THE CIMZIA® PATIENT GUIDE
what you need to know to get started
WHAT THIS BOOKLET IS FOR

You’re reading this booklet because you have been prescribed CIMZIA (certolizumab pegol) for your rheumatoid arthritis (RA). It’s full of things you need to know about treatment with CIMZIA, and has some useful facts and advice that may help you deal with your RA.

So you can see at a glance what’s in the booklet, there’s a list on page 5 with tabs that book mark where each section is.
MY DETAIL'S
For your reference, please note down your healthcare professional's details here:

My name: ____________________________
Hospital name: _______________________
Hospital number: _____________________
Healthcare professional's name: ________

Deliver company details
Company name: _______________________
Contact number: ______________________
Email address: ________________________

WHAT'S IN THIS BOOKLET

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WHAT IS RA?
RA is an autoimmune disease. It attacks the lining of the joints, known as the synovium, and causes inflammation. The cause of RA is unknown, however it may be due to many different factors, both genetic and environmental.1

WHO GETS RA?
RA is more common than you might think—it affects around 1 in 100 people.1 It can develop at any age, however people are more likely to develop the disease in middle age onwards.1 Women are more likely to develop RA than men.1,2

WHAT EFFECT WILL RA HAVE ON MY BODY?
RA can be painful; you may experience joint stiffness, swollen and tender joints and fatigue, which can result in changes in your ability to do daily activities. Without effective treatment RA can lead to joint damage as well as affecting other parts of your body. Dealing with RA is challenging. However, there are treatments that can slow its progress and relieve many of the symptoms.

WHAT EFFECT WILL MY RA HAVE ON MY LIFE AND RELATIONSHIPS?
RA can affect different people in different ways, for example it can have an impact on your family, friends and colleagues. For information on how to manage and adapt to living with RA, you may wish to refer to NRAS (National Rheumatoid Arthritis Society), ARC (Arthritis Research Campaign) or Arthritis Care. See page 29 for contact details.

References:
CIMZIA – WHAT IS IT?

CIMZIA (certolizumab pegol) is an anti-Tumour Necrosis Factor (TNF) therapy that is part of a group of treatments called ‘biologic therapies’. CIMZIA binds to TNF-alpha, which helps to reduce inflammation.

CIMZIA – HOW OFTEN DO I NEED TO TAKE IT?

Always use CIMZIA exactly as your doctor has told you. CIMZIA is usually used together with another medicine called methotrexate. If your doctor determines that methotrexate is inappropriate, CIMZIA can be given alone.

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CiMZIA – WHAT WILL I GET WHEN I RECEIVE MY TREATMENT?
Supplied in your CiMZIA prefilled syringe pack will be 2 prefilled syringes of CiMZIA (2 x 200 mg) and 2 alcohol wipes.

CiMZIA – CAN I TAKE IT WITH OTHER MEDICINES?
If you are taking any prescription or non-prescription medicines, including vitamins and herbal supplements, tell your doctor.

CiMZIA – WHAT SHOULD I KNOW IF I’M PREGNANT?
CiMZIA should not be used in pregnant women. Women of childbearing potential must use adequate contraception while using CiMZIA and for at least 5 months after the last CiMZIA treatment. Your doctor will tell you if you can take your other medicines while taking CiMZIA.

CiMZIA – WHAT ARE THE SIDE EFFECTS I COULD GET?
For important safety information, please refer to your CiMZIA Patient Alert Card which can be found in this pack. You should carry your alert card with you at all times. Talk to your healthcare professional for medical advice about side effects.

For more information about side effects and taking CiMZIA with other medicines, please also refer to the package leaflet that comes with your CiMZIA prefilled syringes.

You should always ask your healthcare professional if you have questions or concerns about CiMZIA or about anything you read in this booklet.

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INJECTION GUIDE how to self inject cimzia

There is an injection guide on the inside of the cover of this booklet – you can take the cover off and use it as an injection mat.

The guide will take you through what you should do before and while you are injecting yourself with CIMZIA. Do not give yourself an injection of CIMZIA if you haven’t been shown how to by your doctor.

Please also refer to the package leaflet that comes with your CIMZIA prefilled syringes for instructions on preparing and giving an injection of CIMZIA.

CIMZIA is given by injection under the skin. Your doctor will tell you how much CIMZIA to inject and how often. Make sure you keep all of your appointments with your doctor.

This information is also on the DVD in your CIMZIA information pack.

You should always ask your healthcare professional if you have questions or concerns about CIMZIA or about anything you read in this booklet.
LOOKING AFTER YOURSELF

As well as having a good understanding of RA and your treatment, you can take practical steps that will help you live with the condition.

Talk to your healthcare professional about these steps.

You should always ask your healthcare professional if you have questions or concerns about CIMZIA or about anything you read in this booklet.

KEEPING ACTIVE AND EATING HEALTHILY

People who have RA should follow the same guidelines for keeping active and eating healthily as those without RA.

Keeping active can help relieve some of your symptoms such as pain and stiffness, and is good for keeping a positive mental outlook.1

**TIP 1:** Keep active: Find an activity you enjoy, such as walking or swimming.

**TIP 2:** Get advice before you start: Ask your healthcare professional, including your physiotherapist, about what kind of activities you can and should do.

WORK AND HOME LIFE

If you are working there are steps you can take to help make your work and home life a little easier.

TIP 1: Know what you need at work and at home:
- Facilities such as ramps and ergonomic accessories.
- Supportive items for your joints and feet.
- Regular rest breaks or stretches.

TIP 2: Ask for support:
- Explain to your family, friends and colleagues how they can help; they may not know much about RA.
- It can be difficult making requests, but it can help to:
  - Discuss the challenges you face with your family, friends and colleagues.
  - At work, keep in mind your needs as well as the policies of your employer.

KEEPPING ACTIVE AND EATING HEALTHILY (continued)

TIP 3: Try to maintain a healthy weight:
Especially important when you have RA so that you avoid putting added strain on your joints.

TIP 4: Eat a healthy diet: Eat plenty of fruits, vegetables and whole grains; lean sources of protein, like fish and beans; moderate amounts of healthy fats, like olive oil; and limited amounts of red meat, processed foods, sugar and saturated fats.

There is no strong evidence that any particular diet has an impact on RA. 1

For further information on looking after yourself when you have RA, you may wish to refer to NRAS, ARC or Arthritis Care. See page 29 for contact details.

TRAVELLING

Having RA doesn’t have to stop you from getting away – especially if you plan ahead.

**TIP 1:** Plan your travel:
- Think about what will help you feel comfortable e.g. travelling when it’s quieter, using wheeled baggage.
- Check if places you are staying offer accessibility – make arrangements in advance.
- Check your healthcare professional about any medications you’re taking:
  - Check you have enough for your trip.
  - Keep medicines in their original labelled prescription packs.
  - Always follow the recommended storage and usage instructions.
- It may be advisable to check your travel operator’s policies and the cover offered by your insurance company.

**TIP 2:** Consult your healthcare professional in case you need immunisations:
- Talk to your healthcare professional before receiving any vaccines.

**TIP 3:** Plan ahead in case you need immunisations:
- Talk to your healthcare professional before receiving any vaccines.

FURTHER INFORMATION

There are a number of organisations that can help you with your condition, including the National Rheumatoid Arthritis Society (NRAS), the Arthritis Research Campaign (ARC) and Arthritis Care. See page 29 for their contact details.

These organisations are excellent sources of further information on living with RA.

Refer to your healthcare professional for additional local information. You should always ask your healthcare professional if you have questions or concerns about CIMZIA or about anything you read in this booklet.
TALKING TO YOUR HEALTHCARE PROFESSIONAL

You will be talking to your healthcare professional so they can check on your progress. You need to be clear about how you’ve been feeling. The clearer the details you give, the better help you’ll get.

- It’s a good idea to make a note of how you feel at the time.
- You may find it helpful to make notes of how you’ve been feeling on the cards attached.
- You can tear out the cards and take them to your appointments.

You should always ask your healthcare professional if you have questions or concerns about CIMZIA or about anything you read in this booklet.

MONITORING MY PROGRESS

You can make a note here of what to tell your healthcare professional:

- How do you feel now compared with at your last visit or before you started treatment?
- Do you have any morning stiffness? If so, how long does it last?
- Which joints have been tender or swollen?
- Are there any additional symptoms or unwanted effects you would like to discuss?
- Have you seen another healthcare professional or started another treatment since your last appointment?
- Is there anything else you want to tell/ask your healthcare professional?

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MONITORING MY PROGRESS

It can be difficult to judge how much your RA symptoms have changed. You can record your progress since you started CIMZIA here:

Month one

<table>
<thead>
<tr>
<th>How have my symptoms changed? (List out 2/3 things)</th>
<th>What can I do now that I couldn’t before? (List out 2/3 things)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start of CIMZIA treatment (Month 1)</td>
<td></td>
</tr>
<tr>
<td>Week 1</td>
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<td>Week 2</td>
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<td>Week 3</td>
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<td>Week 4</td>
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<tr>
<td>Week 5</td>
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</tbody>
</table>

MONITORING MY PROGRESS

You can make a note here of what to tell your healthcare professional:

- How do you feel now compared with at your last visit or before you started treatment?

- Do you have any morning stiffness? If so, how long does it last?

- Which joints have been tender or swollen?

- Are there any additional symptoms or unwanted effects you would like to discuss?

- Have you seen another healthcare professional or started another treatment since your last appointment?

Is there anything else you want to tell/ask your healthcare professional?
MONITORING MY PROGRESS

It can be difficult to judge how much your RA symptoms have changed. You can record your progress since you started CIMZIA here:

Month two

<table>
<thead>
<tr>
<th>How have my symptoms changed? (List out 2-3 things)</th>
<th>What can I do now that I couldn’t before? (List out 2-3 things)</th>
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</thead>
<tbody>
<tr>
<td>Start of month (Month 2)</td>
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<tr>
<td>Week 1</td>
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<td>Week 4</td>
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<td>Week 5</td>
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MONITORING MY PROGRESS

You can make a note here of what to tell your healthcare professional:

- How do you feel now compared with at your last visit or before you started treatment?
- Do you have any morning stiffness? If so, how long does it last?
- Which joints have been tender or swollen?
- Are there any additional symptoms or unwanted effects you would like to discuss?
- Have you seen another healthcare professional or started another treatment since your last appointment?

Is there anything else you want to tell/ask your healthcare professional?
**MONITORING MY PROGRESS**

It can be difficult to judge how much your RA symptoms have changed. You can record your progress since you started CIMZIA here:

### Month three

<table>
<thead>
<tr>
<th>How have my symptoms changed? (List out 2/3 things)</th>
<th>What can I do now that I couldn’t before? (List out 2/3 things)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start of month (Month 3)</td>
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<td>Week 1</td>
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**MEDICAL TERMS what they mean**

- **Anti-Tumour Necrosis Factor (anti-TNF) therapy** a treatment that works by binding to TNF alpha and helping to reduce inflammation. Part of a group of therapies called biologics.

- **Autoimmune** an illness that occurs when the body’s tissues are attacked by its own immune system.

- **Biologic therapies** protein-based therapies that acts on the immune system. Biologic RA therapies target inflammation.

- **Environmental factors** factors that people are exposed to which determine how and when a disease develops, such as stress, diet, toxins or infectious agents. Smoking is an environmental factor that is thought to affect RA.

- **Ergonomic** something that is designed for safe, comfortable and efficient use to minimise fatigue.

- **Fatigue** feeling of extreme tiredness that can include lack of energy, muscle weakness, slowed movements or reactions and mental exhaustion.

- **Healthcare professional** a doctor, nurse, physiotherapist, pharmacist or other individual who is trained in a particular area to care for patients.
MEDICAL TERMS (continued)

Immunisation when someone is given protection against a disease by injecting a substance into their body that stimulates their immune system.

Inflammation a red, painful and often swollen area in or on a part of the body; a protective response to something that has caused irritation, injury, or infection.

Saturated fats a type of fat found in food such as meat, eggs, milk and cheese, which is thought to be bad for your health. Eating too many foods high in saturated fats can lead to high cholesterol levels in the blood.

Synovium also called the synovial membrane; it covers the surfaces of joints and helps to ensure they can move freely. Inflammation of the synovium causes pain and swelling of the joints.

TNF alpha a substance in the body that is believed to cause inflammation when it is produced in excess.

Vaccines substances that contains harmless forms of infectious agents, such as viruses or bacteria, which are injected into the body to stimulate the immune system and give protection against diseases.

You should always ask your healthcare professional if you have questions or concerns about CIMZIA or about anything you read in this booklet.

LEARNING MORE where to look

If you’d like to find out more about RA, how it’s treated and what help you can get with dealing with it, here are some websites that are good places to start.

NRAS (National Rheumatoid Arthritis Society) www.rheumatoid.org.uk; Helpline (freephone): 0800 298 7650

ARC (Arthritis Research Campaign) www.arc.org.uk; 0870 850 5000

Arthritis Care www.arthritis-care.org.uk; Helpline (freephone): 0808 800 4050 (10am-4pm weekdays); Email: Helplines@arthritiscare.org.uk

EPP (The Expert Patients Programme) www.expertpatients.nhs.uk

You should always ask your healthcare professional if you have questions or concerns about CIMZIA or about anything you read in this booklet.

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