

Arcalyst[®]

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Starting a Conversation

A guide to talking with your doctor about recurrent pericarditis and treatment

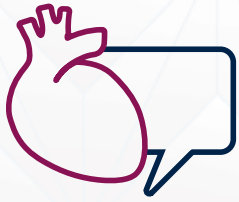
INDICATION

ARCALYST is indicated for the treatment of Recurrent Pericarditis (RP) and reduction in risk of recurrence in adults and pediatric patients 12 years and older.

IMPORTANT SAFETY INFORMATION

- ARCALYST may affect your immune system and can lower the ability of your immune system to fight infections. Serious infections, including life-threatening infections and death, have happened in patients taking ARCALYST. If you have any signs of an infection, call your doctor right away. Treatment with ARCALYST should be stopped if you get a serious infection. You should not begin treatment with ARCALYST if you have an infection or have infections that keep coming back (chronic infection).

Please see Important Safety Information throughout and full Prescribing Information at [ARCALYST.com/PI](https://www.arcalyst.com/PI).

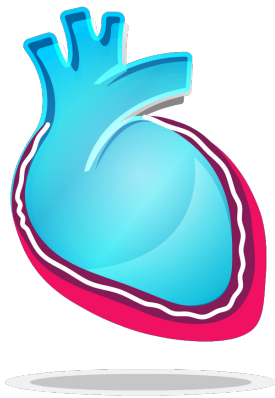


USE THIS GUIDE TO PREPARE FOR A DISCUSSION WITH YOUR DOCTOR ABOUT RECURRENT PERICARDITIS

What is pericarditis?

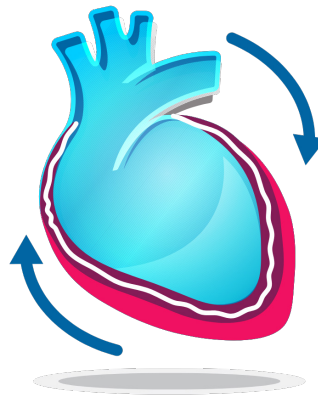
The **pericardium** is a thin membrane that surrounds the heart like a sac, providing lubrication and protection from harm. **Pericarditis** is a condition in which that membrane becomes inflamed. When this happens, the irritated layers of the pericardium rub against each other and can cause a lot of pain.

There are different types of pericarditis, including **one-time episodes** and **recurrent pericarditis**.



ONE-TIME EPISODE PERICARDITIS

A **first or one-time episode** is often a single flare that goes away completely on its own or after treatment.



RECURRENT PERICARDITIS

Recurrent pericarditis, just like it sounds, is when a pericarditis flare happens again at least 4 to 6 weeks after the first one ends. With **recurrent pericarditis**, each flare increases the risk of having another one.

A **first or one-time episode** and **recurrent pericarditis** share the same symptoms. However, **they have different causes, which means they may require different treatments**. Recurrent pericarditis, specifically, may call for an approach that not only relieves pain, but also prevents future flares.

If you have been diagnosed with recurrent pericarditis or think you may have it, use this guide to facilitate a productive conversation with your doctor to help ensure you receive the best possible care.

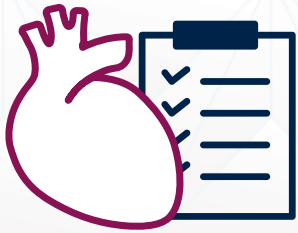
IMPORTANT SAFETY INFORMATION (continued)

- While taking ARCALYST, do not take other medicines that block interleukin-1, such as Kineret® (anakinra), or medicines that block tumor necrosis factor, such as Enbrel® (etanercept), Humira® (adalimumab), or Remicade® (infliximab), as this may increase your risk of getting a serious infection.

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PREPARING FOR YOUR VISIT

YOUR MEDICAL HISTORY



“ When I described the chest pain [to my doctor], and I explained it was difficulty breathing and when I leaned forward it was better...he immediately knew it was pericarditis. ”

– **Cathy**. Wife, mother, fitness instructor.

It's not always easy to know what to say during your doctor's appointment, but being prepared will help you and your doctor gain a better understanding of your condition.

This section will help you get ready for your next visit by identifying important topics to discuss. Take it with you to refresh your memory, or even to share with your doctor directly.

RECORD WHAT YOU KNOW OR SUSPECT ABOUT YOUR CURRENT CONDITION.

Having this information on hand will help establish a good starting place for you and your doctor to plan your next steps.

Have you been diagnosed with any type of pericarditis?

- Yes
 No

Have you been diagnosed with *recurrent* pericarditis?

- Yes No, but I think I may have it
 No I'm not sure

If you have recurrent pericarditis, or suspect you may have it, how many flares have you experienced in the last year?

- 2 to 3 <6
 4 to 5 I'm not sure

How recently did you experience your most recent flare?

- I'm currently experiencing a flare Between 6 months and 9 months ago
 Within the past 3 months More than 9 months ago
 Between 3 months and 6 months ago

IMPORTANT SAFETY INFORMATION (continued)

- Talk with your doctor about your vaccine history. Ask your doctor whether you should receive any vaccines before you begin treatment with ARCALYST.

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PREPARING FOR YOUR VISIT

YOUR SYMPTOMS AND EXPERIENCE

Chest pain is the most common symptom of recurrent pericarditis. To help explain the type of chest pain you may have been experiencing, we have provided various ways to describe how this may feel.

Select all that apply, or select "other" and record your experience in your own words.

- Intensified chest pain*: Pain that becomes worse when you cough, lie down, or inhale deeply, and becomes better when you sit up or lean forward
- Sharp chest pain*: A stabbing or piercing pain behind the breastbone or in the left side of your chest that becomes worse when breathing in or lying down
- Traveling chest pain*: Pain that moves from the chest into the left shoulder and neck
- Dull chest pain*: A dull ache or pressure behind the breastbone or in the left side of your chest that becomes worse when breathing in or lying down. It may feel like a vise is squeezing the heart
- I have not experienced chest pain
- Other: _____

While chest pain is the main symptom of recurrent pericarditis, it's not the only one. Have you experienced any of the symptoms listed below? Select all that apply.

- Back, neck, or shoulder pain
- Cough
- Shortness of breath
- Heart palpitations
- Low-grade fever
- Overall sense of weakness and fatigue
- Swelling in the abdomen, legs, or feet
- No other symptoms
- Other: _____

What other possible effects have you experienced that may be related to recurrent pericarditis? Select all that apply.

- Anxiety
- Sleeplessness
- Fear of my next flare
- Feelings of depression
- Other: _____

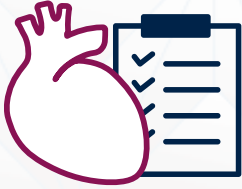
IMPORTANT SAFETY INFORMATION (continued)

- Medicines that affect the immune system may increase the risk of getting cancer.

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PREPARING FOR YOUR VISIT

IMPACT ON YOUR LIFE

How has this condition affected your quality of life?

Interruptions in daily routine (list examples): _____

Missed time with family or friends (list examples): _____

Missed time at work (list examples): _____

Missed special events (list examples): _____

Had to give up hobbies, interests, or activities (list examples): _____

Other: _____

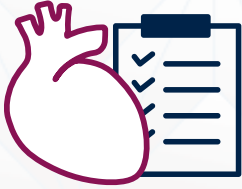
IMPORTANT SAFETY INFORMATION (continued)

- Stop taking ARCALYST and call your doctor or get emergency care right away if you have any symptoms of an allergic reaction.

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PREPARING FOR YOUR VISIT

YOUR TREATMENT HISTORY

What treatments, if any, have you been given to help manage these symptoms?

Nonsteroidal anti-inflammatory drugs (NSAIDs)

- Currently taking Stopped taking

Colchicine

- Currently taking Stopped taking

Steroids

- Currently taking Stopped taking

Other: _____

- Currently taking
 Stopped taking
 I've been treated, but not certain of the medication

If you have been prescribed a treatment, or multiple treatments, for your symptoms, what has been your experience with them?

IMPORTANT SAFETY INFORMATION (continued)

- Your doctor will do blood tests to check for changes in your blood cholesterol and triglycerides.

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MAKING THE MOST OF YOUR VISIT



“ About six months later, it came back. I saw my cardiologist. I told him it was the same exact pain... This is when he told me this is *recurrent pericarditis*. ”

– Cathy. Wife, mother, fitness instructor.

Speaking with your doctor about a complex condition like recurrent pericarditis can feel overwhelming, but **your appointment is your time, and it's important to make the most of it**. Asking questions will help you feel informed about your condition. Providing details about your experience will help you and your doctor create a treatment plan that's right for you.

Taking the steps below will help you get the most out of your next visit.

- 1 TAKE NOTES AND/OR RECORD THE APPOINTMENT.** Use this guide, or a notebook, to keep track of your doctor's answers and recommendations. Ask if you can record the appointment using your phone so you can reference the conversation later. You can also bring a friend or family member with you to help you advocate, ask questions, and take notes.
- 2 SHARE YOUR HISTORY.** The information you've captured on the previous pages will be an important resource for your doctor. Remember to bring this guide to your appointment and be ready to discuss details.
- 3 ASK FOR A TREATMENT PLAN.** If you are diagnosed with recurrent pericarditis, ask for strategies to manage your condition, including a treatment that both relieves pain and prevents future flares.
- 4 ASK QUESTIONS.** It is important to play an active role in the conversations about your condition. Before you leave your appointment, ask your doctor the following questions to better understand your diagnosis and treatment.

Do I need any additional tests to confirm my diagnosis and/or monitor my condition?

For example: an electrocardiogram, echocardiogram, chest x-ray, or blood test to measure signs of inflammation.

What treatment approach do you recommend? Why do you feel this is the best approach for me?

IMPORTANT SAFETY INFORMATION (continued)

- In patients with recurrent pericarditis, common side effects include injection-site reactions, which may include pain, redness, swelling, itching, bruising, lumps, inflammation, skin rash, blisters, warmth, and bleeding at the injection site, and upper respiratory tract infections.

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MAKING THE MOST OF YOUR VISIT (continued)

If this treatment approach is successful, what should I expect when it comes to both pain relief and prevention of future flares?

Would ARCALYST be a good option for me?

How will my doctors communicate with each other about my recurrent pericarditis and treatment plan?

What side effects are associated with this treatment approach?

Do any of the treatments in this plan put me at risk for long-term complications?

About how long should it take for my symptoms to improve or go away?

IMPORTANT SAFETY INFORMATION

- Interleukin-1 (IL-1) blockade may interfere with the immune response to infections. Treatment with another medication that works through inhibition of IL-1 or inhibition of tumor necrosis factor (TNF) is not recommended as this may increase the risk of serious infection. Serious, life-threatening infections have been reported in patients taking ARCALYST. Do not initiate treatment with ARCALYST in patients with an active or chronic infection.

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MAKING THE MOST OF YOUR VISIT (continued)

What should I do if my symptoms do not go away, or if they come back?

Aside from medication, do you recommend any lifestyle changes or management approaches?

Are there any specialists? (A cardiologist, rheumatologist, or hematologist? A dietitian? A therapist to help with stress?)

ADD YOUR OWN QUESTIONS:

ASK YOUR DOCTOR ABOUT ARCALYST, the first and only FDA-approved therapy that treats recurrent pericarditis and reduces the risk of future flares in people 12 years and older.

IMPORTANT SAFETY INFORMATION (continued)

- Discontinue ARCALYST if a patient develops a serious infection.

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“ I hope that everyone out there suffering from recurring pericarditis can get some kind of an effective treatment. In my case, it was ARCALYST. ”

– Warren. Husband, father, motorcycle rider.



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