

Therapy Begins Before the Infusion

A patient perspective on anti-CD19 CAR-T cell therapy for ACPA-positive rheumatoid arthritis

What We Are Afraid Of

Courage is not having no fear —
courage is not letting fear make
the decision.

The Decision

I do not want to look back on my **one wild, precious life** — and wonder whether I missed it because safety was more comfortable than hope.

What Happens Before the Infusion

The therapy doesn't begin in the body, but **long before**: in the mind, in hope, in fear.

The conversations and the uncertainty

Patients do not experience risk statistically — they experience it personally.

The small human moments that stay with you

Sometimes it is **the smallest
gestures** that stay the longest.

The insight

Hope, fear, doubt, and courage are not a side note in therapy. **They are part of it.**

What remains

I don't know what comes after. But I
do know: Therapy has **already begun**.

Thank you.

COURAGE