

Is Acthar Right for Me?

A Guide to Talking With Your Doctor

Starting the Conversation

If you haven't already discussed Acthar with your doctor, here are some thoughts to help guide your conversation. Being prepared helps you make the most of your doctor visit!

Check the questions that you most want to ask your doctor:

Can Acthar help my psoriatic arthritis flares?

Can Acthar be used with other medicines?

What category of medicine is Acthar?

How often would I take Acthar?

What are the most common side effects of Acthar?

What kind of support will I get on Acthar?

Is there help paying for Acthar?

I've never given myself an injection.
Who will teach me?

Am I a candidate for Acthar?

To find out more about Acthar please visit
www.actharpsa.com

Tips to Make the Most of Your Doctor Visit

When it comes to staying on track with your health, so much is in your hands. These tips can help you have a meaningful conversation with your medical team. Be sure to get to your appointment early. Bring all your insurance information and ID cards with you.



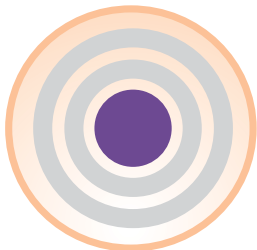
1 Go Prepared

- Assess how you are feeling. Write down your concerns and questions
- Be direct and honest. Don't be afraid to tell it like it is
- If you're seeing a new doctor, contact your former doctor's office and make sure your medical information is shared



2 Ask Questions

- Make your questions short and to the point (doctors are busy)
- Be specific (for example, "My mouth ulcers are more frequent," instead of "my body hurts")
- When you don't understand, ask for a simpler explanation
- Take someone with you for moral support (get your friend or family member to take notes)



3 Set Goals

- Tell your doctor what you want to achieve so you have something to work toward
- Find out if your goals are too ambitious. If they are, ask for help in setting realistic ones
- Ask your doctor about making a note of your goals and how to check your progress next time

Remember to tell your doctor if you've been ill, are taking any new medicines, herbal supplements, or if there have been any big changes in your life since your last visit.

Reward yourself after your doctor visit. You're worth it!

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Your Medical Team

Write down the contact information of all the medical professionals who are on your team:

Main Doctor _____	Nurse 1 _____
Phone number _____	Phone number _____
Email _____	Email _____
Other Doctor _____	Nurse 2 _____
Phone number _____	Phone number _____
Email _____	Email _____

Notes _____

Be sure to take a pen with you. Write down the important things you will want to remember when you get home.

Remember: Your doctor is your best source for information about your health and your psoriatic arthritis. He or she can also discuss any test or treatments you may need.

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Important Safety Information

Who should NOT take Acthar?

You should **not take** Acthar if you have:

- A skin condition called scleroderma
- Bone density loss or osteoporosis
- Any infections, including fungal, bacterial, or viral
- Eye problems, such as ocular herpes simplex
- Had recent surgery
- Stomach ulcers or a history of ulcers
- Heart problems
- High blood pressure
- Allergies to pig-derived proteins
- Been recently given a vaccine or are about to take one
- Suspected congenital infections (in children under 2 years of age)
- A condition where your adrenal glands produce either too much of certain hormones (as with Cushing's syndrome), or not enough (adrenal insufficiency)

Tell your doctor if you have any of these conditions or any other health problems. Also, share with your doctor what medicines you are taking. Don't forget to mention nonprescription medicines, vitamins, and herbal supplements.

What is the most important information I should know about Acthar?

- Never inject Acthar directly into a vein
- Always take Acthar as prescribed by your doctor
- Don't stop treatment suddenly unless your doctor tells you to
- Try not to miss any scheduled doctor's appointments

Acthar can cause side effects similar to those with steroid treatments. While taking Acthar, tell your doctor right away if you have any of the symptoms listed here:

- **Increased risk of infections.** You may be more likely to get new infections. Also, old infections may become active. Before and during treatment, tell your doctor if you see any signs of an infection. Contact your doctor at the first sign of an infection or fever. Signs of infection are fever, cough, vomiting, or diarrhea. Other signs may be flu or any open cuts or sores
- **Adrenal gland changes.** When taking Acthar long term, your adrenal gland may produce too much of a hormone called cortisol, which may cause symptoms of Cushing's syndrome, such as upper body fat, rounded "moon" face, bruising easily, or muscle weakness

Sometimes when you stop taking Acthar long term, your body may not produce enough cortisol on its own. This is called "adrenal insufficiency." Your doctor may prescribe a steroid medicine to protect you until the adrenal gland recovers

- **Increased blood pressure,** body salt, and fluid levels. Your doctor may check your blood pressure while you are being treated with Acthar. He or she may recommend some changes to your diet, such as eating less salt and taking certain supplements
- **Unpredictable response to vaccines.** Talk to your doctor about which vaccines are safe to use when you are taking Acthar

- **Masking other conditions.** Acthar may hide symptoms of other diseases. This can make it more difficult for your doctor to make a diagnosis if something else is going on
- **Stomach or intestinal problems.** Acthar may put you at increased risk for bleeding from the stomach or getting stomach ulcers. Tell your doctor if you have stomach pains, bloody vomit, bloody or black stools, excessive tiredness, increased thirst, difficulty breathing, or increased heart rate
- **Changes in mood or behavior.** Taking Acthar can make you feel irritable or depressed. You may also have mood swings or trouble sleeping
- **Worsening of other medical conditions.** If you have other conditions, such as diabetes or muscle weakness, you may find they get worse
- **Eye problems.** It's possible that you may develop certain eye conditions, such as cataracts, glaucoma, or optic nerve damage
- **Allergic reactions.** Your body may develop antibodies or become sensitive when Acthar is used long term. Signs of allergic reaction in children are:
 - o Skin rash
 - o Swelling of the face, tongue, lips, or throat
 - o Trouble breathing
- **Problems with growth and physical development.** Using Acthar long term can affect growth and physical development in children. This can be reversed when Acthar is no longer needed
- **Bone density loss.** Acthar may cause osteoporosis at any age
- **Potential harm to unborn baby.** Tell your doctor if you are pregnant or plan on becoming pregnant

What are the most common side effects of Acthar?

The most common side effects of Acthar are similar to those of steroids. They include:

- Fluid retention
- Changes in blood sugar
- Increased blood pressure
- Behavior and mood changes
- Changes in appetite and weight

Specific side effects in children under 2 years of age include:

- Increased risk of infections
- Increased blood pressure
- Irritability
- Symptoms of Cushing's syndrome
- Cardiac hypertrophy (thickening of the heart muscle)
- Weight gain

The above side effects may also be seen in adults and children over 2 years of age.

These are not all of the possible side effects of Acthar. Tell your doctor about any side effect that bothers you, or that does not go away. Call your doctor or pharmacist for medical advice about side effects. **You may report side effects to the FDA. Call 1-800-FDA-1088 or visit www.fda.gov/medwatch. You may also report side effects by calling 1-800-778-7898.**

For full Prescribing Information, please visit acthar.com/Prescribinginformation.

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