

## Starting a clearer conversation. Moving toward clearer skin

### If you're still looking for clearer skin, it may be time to ask your dermatologist about HUMIRA® (adalimumab)

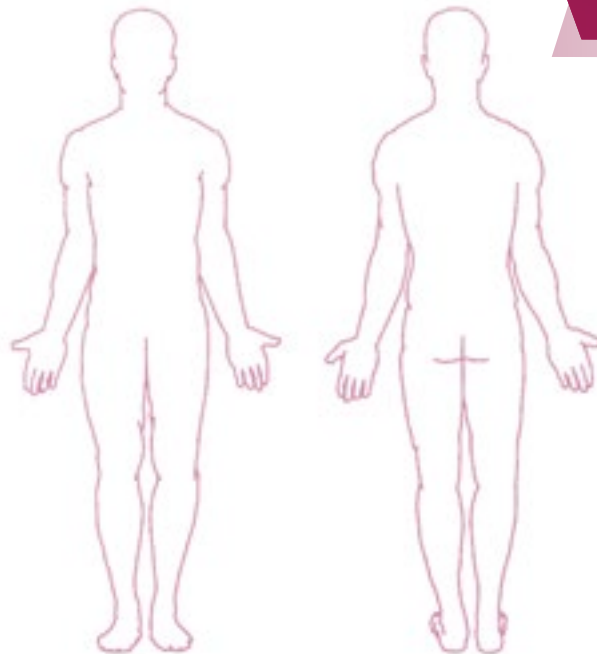
It's not always easy to describe what you're experiencing when it comes to plaque psoriasis. This Doctor Discussion Guide helps you identify your symptoms and record changes since your last visit, so you're ready to have a better conversation with your dermatologist. Remember, it's important to partner with your dermatologist to create a treatment plan that's right for you. We hope this guide helps you make the most of your next visit.

We know that it's not always easy to describe what you're experiencing with your dermatologist, but here are some good conversation starters.

#### Where is your plaque psoriasis located?

Mark the areas that are physically affected.

*Print this and bring it with you to your next dermatologist visit*



#### 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.

#### 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.

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

Please see additional Important Safety Information on page 3.

Please see <http://www.rxabbvie.com/pdf/humira.pdf> for the Full Prescribing Information, including the Medication Guide for HUMIRA, and discuss with your doctor.



## Make the most of your next dermatologist visit

### How does plaque psoriasis affect your day-to-day life?

Use a scale of 1-10, with 1 being the least and 10 being the most impact.

1  2  3  4  5  6  7  8  9  10

### On average, how much time do you spend taking care of your psoriasis daily?

- >15 minutes
- >30 minutes
- >1 hour

### Are you satisfied with your current treatment?

- Not at all
- A little satisfied
- It's close to what I want
- I'm satisfied

### Do you also have any joint pain or stiffness in addition to psoriasis?

- Yes
- No

### What are your goals with treatment?

I want my skin to look and feel: \_\_\_\_\_

\_\_\_\_\_

I want to be able to: \_\_\_\_\_

\_\_\_\_\_

I want to feel: \_\_\_\_\_

\_\_\_\_\_

### What would you like to know about HUMIRA?

- Is HUMIRA biologic therapy right for me?
- What are the benefits and risks of HUMIRA?
- How many people have you treated with HUMIRA?
- How can we work together to manage my treatment?

**Ask your dermatologist if  
HUMIRA (adalimumab) is right for you**

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# 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, even if your TB test was negative. 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. These infections may happen or become more severe if you use HUMIRA. Ask your doctor if you are unsure if you have lived in these areas

- 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. Children should be brought up to date on all vaccines before starting HUMIRA
- 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.
- **Allergic reactions.** Symptoms of a serious allergic reaction include hives, trouble breathing, and swelling of your face, eyes, lips, or mouth.

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

(Continued from previous page)

- **Nervous system problems.** Signs and symptoms include numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness.
- **Blood problems** (decreased blood cells that help fight infections or stop bleeding). 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). These problems can lead to liver failure and death.
- **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** (pain, 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, contact:**

[www.pparx.org](http://www.pparx.org) for assistance.

**Please see Full Prescribing Information at <https://www.rxabbvie.com/pdf/humira.pdf> and discuss with your doctor.**

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