



HEALTH Media NETWORK

LIVING WITH PSORIATIC ARTHRITIS



ARTHRITIS RAISES HEART DISEASE RISK



Most newly diagnosed psoriatic arthritis patients have an elevated risk of developing cardiovascular disease within 10 years, according to a Mayo Clinic study published in the journal *Arthritis Care & Research*.

Researchers believe that the systemic inflammation that causes several kinds of arthritis—including psoriatic arthritis, rheumatoid arthritis,

and ankylosing spondylitis—can also damage blood vessels, raising risk of heart attack, heart failure, stroke, and other kinds of heart disease.

Even having osteoarthritis, which isn't caused by inflammation, can damage the cardiovascular system because it produces inflammatory substances that aggravate blood vessels.

To protect your heart and blood vessels, work with your doctor to manage your arthritis and any other health conditions that raise cardiovascular disease risk, such as high blood pressure, high cholesterol, and diabetes. And be sure to make heart-smart lifestyle choices: Quit smoking, eat a healthy diet, exercise, and lose weight if you're overweight.



STAY HEALTHY

Medication is an important part of psoriatic arthritis treatment. But taking good care of yourself can also help you feel better and remain mobile.

HERE ARE SIX WAYS TO TAKE CHARGE OF YOUR HEALTH:



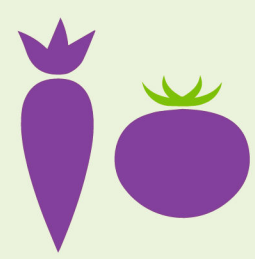
1. QUIT SMOKING. The chemicals in cigarettes increase inflammation and can worsen your skin and joint symptoms.



2. AVOID TRIGGERS. Alcohol, stress, and certain foods may cause your symptoms to flare up.



3. BE ACTIVE. For most people with psoriatic arthritis, moderate physical activity can help relieve pain and stiffness. Walking, swimming, cycling, and yoga can strengthen muscles without stressing joints.



4. EAT RIGHT. A healthy diet can help with weight control and can reduce risk of heart disease. Choose fresh produce, whole grains, lean poultry, fish, beans, nuts, and low-fat dairy foods. Include anti-inflammatory foods such as salmon, flaxseed, and walnuts in your meals.



5. LOSE WEIGHT. If you're overweight or obese, losing even a small amount of weight can decrease stress on your joints and reduce arthritis pain. If you need help, ask your doctor to refer you to a registered dietitian.



6. USE HEAT OR ICE. Heating pads or ice packs can sometimes relieve pain, reduce stiffness, or prepare you for exercise. Ask your doctor or physical therapist whether they are right for you.

SYMPTOMS OF PSORIATIC ARTHRITIS

People with psoriatic arthritis can experience pain, swelling, or stiffness in any joints in the body, although it is most likely to occur in the legs, fingers, toes, and back.

Of the more than **7.5 MILLION AMERICANS** who have **PSORIASIS**, as many as **ONE-THIRD** develop a type of **chronic arthritis** known as **psoriatic arthritis**.

Some people with psoriatic arthritis have only occasional flare-ups of pain. Others have symptoms that occur more frequently, or every day. The pain and swelling may stay in one area or move to other joints. Tenderness can also occur in the sole of the foot, the back of the heel, or the elbows. Sometimes, fingernails or toenails become discolored, ridged, or crumbly.

Several of the symptoms of psoriatic arthritis are similar to those of other kinds of arthritis, such as rheumatoid arthritis, gout, or osteoarthritis. To make a diagnosis, your doctor will ask you about your symptoms and your family history. You may also have blood tests, skin biopsies, X-rays, or other types of scans to determine what kind of arthritis you have, and whether your joints have become damaged.



Diagnosing psoriatic arthritis as early as possible is important, because if it is left untreated it can lead to serious joint damage. Early treatment can protect joints.

Like skin psoriasis, psoriatic arthritis is an attack by the immune system. But instead of targeting the skin, psoriatic arthritis affects the joints.

Typically, psoriatic arthritis appears in people in their 30s, 40s, or 50s, although it can occur at any time of life.

TREATMENT

Doctors have several ways to treat psoriatic arthritis. Over-the-counter pain relievers such as ibuprofen or naproxen can relieve mild pain, swelling, and stiffness. A variety of prescription drugs and injections can help people with more serious symptoms. If joints become badly damaged, surgery may be recommended.

Your doctor will probably recommend that you stay active. Exercise is important for people with psoriatic arthritis, because it helps keep joints flexible. Talk with your doctor about what types of exercise are best for you.



Although psoriatic arthritis can be stressful, many people who have it live healthy, active lives.



If you have Psoriatic Arthritis, ask your doctor about HUMIRA today.

HUMIRA is proven to relieve joint pain, prevent irreversible joint damage, and help clear skin in many adults.

HUMIRA
adalimumab

HUMIRA Use¹

HUMIRA is a prescription medicine used alone or with certain other medicines to reduce the signs and symptoms of psoriatic arthritis in adults, may prevent further damage to your bones and joints, and may help your ability to perform daily activities.

Important Safety Information About HUMIRA[®] (adalimumab)

What is the most important information I should know about HUMIRA?

You should discuss the potential benefits and risks of HUMIRA with your doctor. HUMIRA is a TNF blocker medicine that can lower the ability of your immune system to fight infections. You should not start taking HUMIRA if you have any kind of infection unless your doctor says it is okay.

- **Serious infections have happened in people taking HUMIRA.** These serious infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some people have died from these infections. Your doctor should test you for TB before starting HUMIRA, and check you closely for signs and symptoms of TB during treatment with HUMIRA, even if your TB test was negative. If your doctor feels you are at risk, you may be treated with medicine for TB.
- **Cancer.** For children and adults taking TNF blockers, including HUMIRA, the chance of getting lymphoma or other cancers may increase. There have been cases of unusual cancers in children, teenagers, and young adults using TNF blockers. Some people have developed a rare type of cancer called hepatosplenic T-cell lymphoma. This type of cancer often results in death. If using TNF blockers including HUMIRA, your chance of getting two types of skin cancer (basal cell and squamous cell) may increase. These types are generally not life-threatening if treated; tell your doctor if you have a bump or open sore that doesn't heal.

What should I watch for AFTER starting HUMIRA?

HUMIRA can cause serious side effects, including:

- **Serious infections.** These include TB and infections caused by viruses, fungi, or bacteria. Symptoms related to TB include a cough, low-grade fever, weight loss, or loss of body fat and muscle.
- **Hepatitis B infection in carriers of the virus.** Symptoms include muscle aches, feeling very tired, dark urine, skin or eyes that look yellow, little or no appetite, vomiting, clay-colored bowel movements, fever, chills, stomach discomfort, and skin rash.
- **Allergic reactions.** Symptoms of a serious allergic reaction include hives, trouble breathing, and swelling of your face, eyes, lips, or mouth.
- **Nervous system problems.** Signs and symptoms include numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness.
- **Blood problems** (decreased blood cells that help fight infections or stop bleeding). Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale.

certain kinds of fungal infections, such as histoplasmosis, coccidioidomycosis, or blastomycosis. These infections may happen or become more severe if you use HUMIRA. Ask your doctor if you are unsure if you have lived in these areas.

- Have or have had hepatitis B
- Are scheduled for major surgery
- Have or have had cancer
- Have numbness or tingling or a nervous system disease such as multiple sclerosis or Guillain-Barre syndrome
- Have or had heart failure
- Have recently received or are scheduled to receive a vaccine. HUMIRA patients may receive vaccines, except for live vaccines. Children should be brought up to date on all vaccines before starting HUMIRA
- Are allergic to rubber, latex, or any HUMIRA ingredients
- Are pregnant, planning to become pregnant, breastfeeding, or planning to breastfeed
- Have a baby and you were using HUMIRA during your pregnancy; tell your baby's doctor before your baby receives any vaccines

Common side effects of HUMIRA include injection site reactions (redness, rash, swelling, itching, or bruising), **upper respiratory infections** (sinus infections), **headaches, rash, and nausea.** These are not all of the possible side effects with HUMIRA. Tell your doctor if you have any side effect that bothers you or that does not go away.

Call your doctor or get medical care right away if you develop any of the above symptoms.

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Remember, tell your doctor right away if you have an infection or symptoms of an infection, including:

- Fever, sweats, or chills
- Muscle aches
- Cough
- Shortness of breath
- Blood in phlegm
- Weight loss
- Warm, red, or painful skin or sores on your body
- Diarrhea or stomach pain
- Burning when you urinate
- Urinating more often than normal
- Feeling very tired

HUMIRA is given by injection under the skin.

This is the most important information to know about HUMIRA.

For more information, talk to your health care provider.

Please see Full Prescribing Information, including Medication Guide, within adjacent HUMIRA brochure and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

If you cannot afford your medication, contact www.papax.org for assistance.

Reference: 1. HUMIRA injection [package insert]. North Chicago, IL: AbbVie Inc.

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QUESTIONS

TO ASK YOUR DOCTOR ABOUT ARTHRITIS



If you've been diagnosed with arthritis, be sure to ask your doctor these important questions:

Q1.

What kind of arthritis do I have?

Osteoarthritis is the most common form of arthritis, but other types include rheumatoid arthritis, psoriatic arthritis, gout, and fibromyalgia.

Q2.

What are my treatment options?

Your treatment options—lifestyle changes, over-the-counter medication, prescription drugs, injections, physical therapy, and surgery—vary depending on what kind of arthritis you have and how far it has progressed.

Q3.

Should I take supplements?

Some people believe that supplements that contain glucosamine or chondroitin help reduce joint pain. Don't take these or any supplements without your doctor's OK.

Q4.

Should I see a physical therapist?

A physical therapist or occupational therapist can help you figure out what kinds of activities are best for you.

QUESTIONS ABOUT THE HMN WALLBOARD PROGRAM? | CONTACT US AT 866-777-4445 OR EMAIL SERVICE@HMNADS.COM