



# Living With Moderate Or Severe Plaque Psoriasis?

Imagine The Possibilities  
Of Clearer Skin.

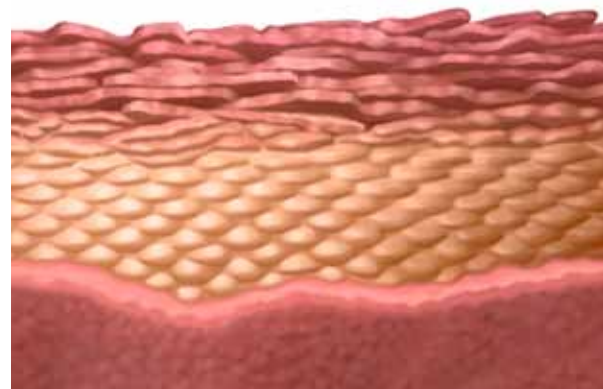
STELARA® is a prescription medicine approved to treat adults 18 years and older with moderate or severe plaque psoriasis that involves large areas or many areas of their body, who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or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

## **Selected Safety Information**

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## Understanding Plaque Psoriasis



To watch the video “What Is Plaque Psoriasis?,” scan this code with your smartphone or text “STELARA1” to 80800.



While the symptoms of moderate or severe plaque psoriasis, including plaque thickness, scaling, and redness, appear on your skin, the condition actually begins inside your body.

Plaque psoriasis is a chronic (long-lasting) inflammatory skin condition that is caused in part by an overactive immune system. This triggers the body to grow skin cells up to 10 times faster than normal. Instead of shedding, these skin cells pile up on the surface and form raised red patches, or lesions, called plaques.

There is currently no known cure for plaque psoriasis. However, there are certain medications, including biologics like STELARA<sup>®</sup> that are used to treat moderate to severe plaque psoriasis. So stop covering up, and start looking into treatment options that may help provide relief from your symptoms of plaque thickness, redness, and scaling.

## How Much Do You Know About Psoriasis?

- Psoriasis is the most prevalent autoimmune disease in the United States
- 125 million people worldwide have psoriasis, which is 2% to 3% of the total population, according to the World Psoriasis Day consortium
- Psoriasis can develop at any age
- Nearly a quarter of people with psoriasis have symptoms that are considered moderate to severe
- 80% of people who have psoriasis have plaque psoriasis

To learn more, go to the National Psoriasis Foundation website at [www.psoriasis.org](http://www.psoriasis.org).

## Living With Plaque Psoriasis

We understand how frustrating living with moderate or severe plaque psoriasis can be. The physical symptoms including plaque thickness, scaling, and redness are constant reminders of your skin condition.

### Don't give up hope

Working with your doctor to help keep your symptoms under control is an ongoing part of living with plaque psoriasis. Work with your dermatologist to look into what treatment options may be right for you.

## Plaque Psoriasis Q&A

### Q: What causes plaque psoriasis?

A: The exact cause of plaque psoriasis is unknown. However, it is understood that the immune system, environmental factors, and family history can play a role. The immune system is somehow triggered, which causes a series of events to occur, including inflammation and acceleration of skin cell growth. Instead of falling off (shedding), the cells pile up on the surface of the skin, forming psoriatic plaques.

### Q: How is plaque psoriasis diagnosed?

A: A doctor usually diagnoses plaque psoriasis by physically examining the skin and taking a thorough patient history. In some cases, the doctor may take a small sample of skin and examine it under a microscope.

### Q: What triggers plaque psoriasis flare-ups?

A: Certain things may cause plaque psoriasis to flare. These include stress, skin injuries, strep infections, and certain medications. Weather can also trigger psoriatic symptoms, especially in cold and dry climates. During the winter, skin is robbed of moisture by both the cold and dry air, which may worsen plaque psoriasis.

### Q: What treatments are available for plaque psoriasis?

A: Your doctor will prescribe a plaque psoriasis treatment for you based on many things, including the severity and location of your plaque psoriasis, your age, and your medical history. Therapies commonly used include: topical therapies, light therapies, systemic therapies, and biologics.

### Q: Is it contagious?

A: Plaque psoriasis is not contagious. You cannot “catch” it from someone. Contact with someone who has plaque psoriasis does not result in transmission of the disease.

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# Discover The Possibilities Of Clearer Skin

If you're not satisfied that your plaque psoriasis is well controlled, it's time to consider a different treatment option. Ask your doctor if STELARA® is right for you.

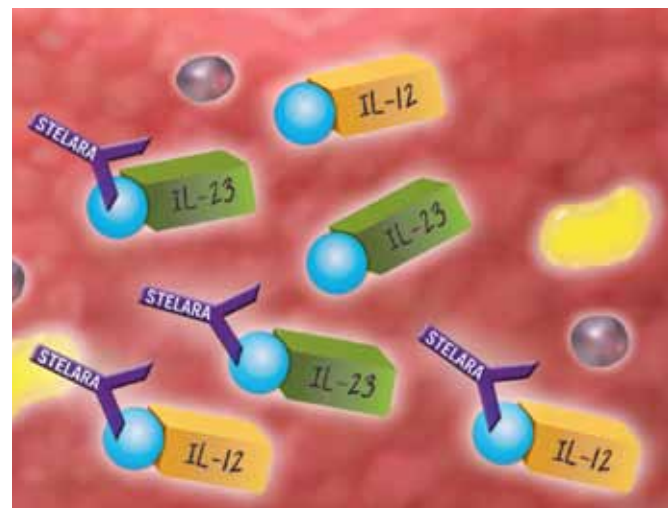
In the following sections you'll learn about:

- How STELARA® targets an underlying cause of plaque psoriasis
- How STELARA® may help clear your skin
- How STELARA® dosing schedule works
- Available resources and services that can help you get the most out of your treatment

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**Individual results may vary.**

## STELARA® Works Differently To Treat Plaque Psoriasis



STELARA® is a biologic medication that targets an underlying cause of plaque psoriasis — an overactive immune system. STELARA® specifically targets two proteins called IL-12 and IL-23 that are shown to be present in psoriatic plaques. By preventing these two proteins from attaching to cells in your body, STELARA® may slow down the production of skin cells and may reduce inflammation.



To learn more about how STELARA® works for moderate to severe plaque psoriasis, scan the code with your smartphone, text "STELARA2" to 80800, or go to STELARAinfo.com.

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## Learn How STELARA® Performed In Medical Studies

### STELARA® helps reduce plaque thickness, scaling, and redness

- 12 weeks after starting therapy, 7 out of 10 people taking STELARA® saw at least 75% clearer skin
- In as few as 12 weeks, 6 out of 10 people had their plaque psoriasis rated as cleared or minimal

**Individual results may vary.**

**The safety and effectiveness of STELARA® have not been evaluated beyond 2 years.**

### Example of moderate to severe plaque psoriasis



### What's more, STELARA® may also help you maintain clearer skin

- At 1 year, nearly 9 out of 10 people who initially responded to STELARA® and continued therapy maintained clearer skin
- At 2 years, 8 out of 10 people who initially saw 75% clearer skin maintained their results with continued therapy

### Example of 75% skin clearance



\*For illustrative purposes only. **Individual results may vary.**



## Talk To Your Doctor About STELARA®

Consider the information below and use the attached doctor discussion guide to help have a productive conversation with your doctor

### Things To Ask Your Doctor

- Given my history, what treatment options may help provide relief from my symptoms such as plaque thickness, scaling, and redness?
- How do biologic medicines treat moderate to severe plaque psoriasis?
- Am I a candidate for a biologic treatment like STELARA®?
- What are the dosing schedules of biologic medicines for moderate to severe plaque psoriasis?

### Things To Ask Yourself

- Do you feel that your current treatment is helping your symptoms?
- Have you been completely honest with your doctor about your symptoms?
- How do your plaque psoriasis symptoms affect you?
- Have you explored other treatment options with your doctor?

## Explore The Convenient Dosing Schedule Of STELARA®

### 4 doses a year after 2 starter doses

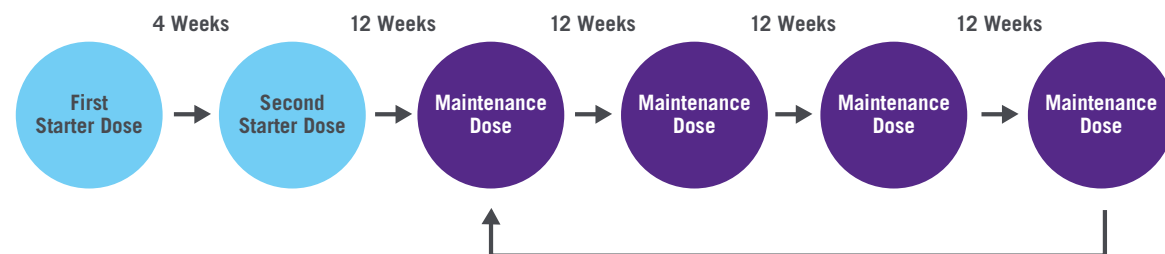
The dosing of STELARA® offers a full 12 weeks between treatments after 2 starter doses. It is an injection given under the skin by a healthcare provider as directed by your doctor at weeks 0, 4, and every 12 weeks thereafter.

- 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

Your healthcare provider will check your plaque psoriasis symptoms at all your scheduled dosing appointments while continually reviewing your response to treatment.

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

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## STELARA® Stories

Learn about patients with moderate or severe plaque psoriasis who have found relief from their symptoms, including plaque thickness, scaling, and redness, with STELARA®. CariDee English, 2006\* winner of *America's Next Top Model*\* has been battling plaque psoriasis for over twenty years. Learn more about how CariDee worked with her dermatologist and found a treatment that's right for her.

To hear CariDee's story and additional personal stories, scan the code with your smartphone, text "STELARA3" to 80800, or go to STELARAinfo.com.



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

\*All mentions of *America's Next Top Model* are used courtesy of Pottle Productions, Inc., and are not meant to imply any endorsement of any product or service.





## STELARA<sup>®</sup> support

### Get The Resources And Support You Need

When you start on STELARA<sup>®</sup>, you also get access to STELARA<sup>®</sup> Support—a support program dedicated to helping you get the most out of your treatment plan.

STELARA<sup>®</sup> Support offers several services at no cost to help you get started and stay on track with your treatment. STELARA<sup>®</sup> Support services include:

**Cost support:** We understand that everyone's financial situation is different. If you qualify, our Care Coordinators can help you identify resources that may assist you in reducing your out-of-pocket medication costs for STELARA<sup>®</sup> and help you find a cost-support program if your insurance or financial situation changes.

**Insurance help:** Our Care Coordinators can help you verify and understand your insurance benefits and explain your potential out-of-pocket medication costs for STELARA<sup>®</sup>.

**Medication reminders:** To help you stay on track with your upcoming appointments, STELARA<sup>®</sup> Support can send you timely reminders—by phone, text, or e-mail—before your next dose of STELARA<sup>®</sup> is due.

**Updates and educational materials:** STELARA<sup>®</sup> Support provides important updates, including additional tools and services as they become available.

**For more information call 1-877-5STELARA (1-877-578-3527) or visit STELARAINfo.com**

### Visit STELARAINfo.com To See If STELARA<sup>®</sup> Is Right For You

The website includes information and interactive tools to help you and your doctor manage your plaque psoriasis. By learning more, you and your doctor will have the information you need to decide if STELARA<sup>®</sup> is right for you. Go online to learn more at [STELARAINfo.com](http://STELARAINfo.com). You will find information on the following topics:

- A free app to help you talk to your doctor and show him how your plaque psoriasis symptoms have changed over time
- Facts about plaque psoriasis to help you better understand your condition
- Tips to help you talk to your doctor
- Helpful information about STELARA<sup>®</sup>
- Stories from people with moderate or severe plaque psoriasis taking STELARA<sup>®</sup>
- Details on available cost support options

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## IMPORTANT SAFETY INFORMATION



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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 plaque 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.**

**PI Pocket**

## Imagine The Possibilities Of Clearer Skin

Take the time to learn about moderate or severe plaque psoriasis. The more information you have, the more likely you'll be to have a productive conversation about your condition. Together, you and your doctor can find a treatment that's right for you.

Ask your doctor about STELARA.<sup>®</sup>

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# Doctor Discussion Guide

Take charge and use this Doctor Discussion Guide to record your symptoms, take notes, and have a conversation with your doctor.

