

## For adults with active psoriatic arthritis (PsA)

# **DOCTOR DISCUSSION GUIDE\*:**

Take this list with you to your next appointment so you can have an informed and productive discussion with your rheumatologist. Use this as your guide, but don't be afraid to ask as many questions as you need. Remember, both you and your rheumatologist have the same goal: fewer joint symptoms so you can do more of what you used to do.

\*This discussion guide is not a diagnostic tool, but it can help prepare you for a conversation with your rheumatologist. Only your doctor can make a diagnosis and it is important to discuss all of your (questions/talking points/symptoms).

#### 1) What are the issues that trouble you the most about your joint pain, stiffness, and swelling?

#### 2) My joint pain, stiffness, and swelling is...

(Rate your joint pain, stiffness, and swelling on a scale of 1-10, mild to severe)

3 4 5 8 10

3) My joint pain, stiffness, and swelling is...

a) Mild b) Moderate c) Severe d) Unbearable

4) My joint pain, stiffness, and swelling limit my ability to do daily activities...

a) Never b) Sometimes c) Often d) All the time

5) Sometimes my joint pain, stiffness, and swelling get in the way when I...

a) Exercise b) Perform routine activities c) Work d) Do the things I love to do e) Other

6) My joint pain, stiffness, and swelling are usually worse...

a) In the mornings b) After work c) At night d) After being inactive e) Other

7) I feel fatigued (extremely tired, weak, or exhausted)...

a) Not at all b) A little bit c) Somewhat d) Quite a bit e) Very much

8) I am also experiencing symptoms of plaque psoriasis including...

a) Burning b) Itching c) Stinging d) Skin tightness e) Pain f) Not applicable

9) I would like to learn more about treatment options for joint pain, stiffness, and swelling. Previously I have tried... (check all that apply)

a) Topicals b) Orals c) Injectables d) Other

10) Which of the following is most important to you? (check all that apply)

a) How does the treatment work **b)** How often I must take the treatment c) How safe is the medication

d) How fast the treatment works e) How long the treatment effects last f) Other

## **BEFORE YOU GO, GET THE MOST OUT OF YOUR DOCTOR VISIT:** ASK YOUR RHEUMATOLOGIST TODAY

### Here are some examples of additional questions to keep in mind for your rheumatologist.

1) What is a biologic treatment?

2) What are the treatment options for the symptoms I am experiencing?

- 3) Are there any safety issues I need to be aware of?
- 4) How often will I be treated with the biologic?
- 5) How will I know if I have joint damage?
- 6) How do biologics work to improve symptoms?
- 7) What is the cost of biologic treatments?
- 8) Is financial support available for treatments involving biologics?
- 9) Are there patient support programs for patients on biologics?

10) How can we work together to help manage my treatment and condition?

NOTES		

#### **LEARN MORE ABOUT TREMFYA®**

TREMFYA\* is a prescription medicine approved for the treatment of adults with active psoriatic arthritis (PsA). In two medical studies, more than half of patients treated with TREMFYA\* had at least a 20% improvement in active PsA symptoms (joint pain, stiffness, swelling) at 24 weeks compared to placebo. Individual results may vary. TREMFYA\* is a 100 mg injection given under the skin as directed by your doctor at weeks 0 and 4, and then every 8 weeks. TREMFYA\* can be used alone or in combination with a conventional disease-modifying antirheumatic drug (DMARD) (e.g., methotrexate).

#### **SELECTED IMPORTANT SAFETY INFORMATION**

TREMFYA\* is not for everyone; only your doctor can decide if it's right for you. Do not use if you are allergic to TREMFYA\*. TREMFYA\* is a prescription medicine that may cause serious side effects, including serious allergic reactions and infections. TREMFYA° affects your immune system. It may increase your risk of infections and lower your ability to fight them. Please read the Important Safety Information on the following page and the Medication Guide for TREMFYA\* to learn more about these and other risks for TREMFYA\*. Discuss any questions you have with your doctor.







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#### **IMPORTANT SAFETY INFORMATION** What is the most important information I should know

#### about TREMFYA®? TREMFYA® is a prescription medicine that may cause

- serious side effects, including: • Serious Allergic Reactions. Stop using TREMFYA®
- and get emergency medical help right away if you develop
- any of the following symptoms of a serious allergic reaction:
- fainting, dizziness, feeling
  trouble breathing or throat tightness lightheaded (low blood pressure) chest tightness
- swelling of your face, eyelids, lips, • skin rash, hives
- mouth, tongue or throat
- itchina • Infections. TREMFYA® may lower the ability of your immune system to fight
- infections and may increase your risk of infections. Your healthcare provider should check you for infections and tuberculosis (TB) before starting treatment with TREMFYA® and may treat you for TB before you begin treatment with TREMFYA® if you have a history of TB or have active TB. Your healthcare provider should watch you closely for signs and symptoms of TB during and after treatment with TREMFYA®.

Tell your healthcare provider right away if you have an infection or have symptoms of an infection, including:

- fever, sweats, or chills • diarrhea or stomach pain
- muscle aches
- shortness of breath
- weight loss • blood in your phlegm (mucus) • couah
  - burning when you urinate or
- warm, red, or painful skin or sores urinating more often than normal on your body different from your psoriasis

Do not take TREMFYA® if you have had a serious allergic reaction to guselkumab or any of the ingredients in TREMFYA®.

#### Before using TREMFYA®, tell your healthcare provider about all of your medical conditions, including if you:

- · have any of the conditions or symptoms listed in the section
- "What is the most important information I should know about TREMFYA®?" have an infection that does not go away or that keeps coming back.
- have TB or have been in close contact with someone with TB.
- have recently received or are scheduled to receive an immunization (vaccine). You should avoid receiving live vaccines during treatment with TREMFYA®.
- are pregnant or plan to become pregnant. It is not known if TREMFYA® can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if TREMFYA® passes into vour breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

#### What are the possible side effects of TREMFYA®?

TREMFYA® may cause serious side effects. See "What is the most important information I should know about TREMFYA®?"

The most common side effects of TREMFYA® include: upper respiratory infections, headache, injection site reactions, joint pain (arthralgia), diarrhea, stomach flu (gastroenteritis), fungal skin infections, herpes simplex infections, and bronchitis.

These are not all the possible side effects of TREMFYA®. Call your doctor for medical advice about side effects.

Use TREMFYA® exactly as your healthcare provider tells you to use it.

#### Please read the full Prescribing Information, including Medication Guide for TREMFYA®, and discuss any questions that you have with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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