

Date: \_\_\_\_\_ Physician: \_\_\_\_\_



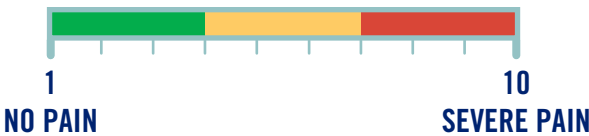
**ENBREL Discussion Guide**

# Show your doctor how psoriatic arthritis affects you

Your joint pain could actually be a sign of joint damage. And that damage is irreversible and can't be undone. If joint pain, swelling, and stiffness are making it difficult for you to do everyday things, your doctor needs to know so that you can work together to make the right decisions about your treatment.

**Think about your symptoms over the past week or two.**

Rate your **joint pain** on your **best** and **worst** day.



**For how long did morning stiffness last on your best and worst day?**



	1 hour	2 hours	3 hours	4 hours	5+ hours
Best day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Worst day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**In the past 2-3 weeks, which did you have more of?**

Good days  Not-so-good days

[Continued on next page]

**INDICATION:** ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with psoriatic arthritis. ENBREL can be used with or without methotrexate.

**Please see Important Safety Information on page 5.**



**Which of these symptoms do you have?** (Check all that apply.)

- Swelling in your fingers or toes, which can make them look like sausages
- Joint pain, stiffness, and swelling
- Back pain and stiffness
- Patches of red, thick skin with silvery scales on top, called plaques
- Changes in your nails, such as pitting (small depressions on the surface of the nail)
- Pain or swelling at the base of, or behind, your heel

**How have your symptoms affected you personally?** (Check all that apply.)

- I'm **not doing things** I used to do (like go for a walk or light jog)
- I've had to **change daily routines** because my symptoms make some tasks too difficult for me
- My joint pain is making it **hard to do some of my social activities**

**Describe how your symptoms affect your daily activities.**

Which other everyday tasks (like opening jars, picking up clothes, or bathing/showering) have become more difficult for you?

---

---

Which of your favorite activities or hobbies are no longer possible (like jogging or spending time with friends and family)?

---

---

**IMPORTANT SAFETY INFORMATION**

ENBREL can cause serious side effects including: New **infections** or worsening of infections you already have; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

[Continued on next page]

**Please see Important Safety Information on page 5.**



**Think about how you experience symptoms.**

Where on your body do you have joint pain, stiffness, and/or swelling?

---

---

Where on your body do you have plaques (patches of red, thick skin with silvery scales on top)?

---

---

Describe any other symptoms you may have.

---

---

**i Did you know?**

In a medical study:

- **After 6 months**, people taking ENBREL saw **significantly less pain, stiffness, and swelling**
- **Most people** who were still taking ENBREL after 2 years had **little or no additional joint damage**
- At 6 months, **nearly half of people** had **50% improvement** in their skin symptoms



**ENBREL has been prescribed by doctors for over 14 years.**

**IMPORTANT SAFETY INFORMATION**

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your healthcare provider should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

[Continued on next page]

**Please see Important Safety Information on page 5.**



## Talk to your doctor about ENBREL

1. Is my current treatment plan doing enough to help stop further joint damage?
2. Can ENBREL help relieve my joint pain and help stop further joint damage?
3. How soon after starting ENBREL might it start clearing my skin symptoms? Would I continue to see clearer skin if I take ENBREL as prescribed?
4. So I know topicals work on the skin's surface. How does ENBREL treat skin symptoms differently than topicals?
5. It's been proven that ENBREL helps stop further joint damage. Could it do that for me?

### Add other questions:

---

---

---

---

---

---

---

---

---

---

#### IMPORTANT SAFETY INFORMATION

ENBREL can cause serious side effects including: New **infections** or worsening of infections you already have; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

[Continued on next page]

Please see Important Safety Information on page 5.



Prescription Enbrel® (etanercept) is taken (given) by injection.

## IMPORTANT SAFETY INFORMATION

### What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your healthcare provider should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers, some resulting in death, reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA may be more likely to get lymphoma.

### Before starting ENBREL, tell your healthcare provider if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your healthcare provider says it is okay
- Have any open cuts or sores
- Have diabetes, HIV, or a weak immune system
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your healthcare provider if you are not sure
- Live, have lived in, or traveled to certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if these infections are common in the areas you've been to, ask your healthcare provider
- Have or have had hepatitis B

- Have or have had heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret (anakinra), Orencia (abatacept), or Cytoxan (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have, have had, or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

### What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: New **infections** or worsening of infections you already have; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

**Common side effects include:** Injection site reactions and upper respiratory infections (sinus infections).

In general, side effects in children were similar in frequency and type as those seen in adult patients. The types of infections reported were generally mild and similar to those usually seen in children.

These are not all the side effects with ENBREL. Tell your healthcare provider about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your healthcare provider. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please see [Prescribing Information](#) and [Medication Guide](#) on this website.



Manufactured by Immunex Corporation  
Thousand Oaks, CA 91320

Marketed by Amgen Inc.

**Enbrel.com**

©2018 Amgen Inc., Thousand Oaks, CA 91320. All rights reserved. USA-ECF-111018(12)