



# ENBREL Condition Management Guide

Now that you've started your ENBREL treatment, what comes next?



## In this guide, you'll get:

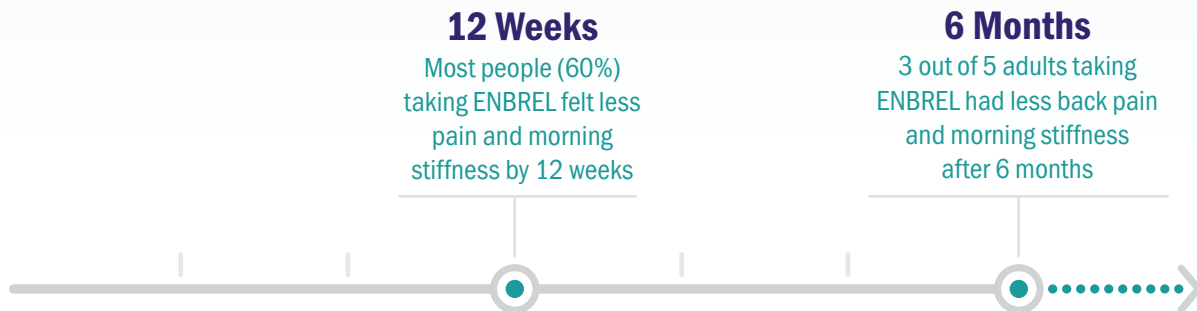
- Information on what you might expect during your first 3 months on ENBREL
- Questions to help you and your doctor identify treatment goals and ways to track your progress
- The ENBREL Condition Tracker to track your weekly progress while on ENBREL



## What to expect in the first few months with ENBREL

ENBREL relieves back pain and morning stiffness, and can improve your range of motion (e.g. the ability to twist and move your spine) for those struggling with ankylosing spondylitis. Different people start to see results with ENBREL at different times. To see if ENBREL may work for you, be sure to take it as your doctor prescribes, keep track of any changes in your symptoms, and share them with your doctor.

### In a medical study:



**INDICATION:** ENBREL is indicated for reducing signs and symptoms in patients with active ankylosing spondylitis.

### 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.



## Continuing the conversation with your doctor

The more you know about your treatment plan, the better you can partner with your doctor to get the most out of your treatment with ENBREL. So talk to your doctor and ask the questions you need to understand what you might expect when starting ENBREL. And, if you're continuing with ENBREL, keep the conversation going to help you stay on track. You should always discuss the benefits and risks of ENBREL and read the Medication Guide before starting treatment.



### When starting ENBREL, it may be helpful to ask your doctor questions like:

- When might I expect to see a reduction in pain and stiffness caused by my ankylosing spondylitis?
- What results might I expect to see in the first 3 months with ENBREL?
- How important is consistency and sticking to the treatment plan?
- What resources are available to me to be successful in adhering to the treatment plan?
- Is there anything else I should be doing to help manage my symptoms while taking ENBREL?
- What are the potential side effects, including serious side effects such as TB or other infections?



### As you move forward with ENBREL, talk to your doctor about these topics to help you stay on track:

- The importance of continuing your ENBREL treatment as prescribed to help stop further joint pain and stiffness
- Tips for managing seasonal effects that may impact your treatment (temperature, humidity, precipitation, etc.)
- Any flare ups or other symptoms that require attention
- What to do if you miss an ENBREL dose
- What do I do if I have any side effects and what signs or symptoms of side effects should I look for?



Visit [EnbrelSupport.com](https://www.enbrel.com) for additional resources and support services to keep you moving in the right direction.

## 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.



## Keep track of your symptoms

Use the chart below to monitor your symptoms week to week and share it with your doctor when you're at your next appointment so he or she can evaluate your progress.

Rate the severity of each symptom on a scale of 1 (low) to 5 (high)															
Week	Back pain					Stiffness in the morning					Range of motion (ability to move & twist your spine)				
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This guide is intended to help you with your discussions with your doctor. Neither this guide nor tracking your symptoms take the place of working with your doctor throughout your prescribed ENBREL treatment.

### 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.



**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).

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 visit [Enbrel.com](http://Enbrel.com) to view the [Prescribing Information](#) and [Medication Guide](#).



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[Enbrel.com](http://Enbrel.com)

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