

# inspirations

Your Guide to Battling Moderate Or Severe Plaque Psoriasis

## CARIDEE ENGLISH

*America's Next Top  
Model, 2006 Opens  
Up About Her Battle*

Talk To Your  
Doctor About Treating

## PLAQUE PSORIASIS

STELARA® is a prescription medicine approved to treat adults 18 years and older with moderate or severe plaque psoriasis that involves large areas or many areas of their body, who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

### Selected Safety Information

STELARA® is not for everyone; only your doctor can decide if it's right for you. STELARA® is a prescription medicine that affects your immune system. It can increase your chances of having serious side effects including infections, cancer, serious allergic reactions and a rare condition called reversible posterior leukoencephalopathy syndrome. Please read the Important Safety Information on page 6 of this brochure and the Medication Guide for STELARA® on pages 9-10 to learn more about these and other risks for STELARA®. Discuss any questions you have with your doctor.

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PHOTOS  
INSIDE**



 **Stelara**<sup>®</sup>  
(ustekinumab)

CariDee is a paid spokesperson  
for Janssen Biotech, Inc.

Top Model

CariDee English

Opens Up About Her Battle

CariDee English, crowned *America's Next Top Model* in 2006, is baring it all. She's opening up about a battle she's been fighting. Not for the perfect modeling gig, but against moderate to severe plaque psoriasis, a skin condition that affects 7.5 million Americans and 125 million people worldwide.

"Psoriasis is something that was just part of me. Every day I woke up and it was there," CariDee says about her 20-year battle with the disease.

Even just a few years ago, CariDee's skin was covered by raised, red patches called plaques. They are brought about by a breakdown in the immune system, which causes skin cells to grow too fast — up to 10 times faster than normal. These extra cells build up on the skin to form the plaques.

#### Living With Plaque Psoriasis

CariDee doesn't let plaque psoriasis rule her life. In 2006, as part of her lifelong dream to be a professional model, she won *America's Next Top Model*, at a time when she felt her plaque psoriasis symptoms were under control.

However, in 2009 CariDee suffered one of the most severe outbreaks of her life, and that's when she knew she had to do something about it.

#### Being Honest With Your Doctor

Due to her frustration, CariDee sought out a doctor that she could work with to help take control of her condition.

[Continued on next page >](#)

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# “The most important thing is to find a doctor you can be **honest** with.”

“The most important thing is to find a doctor you can be honest with. You’re the one with the disease, so you need to be strong enough with yourself to voice up. You need to have an honest communication to have an honest result,” CariDee says.

## **Taking It Upon Herself To Take Control**

CariDee understands the importance of sharing even the tiniest details of her condition with her doctor. “The most important thing is to write down all your options. This is for you and your disease. Get educated in treatments and what you want to bring to your doctor. Start there, one step at a time,” CariDee shares.

Armed with research about her condition and treatment options, plus a recommendation from the National Psoriasis Foundation, CariDee found a dermatologist — Dr. Paul Yamauchi.

Together, Dr. Yamauchi and CariDee found a treatment that’s right for her: STELARA®.

“It was great to know that STELARA® was specifically targeted toward my disease,” CariDee explains. “It’s a medicine that targets an underlying cause of plaque psoriasis.”


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## **The Courage To Fight**

Eager to manage her symptoms of plaque thickness, scaling, and redness, CariDee began her STELARA® treatment. These days, her skin is clearer and she continues to see Dr. Yamauchi for regular follow-ups.

CariDee stays positive and knows the importance of working with her doctor to keep her condition under control. “It’s imperative to be honest with what is going on with you and what’s not working so your doctor can be educated enough to know the next steps,” CariDee says.

CariDee is focused on her modeling career, but is also a champion for others like her. “I’m not just a psoriasis sufferer. I’m a psoriasis warrior,” CariDee explains. “If you have moderate to severe plaque psoriasis, it’s time to take charge and work with your doctor to find a treatment that’s right for you.” 

CariDee is representative of a patient undergoing treatment with STELARA® under the supervision of a healthcare provider. **Individual results may vary.**



To watch the video, “CariDee’s Battle With Plaque Psoriasis,” scan this code with your smartphone or text “CariDeeX” to 80800.

STELARA® is a prescription medicine approved to treat adults 18 years and older with moderate or severe plaque psoriasis that involves large areas or many areas of their body, who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

#### IMPORTANT SAFETY INFORMATION

STELARA® is a prescription medicine that affects your immune system. STELARA® can increase your chance of having serious side effects including:

##### Serious Infections

STELARA® may lower your ability to fight infections and may increase your risk of infections. While taking STELARA®, some people have serious infections, which may require hospitalization, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses.

- Your doctor should check you for TB before starting STELARA® and watch you closely for signs and symptoms of TB during treatment with STELARA®.
- If your doctor feels that you are at risk for TB, you may be treated for TB before and during treatment with STELARA®.

You should not start taking STELARA® if you have any kind of infection unless your doctor says it is okay.

Before starting STELARA®, tell your doctor if you think you have an infection or have symptoms of an infection such as:

- fever, sweats, or chills
- muscle aches
- cough
- shortness of breath
- blood in your phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more often than normal
- feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have TB, or have been in close contact with someone who has TB

After starting STELARA®, call your doctor right away if you have any symptoms of an infection (see above).

STELARA® can make you more likely to get infections or make an infection that you have worse. People who have a genetic problem where the body does not make any of the proteins interleukin 12 (IL-12) and interleukin 23 (IL-23) are at a higher risk for certain serious infections that can spread throughout the body and cause death. It is not known if people who take STELARA® will get any of these infections because of the effects of STELARA® on these proteins.

##### Cancer

STELARA® may decrease the activity of your immune system and increase your risk for certain types of cancer. Tell your doctor if you have ever had any type of cancer.

##### Reversible posterior leukoencephalopathy syndrome (RPLS)

RPLS is a rare condition that affects the brain and can cause death. The cause of RPLS is not known. If RPLS is found early and treated, most people recover. Tell your doctor right away if you have any new or worsening medical problems including: headache, seizures, confusion, and vision problems.

##### Serious Allergic Reactions

Serious allergic reactions can occur. Get medical help right away if you have any symptoms such as: feeling faint, swelling of your face, eyelids, tongue, or throat, trouble breathing, throat or chest tightness, or skin rash.

##### Before receiving STELARA®, tell your doctor if you:

- have any of the conditions or symptoms listed above for serious infections, cancer, or RPLS
- have recently received or are scheduled to receive an immunization (vaccine). People who take STELARA® should not receive live vaccines. Tell your doctor if anyone in your house needs a vaccine. The viruses used in some types of vaccines can spread to people with a weakened immune system, and can cause serious problems. **You should not receive the BCG vaccine during the one year before taking STELARA® or one year after you stop taking STELARA®.** Non-live vaccinations received while taking STELARA® may not fully protect you from disease.
- are receiving or have received allergy shots, especially for serious allergic reactions
- ever had an allergic reaction to STELARA®
- receive phototherapy for your psoriasis
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if STELARA® will harm your unborn baby. You and your doctor should decide if you will take STELARA®
- are breast-feeding or plan to breast-feed. It is thought that STELARA® passes into your breast milk. You should not breast-feed while taking STELARA® without first talking to your doctor.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your doctor if you take:

- other medicines that affect your immune system
- certain medicines that can affect how your liver breaks down other medicines

**Common side effects of STELARA® include:** upper respiratory infections, headache, and tiredness.

These are not all of the side effects with STELARA®. Tell your doctor about any side effect that bothers you or does not go away. Ask your doctor or pharmacist for more information.

**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.

Please read the Medication Guide for STELARA® and discuss any questions you have with your doctor.



**Stelara®**  
(ustekinumab)



If you suffer from moderate or severe plaque psoriasis...  
*Imagine the possibilities of clearer skin*

4 doses a year  
after 2  
starter doses

Discover a proven psoriasis therapy. In a medical study, 7 out of 10 STELARA® patients saw at least 75% clearer skin at 12 weeks, and 6 out of 10 patients had their plaque psoriasis rated as cleared or minimal at 12 weeks. *Individual results may vary.*

The safety and effectiveness of STELARA® have not been evaluated beyond two years.

Discover a convenient psoriasis therapy. STELARA® is an injection given under the skin by a healthcare provider as directed by your doctor at weeks 0, 4, and every 12 weeks thereafter. Each injection is given using a small needle. STELARA® is available in 45 mg or 90 mg doses; your doctor will choose the right dose for you. Make sure you keep all your scheduled follow-up appointments.

Ask your dermatologist about STELARA®

Please read the Important Safety Information on the adjacent page.



Learn more about STELARA®

Text STELARA to 80800,  
call 1-866-709-1050,  
or visit [www.STELARAinfo.com](http://www.STELARAinfo.com)

## MEDICATION GUIDE FOR STELARA® INJECTION

Read this Medication Guide before you start taking STELARA® and each time before you get an injection. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment with STELARA®.

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

STELARA® is a medicine that affects your immune system. STELARA® can increase your chances of having serious side effects, including:

**Serious Infections:** STELARA® may lower the ability of your immune system to fight infections and may increase your risk of infections. Some people have serious infections while taking STELARA®, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses. Some people have to be hospitalized for treatment of their infection.

- Your doctor should check you for TB before starting STELARA®
- If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with STELARA® and during treatment with STELARA®
- Your doctor should watch you closely for signs and symptoms of TB during treatment with STELARA®

You should not start taking STELARA® if you have any kind of infection unless your doctor says it is okay.

**Before starting STELARA®, tell your doctor** if you think you have an infection or have symptoms of an infection such as:

- fever, sweats, or chills
- muscle aches
- cough
- shortness of breath
- blood in your phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more often than normal
- feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have TB, or have been in close contact with someone who has TB.

**After starting STELARA®, call your doctor right away** if you have any symptoms of an infection (see above).

STELARA® can make you more likely to get infections or make an infection that you have worse.

People who have a genetic problem where the body does not make any of the proteins interleukin 12 (IL-12) and interleukin 23 (IL-23)

are at a higher risk for certain serious infections. These infections can spread throughout the body and cause death. It is not known if people who take STELARA® will get any of these infections, because of the effects of STELARA® on these proteins in your body.

### Cancers:

STELARA® may decrease the activity of your immune system and increase your risk for certain types of cancers. Tell your doctor if you have ever had any type of cancer.

### Reversible posterior leukoencephalopathy syndrome (RPLS):

RPLS is a rare condition that affects the brain and can cause death. The cause of RPLS is not known. If RPLS is found early and treated, most people recover. Tell your doctor right away if you have any new or worsening medical problems including:

- headache
- seizures
- confusion
- vision problems

### What is STELARA®?

STELARA® is a prescription medicine used to treat adults 18 years and older with moderate or severe psoriasis that involves large areas or many areas of their body, who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

STELARA® may improve your psoriasis but may also lower the ability of your immune system to fight infections. This may also increase your risk for certain types of cancer.

It is not known if STELARA® is safe and effective in children.

It is not known if taking STELARA® for more than 2 years is safe and effective.

### What should I tell my doctor before receiving STELARA®?

**Before you receive STELARA®, tell your doctor if you:**

- have any of the conditions or symptoms listed in the section “What is the most important information I should know about STELARA®?”
- have recently received or are scheduled to receive an immunization (vaccine). People who take STELARA® should not receive live vaccines. Tell your doctor if anyone in your house needs a vaccine. The viruses used in some types of vaccines can spread to people with a weakened immune system, and can cause serious problems.

**You should not receive the BCG vaccine during the one year before taking STELARA® or one year after you stop taking STELARA®**

- are receiving or have received allergy shots, especially for serious allergic reactions. Allergy shots may not work as well for you during treatment with STELARA®. STELARA® may also increase your risk of having an allergic reaction to an allergy shot.
- receive phototherapy for your psoriasis.
- have any other medical conditions.
- are pregnant or planning to become pregnant. It is not known if STELARA® will harm your unborn baby. You and your doctor should decide if you will take STELARA®
- are breast-feeding or plan to breast-feed. It is thought that STELARA® passes into your breast milk. You should not breast-feed while taking STELARA® without first talking with your doctor.
- ever had an allergic reaction to STELARA®. Ask your doctor if you are not sure.

**Tell your doctor about all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your doctor if you take:

- other medicines that affect your immune system.
- certain medicines that can affect how your liver breaks down other medicines.

Ask your doctor or pharmacist if you are not sure if your medicine is one that is listed above.

Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

### How will I receive STELARA®?

- STELARA® is given by injection under the skin (subcutaneous injection).
- STELARA® should only be given by a healthcare provider as directed by your doctor.
- Your doctor will decide the right dose of STELARA® for you and how often you should receive it.
- Be sure to keep all of your scheduled follow-up appointments.

### What should I avoid while receiving STELARA®?

You should not receive a live vaccine while taking STELARA®. See “What should I tell my doctor before taking STELARA®?”

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

STELARA® can increase your chances of having serious side effects.

- See “What is the most important information I should know about STELARA®?”

- **Serious Allergic Reactions.** Serious allergic reactions can occur with STELARA®. Get medical help right away if you have any of the following symptoms of a serious allergic reaction:
  - feeling faint
  - swelling of your face, eyelids, tongue, or throat
  - trouble breathing, throat tightness
  - chest tightness
  - skin rash

### Common side effects of STELARA® include:

- upper respiratory infections
- headache
- tiredness

These are not all of the possible side effects of STELARA®. Tell your doctor about any side effect that bothers you or that does not go away. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

You may also report side effects to Janssen Biotech, Inc., at 1-800-JANSSEN (1-800-526-7736).

### General information about STELARA®

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.

This Medication Guide summarizes the most important information about STELARA®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about STELARA® that was written for healthcare professionals.

### What are the ingredients in STELARA®?

Active ingredient: ustekinumab

Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, polysorbate 80, and sucrose.

Prefilled Syringe Manufactured by: Janssen Biotech, Inc., Horsham, PA 19044, License No. 1864 at Baxter Pharmaceutical Solutions, Bloomington, IN 47403

Vial Manufactured by: Janssen Biotech, Inc., Horsham, PA 19044, License No. 1864 at Cilag AG, Schaffhausen, Switzerland

Revised August 2011

This Medication Guide has been approved by the U.S. Food and Drug Administration.

U.S. License No. 1864

25ST11141

# Plaque Psoriasis Is A Fight Worth Fighting

## Work With Your Doctor

CariDee wasn't satisfied with how she was controlling her plaque psoriasis. So she decided to talk to her doctor about her treatment options. It's time to take charge and talk to your dermatologist about a treatment that's right for you. Ask about STELARA®.

## Learn How STELARA® Performed In Medical Studies

- In a medical study, 7 out of 10 people taking STELARA® saw at least 75% clearer skin, and 6 out of 10 had their skin rated as cleared or minimal at 12 weeks
- In another study, nearly 9 out of 10 people who initially responded to STELARA® and continued therapy maintained clearer skin at 1 year

It is not known if taking STELARA® for more than 2 years is safe and effective.

CariDee is representative of a patient undergoing treatment with STELARA® under the supervision of her healthcare provider.

*Individual results may vary.*



**Before STELARA®**  
CariDee's plaque psoriasis covered her body. She worked with her dermatologist, and he recommended STELARA®.



To watch the video, "What Is Plaque Psoriasis?," scan this image with your smartphone or text "CariDeeX" to 80800.



**July 2011**  
These days, CariDee's skin is clearer and she's getting much needed relief from her symptoms of plaque thickness, scaling, and redness.



To watch the video, "CariDee's Experience With STELARA®," scan this image with your smartphone or text "CariDeeX" to 80800.

## Resources To Help Manage Your Condition

You don't have to do it on your own. You can find some helpful tools at STELARAINFO.COM to help you learn more about plaque psoriasis, track your symptoms, and record key information to share with your doctor.

Visit STELARAINFO.COM or scan the image below to find some helpful tools that will give your doctor a clearer picture of your condition:

- Download the free **Psoriasis Symptom Monitor** app to track your symptoms
- Use information in the **Doctor Conversation Guide** to help gather your thoughts
- Use the tips in the **"Working With Your Doctor"** video to help you have a productive conversation with your doctor

Together, you and your doctor can decide if STELARA® may be right for you.

To watch the video, "Prepping For A Doctor Appointment," scan this image with your smartphone or text "CariDeeX" to 80800.

## STELARA® Dosing Can Work With Your Schedule

CariDee knew that whatever treatment she found to treat her plaque psoriasis, it would have to work with her busy travel and modeling schedule.

STELARA® offers the convenience of 4 doses a year after 2 starter doses. It's an injection given under the skin by a healthcare provider as directed by your doctor at weeks 0, 4, and every 12 weeks thereafter.

- Each injection is given using a small needle
- STELARA® is available in 45 mg or 90 mg doses; your doctor will choose the right dose for you

**Make sure to keep all your follow-up appointments.**

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Get Your Free  
E-kit Today



## It's Time To Discover If STELARA® Is Right For You

To find out if STELARA® may offer relief from your plaque psoriasis symptoms, go online to download a free E-kit. The kit includes information and interactive tools for managing your plaque psoriasis. Your E-kit can help you and your doctor decide if STELARA® is right for you. You can customize your kit to include information on any of the following topics:

- A free App to help you keep track of your condition
- Facts about psoriasis to help you better understand your condition
- Tips for talking to your doctor
- Helpful information about STELARA®
- Success stories from people taking STELARA®
- Details on available cost support options

**Register for your free E-kit today and learn more at [STELARAinfo.com](http://STELARAinfo.com)**

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