



Own the conversation with your doctor.

Opening up about how psoriatic arthritis is impacting your life could help your doctor find a treatment that is right for you.

The more specific you can be about your symptoms, experiences, and feelings, the better. The questions below can help you and your doctor explore other ways to manage your psoriatic arthritis. Print this out and bring it with you at your next doctor's appointment.

Living with psoriatic arthritis?

If you answer yes to any of these questions, it's important that you talk to your doctor. Check all that apply.

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|---|---|---|
| <input type="radio"/> Are your symptoms getting worse or changing in certain areas? | <input type="radio"/> Are your joint symptoms worse in the morning? | <input type="radio"/> Do you think about your joint pain? |
| <input type="radio"/> Do you find yourself using pain relievers such as ibuprofen to manage your joint symptoms? | <input type="radio"/> Do you think you're managing your symptoms but feel you may need something different? | |
| <input type="radio"/> Do your joint symptoms limit your ability to do daily activities? If yes, which activities? | <input type="radio"/> Are side effects an important part of your treatment decision? If so, which ones? | |

APPROVED USES

Otezla® (apremilast) is a prescription medicine used to treat adult patients with:

- Plaque psoriasis for whom phototherapy or systemic therapy is appropriate.
- Active psoriatic arthritis.

IMPORTANT SAFETY INFORMATION

You must not take Otezla if you are allergic to apremilast or to any of the ingredients in Otezla.

Please see additional Important Safety Information on the last page.

Achy, swollen joints? Don't write it off as just aging—**timely diagnosis and treatment are important** steps in managing psoriatic arthritis.

Within the last year, was there a time your **joint symptoms were top of mind** during an important moment?

Be as specific as possible, so your doctor has all the details.

Do you have doubts about starting another treatment? If any of these are a concern, share them with your doctor. Check all that apply.

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| <input type="radio"/> I'm worried about dealing with potential side effects. | <input type="radio"/> I'm worried about frequent blood tests. |
| <input type="radio"/> I'm concerned about my health in general. | <input type="radio"/> I'm worried about the long-term effects of an alternative treatment. |
| <input type="radio"/> I'd like to explore alternative treatment options for my joint symptoms, but I am worried about losing the progress I've already made with my current treatment. | <input type="radio"/> I've gotten used to my current treatment, and I'm not sure if there's a better option out there for me. |
| | <input type="radio"/> I'm afraid of needles. |

Once you've helped your doctor understand your experience, here are a few questions you can ask to help ensure you receive the best possible treatment:

- Now that you have a better understanding of how psoriatic arthritis affects my life, what treatment option(s) could work best for my situation?
- Will certain treatments fit into my lifestyle better than others?
- How can I reduce my joint pain, swelling, and tenderness?
- What can I expect if we change my treatment plan?

Is Otezla® (apremilast) right for me?

Use this space to take notes during your appointment.

IMPORTANT SAFETY INFORMATION (CONT'D)

Otezla can cause allergic reactions, sometimes severe. Stop using Otezla and call your healthcare provider or seek emergency help right away if you develop any of the following symptoms of a serious allergic reaction: trouble breathing or swallowing, raised bumps (hives), rash or itching, swelling of the face, lips, tongue, throat or arms.

Please see additional Important Safety Information on the last page.

IMPORTANT SAFETY INFORMATION (CONT'D)

Otezla can cause severe diarrhea, nausea, and vomiting, especially within the first few weeks of treatment. Use in elderly patients and the use of certain medications with Otezla appears to increase the risk of complications from having severe diarrhea, nausea, or vomiting. Tell your doctor if any of these conditions occur.

Otezla is associated with an increase in depression. In clinical studies, some patients reported depression, or suicidal behavior while taking Otezla. Some patients stopped taking Otezla due to depression. Before starting Otezla, tell your doctor if you have had feelings of depression, or suicidal thoughts or behavior. Be sure to tell your doctor if any of these symptoms or other mood changes develop or worsen during treatment with Otezla.

Some patients taking Otezla lost body weight. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will decide if you should continue taking Otezla.

Some medicines may make Otezla less effective and should not be taken with Otezla. Tell your doctor about all the medicines you take, including prescription and nonprescription medicines.

The most common side effects of Otezla include diarrhea, nausea, upper respiratory tract infection, tension headache, and headache. These are not all the possible side effects with Otezla. Ask your doctor about other potential side effects. Tell your doctor about any side effect that bothers you or does not go away.

Tell your doctor if you are pregnant, planning to become pregnant or planning to breastfeed.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-332-1088.

Please [click here](#) for the Full Prescribing Information.