

DATE:

PHYSICIAN:



## ENBREL Discussion Guide

# Let your doctor know how ankylosing spondylitis affects you

Ankylosing spondylitis (AS) comes with some common symptoms like lower back pain and stiffness, particularly morning stiffness. Without treatment, these symptoms can get worse over time.

If back pain 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.

Answer these questions thinking about your symptoms over the past week or two.



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

	<1 hour	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"/>	<input type="checkbox"/>
Worst day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Which kind of days did you have more of?

Good days <input type="checkbox"/>	Not-so-good days <input type="checkbox"/>
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**INDICATION:** ENBREL is indicated for reducing signs and symptoms in patients with active ankylosing spondylitis.

### IMPORTANT SAFETY CONSIDERATIONS

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. Lymphoma and other cancers (some fatal) have been reported in patients taking ENBREL and other TNF blockers.

Please see additional Important Safety Information on page 4 and click here for [Prescribing Information](#) and [Medication Guide](#).



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

- Lower back pain** that is worse after rest or sleeping (lasting more than 3 months)
- Morning stiffness** (lasting up to an hour and a half)
- Pain or swelling** in the back, neck, shoulders, or hips
- Limited range of motion** (your ability to move your joints) in your spine, neck, and other joints
- Difficulty expanding your chest** (like when you take a deep breath)

Have your symptoms made it hard to do any of these everyday tasks?

<b>Dress yourself</b> (including tying shoelaces and buttoning clothes)	Yes	No	Unsure
<b>Run errands or go shopping</b>	Yes	No	Unsure
<b>Climb up steps</b>	Yes	No	Unsure
<b>Get in and out of bed</b>	Yes	No	Unsure
<b>Sit down or stand up</b>	Yes	No	Unsure

Describe how your symptoms affected your daily activities.

Which other everyday tasks (like bending down to pick up clothing or getting in and out of cars) have become more difficult for you?

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Which activities or hobbies are no longer possible (like gardening or going for a jog)?

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### IMPORTANT SAFETY CONSIDERATIONS

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 other infections that can spread throughout your body. Your healthcare provider should test you for TB before starting ENBREL and should monitor you closely for signs and symptoms of TB during treatment with ENBREL.

Please see additional Important Safety Information on page 4 and click here for [Prescribing Information](#) and [Medication Guide](#).

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## Did you know?

In a medical study:

- ENBREL is proven to help **relieve back pain, swelling, and stiffness** caused by AS. This can also help improve your **range of motion and your ability to move your joints**.
- At 12 weeks, **most people (60%)** taking ENBREL had reduced back pain and stiffness
- **At 6 months, 3 out of 5 adults** taking ENBREL had less back pain and morning stiffness

Your results may vary.

**ENBREL has been prescribed by doctors for over 25 YEARS.**

## Talk to your doctor about ENBREL

- 1 It's been proven that ENBREL helps relieve back pain and morning stiffness. Could it do that for me?
- 2 Can ENBREL help improve my ability to move my spine and do everyday activities?
- 3 How soon after starting ENBREL might it start to relieve my symptoms? Will I continue to see improvements if I take ENBREL as prescribed?
- 4 How does ENBREL treat symptoms differently than methotrexate?

**Add other questions:**

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**Prescription Enbrel® (etanercept) is taken 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 teenagers 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 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 see [Prescribing Information](#) and [Medication Guide](#).



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