

# Moving Forward

A newsletter for trial participants.

ISSUE SIX

## Thank you

Eli Lilly and Company is pleased to bring you the sixth and final issue of Moving Forward, a semi-annual newsletter designed specifically for participants in the trial. Here you will find information that you can use as you move forward in your life. Your commitment to helping not only yourself, but also countless others who face diffuse large B cell lymphoma (a type of non-Hodgkin lymphoma), is vital to progress in research, treatment, and quality of life. Your participation in the trial has been important and we are very grateful for your dedication.

## A GLOBAL COMMUNITY

You are not alone. As a trial participant, you have been part of a global community — individuals from 24 countries around the world who have faced the challenge of diffuse large B cell lymphoma and who now are, like you, contributing to research. Continue to share your story with others. Your voice can help promote early intervention, effective treatment, and more funding for research and support programs.

## PRELUDE TRIAL FACTS

- **Type of trial:** The Prelude Trial is a Phase III clinical trial investigating the study drug as a maintenance therapy for diffuse large B cell lymphoma. It involves large-scale testing that provides the pharmaceutical company, the U.S. Food and Drug Administration, and other regulatory agencies around the world a more thorough understanding of the drug's effectiveness, its benefits, and possible adverse effects.
- **Length of participants:** 752
- **Length of trial:** 36 months
- **Countries represented:** Australia, Belgium, Brazil, Canada, China, Czech Republic, Denmark, France, Finland, Germany, Greece, Hungary, India, Italy, Japan, Korea, Mexico, Poland, Portugal, Spain, Sweden, Taiwan, United Kingdom and the United States.

## Living Your Life to the Fullest

Being a cancer survivor is challenging, but now that you are moving forward, you have the power to enjoy your life to the fullest.

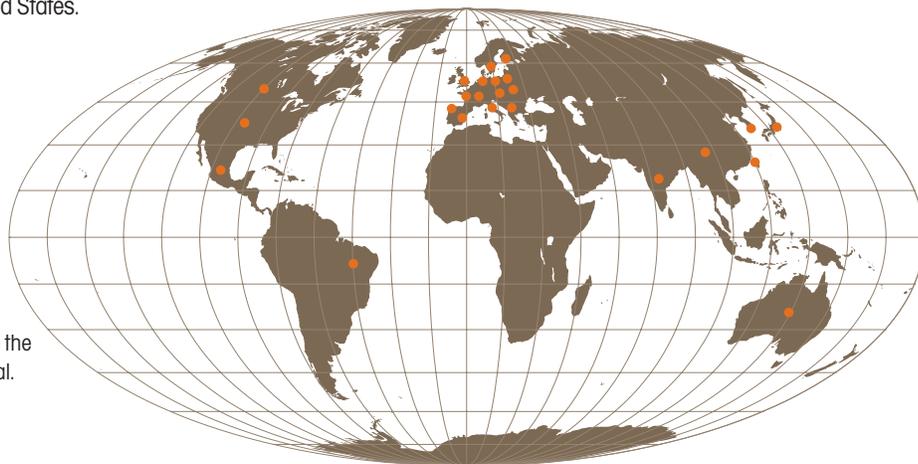
The world is full of inspiring stories about people who have survived cancer and gone on to live vibrant, rewarding, and magnificent lives. To name a few famous examples:

- Cyclist Lance Armstrong battled testicular cancer and went on to win the Tour de France a record seven times.
- Singer Olivia Newton-John recovered from breast cancer and dedicated her talents to fundraising for breast cancer charities and promoting advocacy for patients.
- Comedian Julia Sweeney harnessed her sense of humor to transform the story of her fight against cervical cancer into a successful one-woman show (and subsequent award-winning film) called, "And God Said, Ha!"

## HOW WILL YOUR STORY UNFOLD?

By participating in the Prelude Trial, you have already written the first inspiring chapter. As you continue moving forward, treat each day as a gift — a gift you deserve.

The dots on the map designate the countries represented in the trial.



## Behind the Scenes: Mandy Fletcher

As Project Manager, Industry Trials for ACORN Research, Mandy Fletcher works with community-based clinics across the U.S. and around the world. Her company helps clinics manage the numerous administrative responsibilities that come with serving as a site for a drug trial: handling contracts, managing budgets, ensuring regulatory compliance and transcribing data.

Her position – as a liaison between the drug companies that sponsor studies and the clinics that serve as study sites – gives her a special perspective on the importance of drug trials. “If you don’t have consistent trial participation, the end result is no new treatment for diseases,” she said. “So everything we do is vital to bring drugs to market so they can change people’s lives. It’s all about the data. You have to have a certain percentage of completed patients on each trial.”

Getting the Prelude Trial up and running posed some unique challenges. “Lymphoma affects a smaller patient population so it’s challenging to enroll enough participants,” she explained. “These patients need to be stable and already responding to treatment so we want to keep them in this maintenance state.”

From her perspective, trial participants can have a positive impact that extends long after the trial is complete. “We still have challenges with patients who are leery of participating because of past issues with research,” she said. “We hope that patients will spread the word about the importance of participating to others. Participants play a huge role—they help themselves, they help others and they change the way we treat the disease. Without them, we would never get drugs to market.”

“The future depends on what we do in the present.”

**Mahatma Gandhi**

Indian Political and Spiritual Leader  
(1869-1948)

“There is no education like adversity.”

**Benjamin Disraeli**

British Statesman  
(1804-1881)

## Meditation for Health and Stress Relief

Jon Kabat-Zinn, Ph.D.—founder of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School—has dedicated much of his career to studying how mind/body interactions affect healing. Students at the clinic’s stress reduction course learn a simple, yet powerful, technique called body-scan meditation.

Performing a body-scan meditation is a simple matter of focusing your breath and your attention on each part of your body in turn. Here is a brief overview of the technique, which is detailed in several of Dr. Kabat-Zinn’s bestselling books:

- Begin by lying comfortably on your back, on a floor mat or in bed.
- Focus your mind and your breath on each part of your body, starting with your toes and progressing slowly to the very top of your head.
- Shift your attention gradually from toes, to foot, to ankle, and so on, moving onward as you feel ready to do so.
- Allow yourself to feel and observe any sensation or lack of sensation along the way.

If you are interested in learning more about the body scan and other meditation techniques, Dr. Kabat-Zinn’s works for the lay public are widely available in print and electronic media. His books have been translated into more than 30 languages.

### Quick Check

#### ARE YOU TAKING YOUR TRIAL MEDICATION CORRECTLY?

It is essential that you take your trial medication every day – and in the correct way:

FROM DAY TWO AFTER STARTING THE TRIAL  
(AND EVERY DAY THEREAFTER): BOTTLE TABLETS.

- Swallow 4 tablets (consecutively), once a day, within 30 minutes after finishing a meal; preferably after the same meal each day.
- For more detailed instructions, check the insert you received with your Trial Welcome Kit, or contact your doctor.