afterward.

High blood pressure is common during treatment with ZEJULA, and it can become serious. Your doctor will check your blood pressure and heart rate monthly for the first year during your treatment with ZEJULA and as needed afterward. Your doctor may lower the dose of ZEJULA to treat high blood pressure.

Before starting to take ZEJULA, tell your doctor about all of your medical conditions, including if you:

- Have heart problems
- Have high blood pressure
- Are pregnant or plan to become pregnant. ZEJULA may harm an unborn baby and may cause loss of pregnancy (miscarriage)
 - If you are able to become pregnant, you should use effective birth control (contraception) during treatment with ZEJULA and for 6 months after taking the last dose of ZEJULA
 - If you are able to become pregnant, your doctor may perform a pregnancy test before you start treatment with ZEJULA
 - You should tell your doctor right away if you become pregnant
- Are breastfeeding or plan to breastfeed
 - ZEJULA may harm your baby. You should not breastfeed your baby during treatment with ZEJULA and for 1 month after taking the last dose of ZEJULA

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

The most common side effects of ZEJULA include the following:

- Heart not beating regularly
- Nausea
- Constipation
- Vomiting
- Pain in the stomach area
- Mouth sores
- Diarrhea
- Indigestion or heartburn
- Dry mouth
- Tiredness
- Loss of appetite
- Urinary tract infection
- Shortness of breath
- Cough
- Rash
- Changes in liver function blood tests
- Pain in your joints, muscles, and back
- Headache
- Dizziness
- Change in the way food tastes
- Trouble sleeping
- Anxiety
- Sore throat

If you have certain side effects, then your doctor may change your dose of ZEJULA, temporarily stop your treatment with ZEJULA, or permanently stop treatment with ZEJULA.

These are not all the possible side effects of ZEJULA. For more information, ask your doctor or pharmacist. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Please see accompanying Prescribing Information, also available at ZEJULA.com.