A guide to scalp care and transducer array placement

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

Patient images reflect the health status of the patients at the time each photo was taken.

This information is not intended to take the place of your doctor’s advice. Make sure you speak with your doctor to determine what treatment is right for you.
Proper scalp care plays an important role in preventing irritation to help maximize your time on Optune®

We want you to get the best possible response from treatment, so we’ve created this booklet to help prevent scalp irritation and maximize time on therapy. You and your caregiver can use this booklet to help you:

☑ 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?

An analysis of data from a large clinical study showed that patients who used Optune at least 75% of the time, which equates to 18 hours a day, generally had better outcomes than patients who used Optune less than 75% of the time.

Please see Important Safety Information on pages 14 and 15 of this brochure.
How can I minimize skin irritation and reduce the risk of infection?

Tips to minimize skin irritation

**Change** transducer arrays at least twice a week (every fourth day at most)

**Shift** transducer arrays during routine exchanges
- Place the new array 0.75 inches away from the last place it was on the skin to avoid irritation

If your layout requires trimming or cutting, consider using the scissors provided by Novocure. Your DSS can provide tips and guidance on trimming

**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
- Based on patient experience, unplug the cords from the connector box and step into a warm shower to loosen and remove the arrays

**Avoid** placing ceramic discs directly over screws, plates, or scars

**Ensure** proper ventilation of transducer arrays
Tips to reduce the risk of infection

- **Wash** your hands before each application and removal of transducer arrays
- **Wash** your scalp between transducer array exchanges
- **Clean** the electric razor per manufacturer’s guidelines after every shave
- **Help** reduce the risk of skin irritation with proper transducer array placement and shifting
- **Notify** your doctor right away if you develop redness or irritation so that steps can be taken to avoid infection and possible treatment interruption
How can I minimize skin irritation, reduce the risk of infection, and stay cooler when using Optune® in warm weather?

Transducer arrays must be changed at least 2 times per week (every fourth day at most).

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 ceramic discs becomes soft or “gooey” because of excessive moisture on your scalp

Consider wearing ventilated hats in hot weather. Visit Optunedailylife.com for a list of head coverings.
The Optune 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 users and caregivers who share their first-hand experiences with glioblastoma (GBM) and how they incorporated Optune into their lives. OptuneBuddyProgram.com

Monthly Optune Webinars—Webinars throughout the year keep you informed of the things you want and need to know. Things like adjusting to life with Optune, traveling with Optune, even how to stay and look cool on summer days with Optune. To learn more about Webinars and Live Events, visit OptuneOpenHouse.com

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

Please see Important Safety Information on pages 14 and 15 of this brochure.
How can I prepare my scalp for placing transducer arrays?

Follow these simple steps:

Shave your scalp closely with the electric razor in your starter kit
- Make sure the razor is clean to ensure a close shave and avoid nicks
- Run a gauze pad moistened with 70% isopropyl alcohol across your scalp. If there is noticeable friction, you need a closer shave

After shaving, wash your scalp with a mild fragrance-free shampoo or dandruff shampoo
- Just prior to placing a new set of arrays, wipe your scalp with 70% isopropyl alcohol to remove additional oil. If you are experiencing a skin irritation, avoid contact with the affected area

Make sure your head is completely dry before applying a new set of transducer arrays
- While it is OK for the mesh of the arrays to overlap, make sure the ceramic discs do not overlap and avoid taping under the discs
- Surgilast will help keep the arrays in place

Note: If you are using a corticosteroid or antibiotic ointment, its application should not interfere with your array placement schedule. Just be sure to apply the ointment on your regularly scheduled array placement days. Leave the ointment on your scalp for as long as directed by your doctor. After the ointment has been in place for the prescribed length of time, wash your scalp and wipe it with 70% isopropyl alcohol to remove any remaining oil.
Proper shaving and washing are important to promote optimal array-to-scalp contact and minimize skin irritation.

Please see Important Safety Information on pages 14 and 15 of this brochure.

Dorothy is an Optune user and Patient Ambassador.
How do I place my arrays?

- Reference your transducer array layout map for placement
- Hold arrays by the mesh, avoiding touching the discs
- Place down on scalp, avoid stretching and pulling arrays during placement
- Once you place array, press down on the discs first, then smooth out the mesh to ensure discs are secure (ensure the mesh is not under any of the discs)
- If necessary, utilize tape and place surgilast over arrays to help keep them in place

To view a brief demonstration of applying transducer arrays, visit Optune.com.
How do I shift my arrays?

To minimize skin irritation, slightly shift the placement of the transducer arrays by approximately 0.75 inches from the last location, every time you exchange them, so contact sites vary. On your next transducer array exchange, shift them back to the previous position.

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

Note: Please contact Novocure® to arrange for proper disposal of used transducer arrays. Do not throw them in the trash.
What are examples of skin irritation that can occur?

Skin irritation, also called dermatologic adverse events (dAEs), can occur. These photos show some potential dAEs.

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

Take Note
Skin irritation that happens as a result of treatment with Optune® most often can be managed with proper skin care and the use of medications such as topical corticosteroids and antibiotics, without discontinuing therapy.

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

- Please refer to pages 4-6 for tips on minimizing skin irritation, preventing infection, and staying cooler when using Optune in warm weather

This information is not intended to take the place of your doctor’s advice. Note that neither a Device Support Specialist (DSS) nor a Care Coordinator (CC) at nCompass™ can manage skin irritation.
What is Optune® approved to treat?
Optune 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 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 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?
Optune 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 has not been tested in people with implanted electronic devices, which may cause the devices not to work properly, and Optune has not been tested in people with skull defects or bullet fragments, which may cause Optune 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 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 if you are pregnant or are planning to become pregnant. It is not known if Optune is safe or effective during pregnancy.
What should I know before using Optune?
Optune 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.

- Do not use any parts that did not come with the Optune 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 treatment

What are the possible side effects of Optune?
Most common side effects of Optune 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 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 Optune.com/Safety for the Optune 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 nCompass™ or visit Optune.com for more information

**nCompass**—Provides complete, customized support based on your needs every step of the way, providing answers and resources to help you meet your treatment goals.* Call toll free at 1-855-281-9301.

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

**Optune Facebook page**—Check out some of the things Optune users do to personalize their Optune look.

*nCompass cannot provide you with medical advice. Consult with your doctor for medical questions.

Please visit Optune.com/Safety for the Optune Instructions For Use (IFU) for complete information regarding the device’s indications, contraindications, warnings, and precautions.