

Date:

Physician:



# Appointment guide

Moderate to severe rheumatoid arthritis (RA) is linked with some common symptoms, but these symptoms affect people differently. So, your doctor needs to know exactly how rheumatoid arthritis affects you. Bring this worksheet to your next doctor visit to help guide your conversation.

## Ask yourself:

### How would you rate your joint pain over the past week?

(1 = no pain, 10 = severe pain)

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

### How would you rate your level of tiredness over the past week?

(1 = not tired at all, 10 = tired all the time)

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

### 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**
- Other \_\_\_\_\_

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**INDICATION:** ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderately to severely active rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

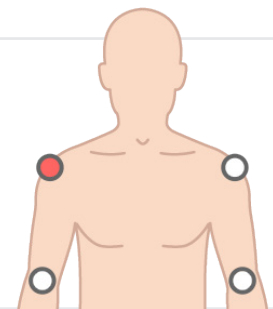
**Please see Important Safety Information on page 4.**

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

|  |                   |
|--|-------------------|
| Dress yourself (including tying shoelaces and buttoning clothes) | Yes   No   Unsure |
| Run errands or go shopping                                       | Yes   No   Unsure |
| Cut food   | Yes   No   Unsure |
| Get in and out of bed  | Yes   No   Unsure |
| Walk up steps  | Yes   No   Unsure |

**Symptoms can affect you in other ways, too.**

Get your personalized symptom assessment at [RASymptomAssessor.com](https://RASymptomAssessor.com)



**Questions to consider with your doctor:**

1. Could my joint pain be caused by joint damage?
2. Is my current treatment working to help relieve joint pain *and* help stop joint damage?
3. Could a biologic, like ENBREL, be right for me?
4. What could ENBREL do for my symptoms?

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**Please see Important Safety Information on page 4.**



5. How quickly could I see results with ENBREL?
6. How can ENBREL help my joints over time?
7. How long has ENBREL been approved to treat moderate to severe RA?
8. If I took ENBREL and methotrexate, could it work better than methotrexate alone to help stop joint damage?
9. Are there lab tests or x-rays we can do to help track my progress with treatment?
10. What are the possible side effects of ENBREL?

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



Manufactured by Immunex Corporation  
Thousand Oaks, CA 91320

Marketed by Amgen Inc.

**Enbrel.com**

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