

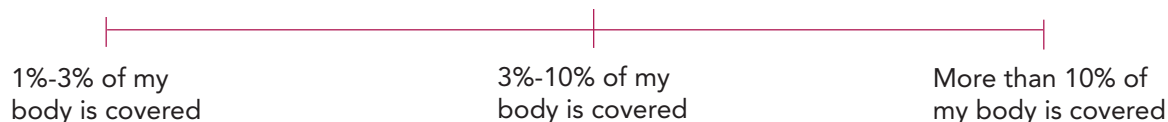
# Get the Most Out of Your Next Conversation

## About Your Moderate to Severe Chronic Plaque Psoriasis

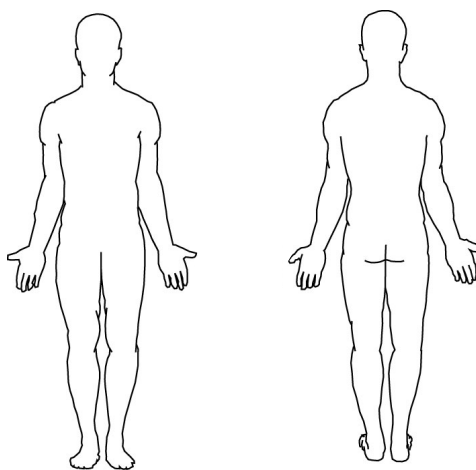
Partnering with your dermatologist is the first step toward clearer skin. It's important to track your symptoms and to keep your doctor in the loop about how your plaque psoriasis is affecting you.

**Before your next appointment, complete questions 1-8. Be sure to share your answers with your dermatologist.**

1. Many factors are involved in evaluating the severity of your plaque psoriasis. One of the first things your dermatologist will want to know is what percentage of your body's skin surface is covered with plaques. Using your handprint as a measurement tool, how much of your body is covered with plaques? The hand is equal to 1% of your body.



2. Where are your plaques?  
Please mark the diagrams shown at the right.




3. Sometimes people with plaque psoriasis feel the need to make accommodations or cover up their condition. On a scale of 1 to 10, tell your doctor how much plaque psoriasis affects the following, with 1 being mild and 10 being a severe impact.

a. Hair length/style		d. Work situations	
b. Clothing choices		e. Symptom management (applying topicals or creams)	
c. Social situations		f. Other _____	

4. How much time per day do you spend managing your psoriasis? \_\_\_\_\_

5. Which prescription treatments have you tried?

- Topical ointments/creams       Biologics       Other \_\_\_\_\_
- Systemics/prescription pills (eg, methotrexate)       Phototherapy/PUVA

6. How satisfied are you with your current therapies? 

a. Please explain your answer.

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7. How often do you experience a psoriasis flare? \_\_\_\_\_

8. Do you also experience any joint pain or stiffness?  Yes  No

## HUMIRA as a Treatment Option

If you've tried other treatments and are still experiencing the symptoms of moderate to severe chronic plaque psoriasis, it's important to tell your dermatologist. He or she may suggest **HUMIRA** as a treatment option. **HUMIRA** works inside the body to target and help block a specific source of inflammation that may be contributing to your symptoms.

**Who is HUMIRA for?**<sup>1</sup> HUMIRA is a prescription medicine used to treat adults with moderate to severe chronic plaque psoriasis who are ready for systemic therapy or phototherapy, and are under the care of a doctor who will decide if other systemic therapies are less appropriate.

Find out if **HUMIRA** may be the right treatment option for you. Ask your dermatologist the following questions:

1. Am I a candidate for a biologic?
2. What are the benefits and risks of biologic treatments?
3. Could **HUMIRA** be right for me?
4. How can we work together to manage my treatment?

**Is there anything else you'd like to ask your dermatologist?**

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## Safety Considerations<sup>1</sup>

**Serious infections have happened in people taking HUMIRA. These serious infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some people have died from these infections. HUMIRA may increase the chance of getting lymphoma, including a rare kind, or other cancers.** HUMIRA can cause serious side effects including hepatitis B infection in carriers of the virus, allergic reactions, nervous system problems, blood problems, heart failure, certain immune reactions including a lupus-like syndrome, liver problems, and new or worsening psoriasis.

**Please see additional Important Safety Information on the next page.**

**Please click to see <http://www.rxabbvie.com/pdf/humira.pdf> for Full Prescribing Information and discuss with your doctor.**

**Reference: 1.** HUMIRA Injection [package insert]. North Chicago, IL: AbbVie Inc.



# Important Safety Information About HUMIRA® (adalimumab)<sup>1</sup>

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

You should discuss the potential benefits and risks of HUMIRA with your doctor. HUMIRA is a TNF blocker medicine that can lower the ability of your immune system to fight infections. You should not start taking HUMIRA if you have any kind of infection unless your doctor says it is okay.

- **Serious infections have happened in people taking HUMIRA. These serious infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some people have died from these infections.** Your doctor should test you for TB before starting HUMIRA, and check you closely for signs and symptoms of TB during treatment with HUMIRA. If your doctor feels you are at risk, you may be treated with medicine for TB.
- **Cancer.** For children and adults taking TNF blockers, including HUMIRA, the chance of getting lymphoma or other cancers may increase. There have been cases of unusual cancers in children, teenagers, and young adults using TNF blockers. Some people have developed a rare type of cancer called hepatosplenic T-cell lymphoma. This type of cancer often results in death. If using TNF blockers including HUMIRA, your chance of getting two types of skin cancer (basal cell and squamous cell) may increase. These types are generally not life-threatening if treated; tell your doctor if you have a bump or open sore that doesn't heal.

## What should I tell my doctor BEFORE starting HUMIRA?

Tell your doctor about all of your health conditions, including if you:

- Have an infection, are being treated for infection, or have symptoms of an infection
- Get a lot of infections or infections that keep coming back
- Have diabetes
- Have TB or have been in close contact with someone with TB, or were born in, lived in, or traveled where there is more risk for getting TB

- Live or have lived in an area (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections, such as histoplasmosis, coccidioidomycosis, or blastomycosis
- Have or have had hepatitis B
- Are scheduled for major surgery
- Have or have had cancer
- Have numbness or tingling or a nervous system disease such as multiple sclerosis or Guillain-Barré syndrome
- Have or had heart failure
- Have recently received or are scheduled to receive a vaccine. HUMIRA patients may receive vaccines, except for live vaccines
- Are allergic to rubber, latex, or any HUMIRA ingredients
- Are pregnant, planning to become pregnant, breastfeeding, or planning to breastfeed
- Have a baby and you were using HUMIRA during your pregnancy. Tell your baby's doctor before your baby receives any vaccines

**Also tell your doctor about all the medicines you take.** You should not take HUMIRA with ORENCIA® (abatacept), KINERET® (anakinra), REMICADE® (infliximab), ENBREL® (etanercept), CIMZIA® (certolizumab pegol), or SIMPONI® (golimumab). Tell your doctor if you have ever used RITUXAN® (rituximab), IMURAN® (azathioprine), or PURINETHOL® (mercaptopurine, 6-MP).

## What should I watch for AFTER starting HUMIRA?

HUMIRA can cause serious side effects, including:

- **Serious infections.** These include TB and infections caused by viruses, fungi, or bacteria. Symptoms related to TB include a cough, low-grade fever, weight loss, or loss of body fat and muscle.
- **Hepatitis B infection in carriers of the virus.** Symptoms include muscle aches, feeling very tired, dark urine, skin or eyes that look yellow, little or no appetite, vomiting, clay-colored bowel movements, fever, chills, stomach discomfort, and skin rash.

(continued on next page)

Please click to see <http://www.rxabbvie.com/pdf/humira.pdf> for Full Prescribing Information and discuss with your doctor.



# Important Safety Information About HUMIRA® (adalimumab)<sup>1</sup>

(continued)

- **Allergic reactions.** Symptoms of a serious allergic reaction include hives, trouble breathing, and swelling of your face, eyes, lips, or mouth.
- **Nervous system problems.** Signs and symptoms include numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness.
- **Blood problems.** Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale.
- **Heart failure** (new or worsening). Symptoms include shortness of breath, swelling of your ankles or feet, and sudden weight gain.
- **Immune reactions including a lupus-like syndrome.** Symptoms include chest discomfort or pain that does not go away, shortness of breath, joint pain, or rash on your cheeks or arms that gets worse in the sun.
- **Liver problems.** Symptoms include feeling very tired, skin or eyes that look yellow, poor appetite or vomiting, and pain on the right side of your stomach (abdomen).
- **Psoriasis** (new or worsening). Symptoms include red scaly patches or raised bumps that are filled with pus.

Call your doctor or get medical care right away if you develop any of the above symptoms.

Common side effects of HUMIRA include injection site reactions (redness, rash, swelling, itching, or bruising), upper respiratory infections (sinus infections), headaches, rash, and nausea. These are not all of the possible side effects with HUMIRA. Tell your doctor if you have any side effect that bothers you or that does not go away.

Remember, tell your doctor right away if you have an infection or symptoms of an infection, including:

- Fever, sweats, or chills
- Muscle aches
- Cough
- Shortness of breath
- Blood in phlegm
- Weight loss
- Warm, red, or painful skin or sores on your body
- Diarrhea or stomach pain
- Burning when you urinate
- Urinating more often than normal
- Feeling very tired

HUMIRA is given by injection under the skin.

This is the most important information to know about HUMIRA. For more information, talk to your health care 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.

If you cannot afford your medication, visit: [www.pparx.org](http://www.pparx.org).

You can remove yourself from our mailing list by calling 1.800.888.6260.

Please click to see <http://www.rxabbvie.com/pdf/humira.pdf> for Full Prescribing Information and discuss with your doctor.

Reference: 1. HUMIRA Injection [package insert]. North Chicago, IL: AbbVie Inc.

