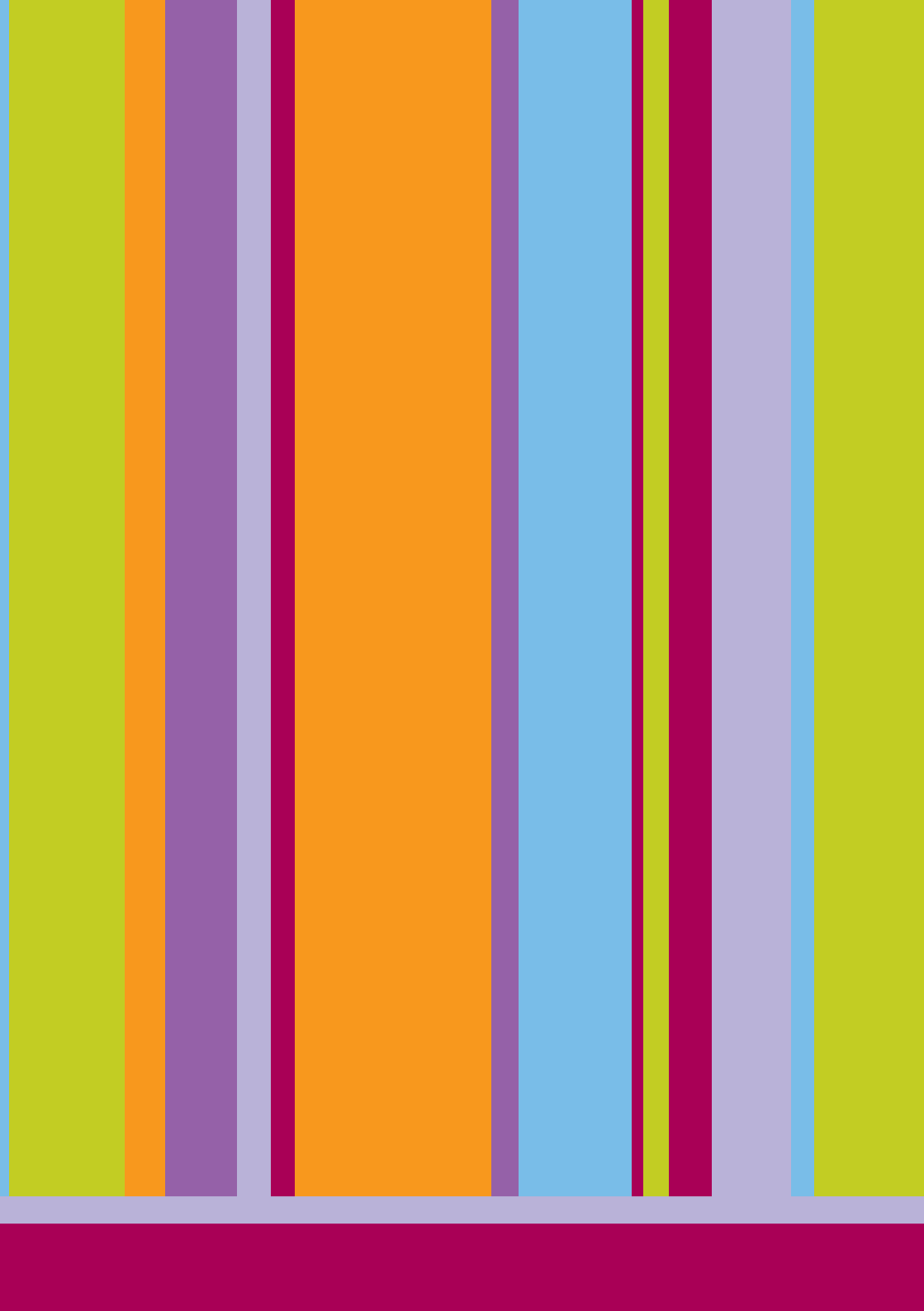




Getting started with HUMIRA®

myHUMIRA.com.au



Contents

	Page
Treating Psoriasis with HUMIRA	1
Important to know before you start	2
Self-injecting with HUMIRA	3
How to make sure you continue to qualify for HUMIRA	5
A new treatment and a fresh start	6

Treating Psoriasis with HUMIRA®

To have been prescribed HUMIRA, it is likely you have lived with plaque psoriasis for quite some time, and are all too familiar with symptoms of this chronic disease; the raised red lesions covered with silvery white scale, which together are known as plaques. Many of the treatments you may have already tried, such as topical creams, may have focused on treating these plaques. You may have tried phototherapy or oral medication which again focus on treating symptoms. In moderate to severe psoriasis this therapy often isn't enough, and this is possibly why you've been prescribed a biologic therapy. Biologics, such as HUMIRA, have been designed to treat the underlying cause of plaque psoriasis.

Psoriasis is an autoimmune disease

If you have psoriasis then your immune system isn't working properly. Your immune system cells are designed to fight infection. If these cells, however, become overactive they can release more of the substances that cause inflammation, including a protein called tumour necrosis factor (TNF). Too much TNF can cause the changes to skin cells that result in plaque psoriasis.

How HUMIRA works

HUMIRA is an antibody made by DNA technology. It binds to TNF decreasing the amount of TNF that can cause damage to skin cells. This allows new skin cells to grow normally and replace the plaques.

How long before I see a difference?

HUMIRA isn't designed to repair existing damage to skin cells. Rather it inhibits damage to new skin cells so your existing psoriasis plaques have a chance to heal naturally whilst being replaced by new healthy cells. This process can take up to two months so you need to be patient and stay on track with your self-injecting schedule.

How long do I have to take HUMIRA?

There is no known cure for plaque psoriasis. If you stop taking HUMIRA your immune system may once again become overactive and cause damage to your healthy skin. Before long the cycle of lesions and scale is likely to occur.

Important to know before you start

Because HUMIRA works by suppressing your immune system it's important that you don't have any existing infections. Before you start your treatment you should be screened for TB (tuberculosis) and you must tell your doctor if you've ever had hepatitis B, or have been in contact with someone with hepatitis B. There is a possibility of experiencing side effects with HUMIRA, and some patients may not be able to take this medicine. It is very important to read the Consumer Medicine Information (CMI) leaflet carefully before using HUMIRA. Your pharmacist will be able to provide this for you.

Keeping an eye out for side effects

HUMIRA's effect on your immune system could make you more susceptible to infections. If you develop signs of infection, such as fever, malaise, wounds, dental problems or a burning sensation when urinating, you should see your doctor.

If you experience an allergic reaction, such as chest tightness, wheezing, dizziness, swelling or rash, do not inject more HUMIRA and contact your doctor or nurse immediately.



Self-injecting with HUMIRA

To work, HUMIRA needs to be injected into the skin. There are two delivery methods – the Pen and the pre-filled syringe. You may wish to discuss with your dermatologist which method you would prefer.

The HUMIRA Pen

The HUMIRA Pen is a good option for people who want the simplicity of an injection at the press of a button.



The HUMIRA pre-filled syringe

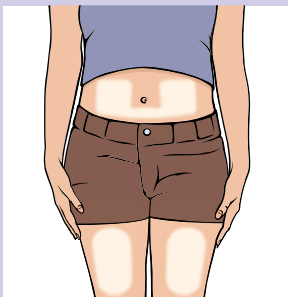
The prefilled HUMIRA Syringe allows you to control the speed of an injection.



When should I inject?

Always follow the self-injecting schedule provided by your dermatologist. This is usually on the same day every second week.

Where should I inject?



HUMIRA should be injected into your thighs or into your stomach. Each time you inject you must choose a new injection site which must be at least 3 cm away from the previous injection site and not near your navel. Try to avoid injecting directly into a psoriasis plaque or other sore spots.

For more detailed instructions

You'll find a self-injecting instruction brochure and DVD in this Getting Started with HUMIRA kit. You can also request help from a nurse, to talk you through your first self-injection, by enrolling in the myHUMIRA support programme. Once enrolled you'll be able to access more information on self-injecting online at myHUMIRA.com.au.



How to make sure you continue to qualify for HUMIRA

You've already met a set of very specific criteria to be eligible for treatment with HUMIRA. But did you know that there are further criteria you must meet at each appointment with your dermatologist to stay eligible under the Pharmaceutical Benefits Scheme guidelines (PBS)?

Showing a 75% improvement

At each visit, your dermatologist will give your psoriasis a PASI score. PASI stands for psoriasis area severity index and relates to the total area of your body covered by the psoriasis plaques and the level of redness, thickness and scaling of these plaques. A 75% reduction in your PASI score after your first course of HUMIRA must be shown to be eligible for further treatment funding.

Meeting the PBS requirements

If a 75% improvement is shown after your first course of HUMIRA then your dermatologist will be able to re-apply for your HUMIRA treatment. A new application is required for each course of treatment and lasts for a set period of time. These applications must be lodged with Medicare Australia at certain time points. If your application isn't lodged on time, you may not be eligible for funding of further treatment with HUMIRA, even if you've had a good response.

Keeping to a schedule of injections and appointments

Missed or delayed doses could reduce your response to HUMIRA, which may affect your eligibility to continue to receive HUMIRA treatment funding. That's why it's vital to stay on track with your schedule of injections and keep all your dermatologist appointments. If you miss an appointment then your new application could be too late to meet the Medicare time point.

To help you with this we've created an Injection Reminder Schedule online at myHUMIRA.com.au. This is a free tool that is only available to HUMIRA patients. You can personalise your Injection Reminder Schedule by entering the date of your first injection. This will automatically create a spreadsheet telling you the date of every injection in your current prescription.

It will also show you when you need to make your next reassessment appointment with your dermatologist. Remember a delayed or missed appointment may affect your eligibility for PBS funding.

To access the Injection Reminder Schedule you'll need to enrol in the myHUMIRA programme, which you can do online at myHUMIRA.com.au. Or use the enrolment form enclosed in this Getting Started kit.



A new treatment and a fresh start

As you're beginning a new treatment now is a good time to really give your body its best chance at healing. You've lived with this disease long enough to know that stress can cause flare ups but when was the last time you really looked at relaxation techniques, had a massage or did a yoga class? Have you ever learnt how to meditate and, if so, when was the last time you actually did meditate? Often the good intentions you probably had when you were first diagnosed with psoriasis can fade with time. Think of this as a time of new hope and new beginning.

Stress is the enemy of psoriasis

Did you know that the happier and healthier you are the better your psoriasis may be? It's all to do with how your immune system responds to stress. It is documented that if you have psoriasis your body doesn't respond as well to stress as those who don't have psoriasis.¹

Meditation works

It's time to make relaxation a priority. Learn to meditate. If you haven't learnt to because you think it's all just alternative mysticism then you're really missing out. It's been proven that meditation improves the immune system, reduces heart rate, blood pressure, respiratory rate, oxygen consumption, blood flow to skeletal muscles, perspiration and muscle tension.² It's something you can do every day in the comfort of your own home and doesn't cost a cent. You'll find dozens of free "How to meditate" web sites on the internet. There are many ways to meditate – you just need

to find the one that's right for you. Learning mediation techniques can also help with self-injecting – you'll find self-injecting far more comfortable when you are relaxed.

Take a class

If you have the time, and the money, sign up for a yoga or tai chi class. These are simply meditation with movement. Taking a paid class will motivate you to set aside a certain amount of time each week to relax. Make it a priority and give yourself enough time to get to classes – getting stressed about getting to a relaxation class on time is the last thing you need. If you attend a weekly class, still aim for some form of relaxation every day.

Try massage

When you're really stressed massage can be a great way to get relief. If you're not comfortable with massage on psoriasis-affected areas of your body then go for specific massage such as neck and shoulders or feet. Reflexology is a type of foot massage that is said to target your whole body via pressure points on your feet – whatever you believe it's very relaxing.

A little something each day

Try and make time for yourself every day. Going for walk is a great way to relax and you get in some exercise at the same time. A long bath is another simple daily solution to making time to relax. Lock the door on your family and friends – pour in a generous splash of your favorite bath oil, light some candles and have a long soak. As you probably know this is also a great way of removing scale

from your plaques. After your soak, gently rub off the scale with a hand towel.

Enrol in myHUMIRA

myHUMIRA is a support programme which has been created to make sure you get the best chance at making HUMIRA work for you. That means providing you not only with treatment support, but with advice and help to improve your overall wellbeing.

Once enrolled you can access:

- Over the phone or in-home self-injecting help from a nurse
- Advice to help keep you eligible for HUMIRA
- Reminders and personalised injecting schedules
- Ongoing support with informative emails
- Online forums and helpful information
- Links to other support groups and resources

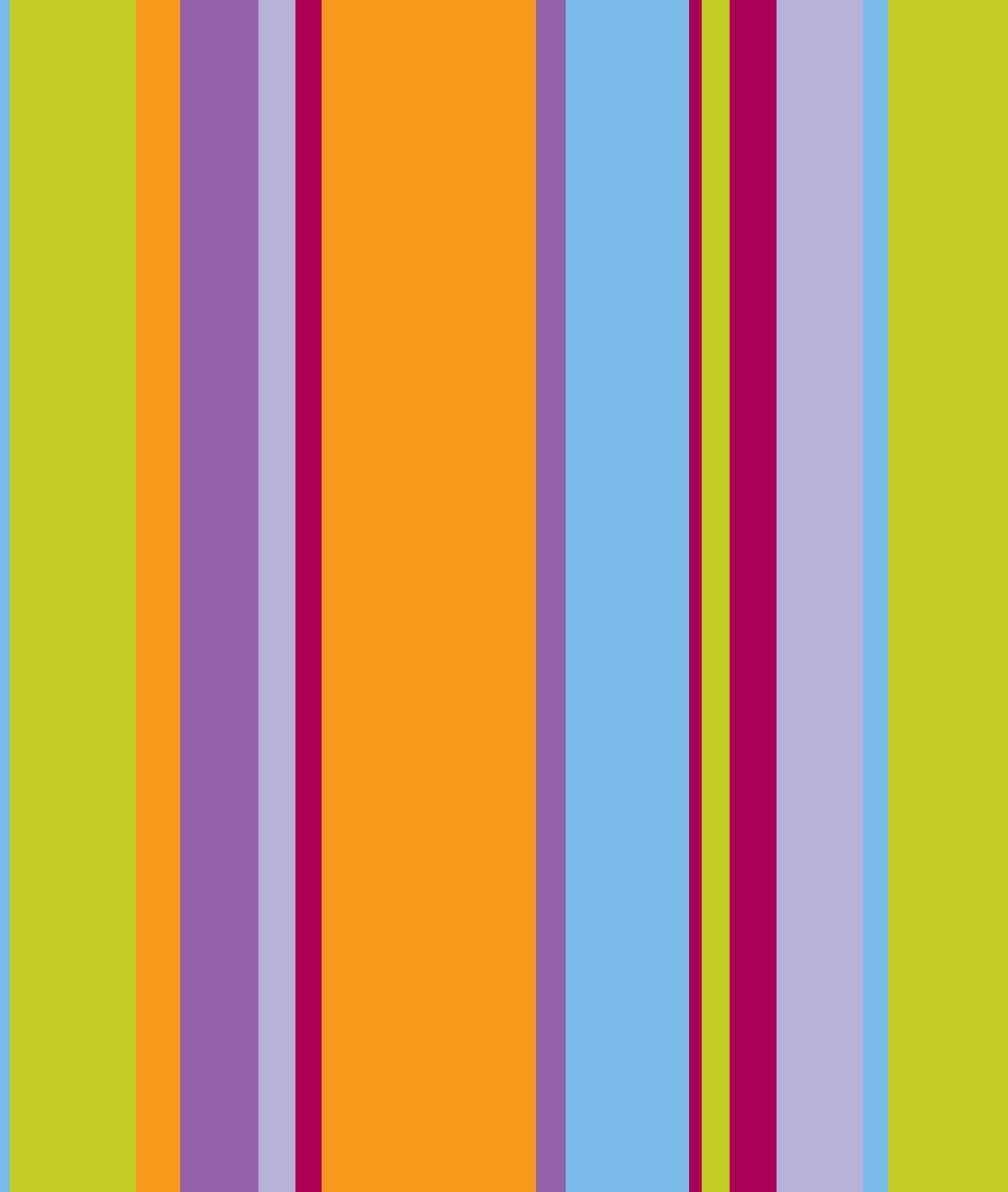
You can enrol online at myHUMIRA.com.au or complete the myHUMIRA enrolment form enclosed in this Getting Started kit.

If you have any questions, speak to your doctor or nurse.

If you have any questions specifically relating to HUMIRA, you can contact Abbott Medical Information 1800 225 311 (Australia) or 0800 737 271 (New Zealand)

References

1. Schmid-Ott G et al, Psychother Psychosom 1998;67:37-42
2. www.psoriasis.org (accessed on 27/5/2009)



Abbott, 32–34 Lord Street, Botany NSW 2019 Australia. ABN 95 000 180 389
HUM366-0509-1 ABH0698

