

YOUR VISIT

RHEUMATOID ARTHRITIS

OCTOBER 2020

WORKBOOK
Tools for today's
appointment

RA SYMPTOMS TO DISCUSS WITH YOUR DOCTOR

page 3



**COMPLIMENTARY COPY
TAKE ONE HOME**

CHECKLIST TO TRACK YOUR TREATMENT page 11

TODAY'S VISIT

Come prepared with these prompts to **get the information you need** from your rheumatologist.

QUESTIONS YOU CAN USE

► Are my RA medications working well to control my symptoms?

► What lifestyle changes can I make to help with my RA flares?

► Can RA affect areas of my body other than my joints?

► Medications I've tried:

DRUG			
DOSE			
HOW WELL IT WORKED			
SIDE EFFECTS			

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Beyond Joint Pain

4 RHEUMATOID ARTHRITIS SYMPTOMS YOU SHOULDN'T IGNORE

You probably don't tell your doctor about every ache in your hands, feet, or other joints. But, "with rheumatoid arthritis, inflammation throughout the body can lead to many other symptoms," says Petros Efthimiou, MD, a rheumatologist at New York Rheumatology Care.

If you have any of these symptoms, talk to your rheumatologist.

Chest pain

Rheumatoid arthritis can lead to several different types of chest pain. Inflammation in the cartilage between the ribs and the breastbone can cause pain in the bones of the chest. When inflammation affects the lining of the chest cavity, you may feel intense burning or sharp, stabbing pain when you inhale and exhale deeply.

Chest pain can also be a sign of heart trouble. Rheumatoid arthritis makes you twice as likely as other people to develop heart disease. If you have chest pain, tell your doctor right away.

Eye problems

Sometimes, inflammation can reach your eyes. The most

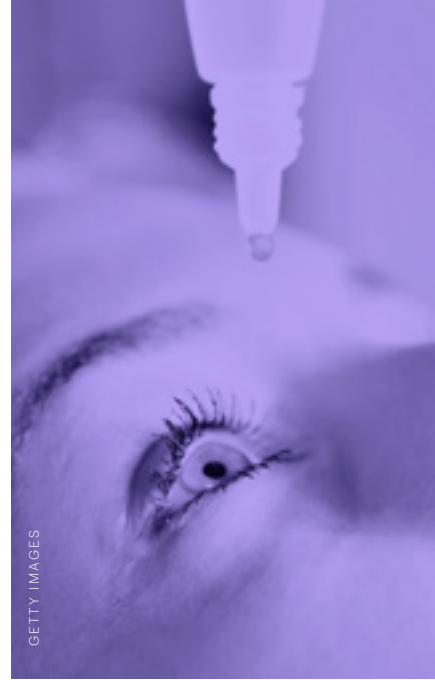
common symptom is dry eyes. It may not seem like a big deal, but dry eyes are infection prone. Untreated, dryness can damage the eyes. It could also be a sign of another autoimmune disease, called Sjogren's syndrome, that can develop in people who have rheumatoid arthritis.

Rarely, rheumatoid arthritis can cause redness and pain in the whites of your eyes.

"Discuss any eye symptoms with your doctor," Efthimiou says. "We often need a team approach—another specialist to treat the eyes while the rheumatologist works to reduce inflammation to prevent the problem from getting worse."

Numbness and tingling

Inflammation causes swelling, which can compress and damage your nerves—a condition called neuropathy. The main symptom is numbness and tingling in the affected area. The most common type of neuropathy in people who have rheumatoid arthritis is carpal tunnel syndrome. Your thumb, forefinger, middle finger, and ring finger may feel numb. But you can develop this type of nerve damage in other parts



GETTY IMAGES

of the body, too.

Don't ignore it. Neuropathy can make your arthritis and your overall health worse.

Mood changes

People with rheumatoid arthritis can often develop depression. "It may be the systemic inflammation or maybe when your symptoms frequently prevent you from doing the things you love, it affects your mood," Efthimiou says. Discuss mood changes with your doctor and get treatment if needed.

"If the inflammation is under control, the arthritis is responding to medication, and you still have symptoms of depression," Efthimiou says, "it might be a good idea to get a referral for therapy."

FOR ADULTS WITH MODERATE TO SEVERE RHEUMATOID ARTHRITIS (RA) WHO HAVE NOT BEEN HELPED ENOUGH BY OTHER RA MEDICINES

KEVZARA[®]
(sarilumab)

It was time for a move.

When my old RA treatment stopped working, I knew I had to try something different.

SHONDA | KEVZARA patient

My RA got so bad, I couldn't do simple things. The morning when I couldn't open my water bottle, **I knew it was time for a change.** My doctor and I tried KEVZARA.

KEVZARA has*:

- Reduced my pain after only 2 weeks (although for some it may take up to 3 months)
- Made my joints less sore and swollen
- Slowed the progression of my RA and is helping to protect my joints from further damage

Now I can enjoy my morning cup of coffee, and even enjoy my time with friends after work. **This is my today. Even with RA.**

Are you ready for a change?
Ask your doctor if KEVZARA is right for you.

*Individual results may vary.

FIND OUT ABOUT THE KevzaraConnect[®] COPAY CARD ON THE NEXT PAGE

WHAT IS KEVZARA?

KEVZARA[®] (sarilumab) is an injectable prescription medicine called an interleukin-6 (IL-6) receptor blocker. KEVZARA is used to treat adult patients with moderately to severely active rheumatoid arthritis (RA) after at least one other medicine called a disease-modifying antirheumatic drug (DMARD) has been used and did not work well or could not be tolerated.

IMPORTANT SAFETY INFORMATION

KEVZARA can cause serious side effects including:

- **SERIOUS INFECTIONS:** KEVZARA is a medicine that affects your immune system. KEVZARA can lower the ability of your immune system to fight infections. Some people have had serious infections while using KEVZARA, including

tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections. Your healthcare provider should test you for TB before starting KEVZARA. Your healthcare provider should monitor you closely for signs and symptoms of TB during treatment with KEVZARA.

- Before starting KEVZARA, tell your healthcare provider if you
 - think you have an infection or have symptoms of an infection, with or without a fever. Symptoms may include sweats or chills, muscle aches, a 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 urinating more often than normal, if you feel very tired, or if you are being treated for an infection, get a lot of infections or have repeated infections

- have diabetes, HIV, or a weakened immune system
- have TB, or have been in close contact with someone with TB
- live or have lived, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance of getting certain fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis)
- have or have had hepatitis

- After starting KEVZARA, call your healthcare provider right away if you have any symptoms of an infection.

- **CHANGES IN CERTAIN LABORATORY TEST RESULTS:** Your healthcare provider should do blood tests before and after starting KEVZARA to check for low neutrophil (white blood cells that help the body fight off bacterial infections) counts, low platelet (blood cells that help with blood clotting and stop bleeding) counts, and an increase in certain liver function tests. Changes in test results are common with KEVZARA and can be severe.

CONTINUE READING IMPORTANT SAFETY INFORMATION & BRIEF SUMMARY OF IMPORTANT INFORMATION ON THE FOLLOWING PAGES

KEVZARA®

(sarilumab)

IMPORTANT SAFETY INFORMATION (cont'd)

- **CHANGES IN CERTAIN LABORATORY TEST RESULTS (cont'd):** You may also have changes in other laboratory tests, such as your blood cholesterol levels. Your healthcare provider should do blood tests 4 to 8 weeks after starting KEVZARA and then every 6 months during treatment to check for an increase in blood cholesterol levels.
- **TEARS (PERFORATION) OF THE STOMACH OR INTESTINES:** Tell your healthcare provider if you have had a condition known as diverticulitis (inflammation in parts of the large intestine or ulcers in your stomach or intestines). Some people using KEVZARA had tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate. Call your healthcare provider right away if you have fever and stomach (abdominal) pain that does not go away.
- **CANCER:** KEVZARA may increase your risk of certain cancers by changing the way your immune system works. Tell your healthcare provider if you have ever had any type of cancer.
- **SERIOUS ALLERGIC REACTIONS:** Serious allergic reactions can happen with KEVZARA. Get medical attention right away if you have any of the following signs: shortness of breath or trouble breathing; feeling dizzy or faint; swelling of your lips, tongue, or face; moderate or severe stomach (abdominal) pain or vomiting; or chest pain.
- Do not use KEVZARA if you are allergic to sarilumab or any of the ingredients of KEVZARA.
- Before using KEVZARA, tell your healthcare provider if you
 - have an infection
 - have liver problems
 - have had stomach (abdominal) pain or a condition known as diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines
 - recently received or are scheduled to receive a vaccine. People who take KEVZARA should not receive live vaccines
 - plan to have surgery or a medical procedure

- are pregnant or plan to become pregnant. It is not known if KEVZARA will harm your unborn baby
- are breastfeeding or plan to breastfeed. Talk to your healthcare provider about the best way to feed your baby if you use KEVZARA. It is not known if KEVZARA passes into your breast milk
- take any prescription or nonprescription medicines, vitamins, or herbal supplements. It is especially important to tell your healthcare provider if you use
 - any other medicines to treat your RA. Using KEVZARA with these medicines may increase your risk of infection
 - medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these
- The most common side effects include:
 - injection site redness
 - upper respiratory tract infection
 - urinary tract infection
 - nasal congestion, sore throat, and runny nose

These are not all of the possible side effects of KEVZARA. Tell your doctor about any side effect that bothers you or does not go away. You are encouraged to report side effects of prescription drugs to the FDA at www.fda.gov/medwatch or call 1-800-FDA-1088.

To learn more, talk about KEVZARA with your healthcare provider or pharmacist. The FDA-approved Medication Guide and Prescribing Information can be found at KEVZARA.com or by calling **1-844-KEVZARA** (1-844-538-9272).

KEVZARAconnect®

Support, when and how you need it.

We know that starting and staying on a treatment isn't always easy. That's why we created KevzaraConnect—a support program exclusively for KEVZARA patients and their caregivers that offers treatment, lifestyle, and financial support.

BRIEF SUMMARY OF IMPORTANT INFORMATION ABOUT KEVZARA® (sarilumab)

What is the most important information I should know about KEVZARA? KEVZARA can cause serious side effects including:

1. **Serious Infections.** KEVZARA is a prescription medicine that affects your immune system. KEVZARA can lower the ability of your immune system to fight infections. Some people have serious infections while taking KEVZARA, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections.

Your healthcare provider should test you for TB before starting KEVZARA.

- Your healthcare provider should monitor you closely for signs and symptoms of TB during treatment with KEVZARA

You should not start taking KEVZARA if you have any kind of infection unless your healthcare provider says it is okay.

Before starting KEVZARA, tell your healthcare provider if you

- think you have an infection or have symptoms of an infection, with or without a fever, such as 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 urinating more often than normal or feeling very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance of getting infections
- have TB, or have been in close contact with someone with TB
- live or have lived, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance of getting certain fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen more often or become more severe if you use KEVZARA. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common
- have or have had hepatitis

After starting KEVZARA, call your healthcare provider right away if you have any symptoms of an infection.

2. **Changes in certain laboratory test results.** Your healthcare provider should do blood tests before you start KEVZARA, 4 to 8 weeks after starting KEVZARA, and then every 3 months during treatment to check for:
 - **low neutrophil count.** Neutrophils are white blood cells that help the body fight off bacterial infections. A low neutrophil count is common with KEVZARA, and can be severe
 - **low platelet count.** Platelets are blood cells that help with blood clotting and stop bleeding
 - **increase in certain liver function tests.** An increase in certain liver function tests is common with KEVZARA, and can be severe

Your healthcare provider may not prescribe KEVZARA if your neutrophil or platelet counts are too low, or your liver function tests are too high.

Your healthcare provider may stop your KEVZARA treatment for a period of time or change your dose of medicine if needed because of changes in these blood test results.

Your healthcare provider should do blood tests 4 to 8 weeks after starting KEVZARA and then every 6 months during treatment to check for an:

- **increase in blood cholesterol levels**
- 3. **Tears (perforation) of the stomach or intestines.** Tell your healthcare provider if you have had a condition known as diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines. Some people using KEVZARA had tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate.

CONTINUE READING BRIEF SUMMARY OF IMPORTANT INFORMATION ON NEXT PAGE



Sign up for the KevzaraConnect® Copay Card.

Eligible patients can pay as little as

\$0 COPAY PER MONTH*
with a maximum copay assistance of \$15,000 per calendar year.

Eligibility restrictions apply. Visit KEVZARA.com to learn more.

*SELECT COPAY TERMS AND CONDITIONS:

Applicable for eligible patients with commercial insurance not funded through a government healthcare program.

This program is not valid for prescriptions covered by or submitted for reimbursement under Medicaid, Medicare, VA, DOD, TRICARE, or similar federal or state programs, including any state pharmaceutical assistance program. See full program terms and conditions at KEVZARA.com.

This program is not valid where prohibited by law, taxed, or restricted. KevzaraConnect reserves the right to rescind, revoke, terminate, or amend this offer, eligibility, and terms of use at any time without notice.

KEVZARA®

(sarilumab)

BRIEF SUMMARY OF IMPORTANT INFORMATION ABOUT KEVZARA® (sarilumab) (cont'd)

Call your healthcare provider right away if you have fever and stomach (abdominal) pain that does not go away.

4. **Cancer.** KEVZARA may increase your risk of certain cancers by changing the way your immune system works. Tell your healthcare provider if you have ever had any type of cancer.

See “What are the possible side effects with KEVZARA?” for more information about side effects.

What is KEVZARA?

KEVZARA is an injectable prescription medicine called an Interleukin-6 (IL-6) receptor blocker. KEVZARA is used to treat adult patients with moderately to severely active rheumatoid arthritis (RA) after at least one other medicine called a disease-modifying antirheumatic drug (DMARD) has been used and did not work well or could not be tolerated.

It is not known if KEVZARA is safe and effective in children.

Who should not use KEVZARA?

Do not use KEVZARA if you are allergic to sarilumab or any of the ingredients in KEVZARA (see section titled “What are the ingredients in KEVZARA?” for a complete list of ingredients in KEVZARA).

Before using KEVZARA, talk to your healthcare provider about all of your medical conditions, including if you:

- have an infection. See “What is the most important information I should know about KEVZARA?”
- have liver problems
- have had stomach (abdominal) pain or been diagnosed with diverticulitis or ulcers in your stomach or intestines
- have recently received or are scheduled to receive a vaccine. People who take KEVZARA should not receive live vaccines
- plan to have surgery or a medical procedure
- are pregnant or plan to become pregnant. It is not known if KEVZARA will harm your unborn baby
- **Pregnancy Registry:** Sanofi has a registry for pregnant women who use KEVZARA. The purpose of this registry is to gather information about the health of the pregnant mother and her baby. If you are pregnant or become pregnant while using KEVZARA, talk to your healthcare provider about how you can join this pregnancy registry or call 1-877-311-8972 to enroll
- are breastfeeding or plan to breastfeed. It is not known if KEVZARA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use KEVZARA

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you use:

- any other medicines to treat your RA. You should not take rituximab (Rituxan®), etanercept (Enbrel®), infliximab (Remicade®), anakinra (Kineret®), adalimumab (Humira®), abatacept (Orencia®), certolizumab (Cimzia®), golimumab (Simponi®), tocilizumab (Actemra®), or tofacitinib (Xeljanz®) while you are using KEVZARA. Using KEVZARA with these medicines may increase your risk of infection.
- medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these.

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

What are the possible side effects of KEVZARA?

KEVZARA can cause serious side effects, including:

- See “What is the most important information I should know about KEVZARA?”
- **Serious allergic reactions.** Serious allergic reactions can happen with KEVZARA. Get medical attention right away if you have any signs of a serious allergic reaction such as shortness of breath or trouble breathing, swelling of the lips, tongue, or face, chest pain, feeling dizzy or faint, or moderate or severe stomach (abdominal) pain or vomiting.

Common side effects of KEVZARA include:

- injection site redness
- upper respiratory tract infection
- urinary tract infection
- nasal congestion, sore throat, and runny nose

These are not all of the possible side effects of KEVZARA.

Call your doctor for medical advice about any side effects.

You may report side effects to FDA at 1-800-FDA-1088.

General Information about the safe and effective use of KEVZARA.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use KEVZARA for a condition for which it was not prescribed. Do not give KEVZARA to other people, even if they have the same symptoms you have. It may harm them. You can ask your healthcare provider or pharmacist for information about KEVZARA that was written for health professionals.

What are the ingredients in KEVZARA?

Active ingredient: sarilumab

Inactive ingredients: arginine, histidine, polysorbate 20, sucrose, and Water for Injection, USP.

The risk information provided here is not comprehensive. To learn more, talk about KEVZARA with your healthcare provider or pharmacist. The FDA-approved product labeling can be found at www.KEVZARA.com or 1-844-KEVZARA (1-844-538-9272).

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DAILY DIARY

For two or three months, keep a log of your daily symptoms and other key factors that may be affecting your RA and take your findings to your appointment. "RA is a disease that can flare and ebb," says Erika Noss, MD, PhD, assistant professor in the division of rheumatology at the University of Washington School of Medicine. "You may not be very symptomatic on the day you're seen in a clinic, so it's important to get a sense of how many days over the past several weeks your RA symptoms were present."

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RA SYMPTOMS							
MEDICATION SIDE EFFECTS							
WEATHER							
FOODS I'VE EATEN							
ACTIVITIES							
MOOD							

SCAN OR COPY THIS PAGE BEFORE YOU FILL IT IN TO USE FOR TWO OR THREE MONTHS

NEED TO KNOW

Erika Noss, MD, PhD,
assistant professor
in the division of
rheumatology at
the University of
Washington School of
Medicine, **shares what
she hopes her patients
understand after a
visit to her office.**

Your disease

Noss: In most people, RA is a chronic illness. It's caused by an autoimmune attack on your joints, and we need to use medications that suppress the immune system to treat your pain and prevent joint damage. We don't know how to make RA go away for good yet, but we have many types of treatments, and can really improve how patients feel and even cause them to go into remission on medications.

The treatment process

Noss: Unfortunately, we don't have any blood tests to figure out which treatment is best for an individual patient. Therefore, you have to work with your doctor to optimize your care. Sometimes this is a fast process, but sometimes it can take many months.

How well your RA is responding to medications

Noss: We use a composite of measures to assess if a medication is working. We count the number of swollen and tender joints by physical examination and assess the level of stiffness first thing in the morning.

Another very important piece of information is the patient's own assessment of how well their arthritis is controlled. We often use a zero (no arthritis) to 10 (maximum arthritis) scale to track how patients are feeling about their disease control. We look for improvement in all of these measures over time.

Your medication's side effects

Noss: If a medication is causing side effects that interfere with daily function or cause significant changes to laboratory tests, it's time to try a different medication. However, for many of our medications, there are tricks that can reduce side effects, so I also tell patients to be frank about what problems they are having so we can troubleshoot a solution together.

How lifestyle changes can help your symptoms

Noss: Smoking is associated with the development of RA, so that is yet another reason to stop.

The effect of diet on RA symptoms is an area of active research, but a well-balanced diet is always important to good health. The current recommendations are to adopt a general, well-balanced diet with plenty of fruits, vegetables, and whole grains, and to consume a moderate amount of foods rich in omega-3 fatty acids such as fatty fish.

Although exercise can be challenging when you're in pain, remaining active may help relieve some RA symptoms. It maintains muscle strength, increases your range of motion, and contributes to an overall positive outlook on life.

next steps

CHECKLIST

Treatment plan:

► MEDICATIONS

DRUG			
DOSE			
WHEN TO TAKE IT			
HOW TO TAKE IT			

► LIFESTYLE CHANGES

DIET CHANGES	
EXERCISE PLAN	
ASSISTIVE DEVICES I CAN USE	
OTHER CHANGES	

My next appointment is:

I should call between visits if:

“Maintaining an active lifestyle that incorporates aerobic exercise and resistance training **IS IMPORTANT TO MAINTAIN MUSCLE STRENGTH AND BETTER MANAGE SYMPTOMS.**”

ERIKA NOSS, MD, PHD,
ASSISTANT PROFESSOR IN THE DIVISION OF RHEUMATOLOGY AT THE UNIVERSITY OF WASHINGTON SCHOOL OF MEDICINE

Meet Your New Rheumatoid Arthritis Community

We've sat in the same seat you're in right now — feeling confused, anxious, and relieved about receiving a diagnosis of rheumatoid arthritis. You have a support system in CreakyJoints, a digital patient non-profit community for people with all forms of arthritis.



Our mission is to inspire and empower you to put yourself at the center of your care:

Seeking Education?



Our daily news, educational articles, and resources help you understand your disease so you can get healthier.

Need Support?



Connect with our community at [Facebook.com/creakyjoints](https://www.facebook.com/creakyjoints), [@CreakyJoints](https://twitter.com/CreakyJoints) on Twitter, and [@Creaky_Joints](https://www.instagram.com/Creaky_Joints) on Instagram.

Ready to Raise Your Voice?



We train patients to advocate for better health care via our 50-State Network ([50StateNetwork.org](https://www.50StateNetwork.org)).

Want to Participate in Research?



Our ArthritisPower app is a research registry that lets you track symptoms and participate in voluntary research studies ([ArthritisPower.org](https://www.ArthritisPower.org)).

Learn more at www.CreakyJoints.org