

Rheumatoid arthritis (≥18 years) | Psoriatic arthritis (≥18 years)  
Ankylosing spondylitis (≥18 years) | Uveitis (≥18 years) and  
Chronic non-infectious uveitis (≥2 years)  
Polyarticular juvenile idiopathic arthritis (≥2 years)

Patient Support Program

**PfizerFlex**

Experienced, Dedicated Team

Getting in  
touch with  
your treatment



A guide for using ABRILADA



[abrilada.ca](http://abrilada.ca)

# Welcome

to your PfizerFlex  
Patient Support Program for  
**ABRILADA**

**Welcome to your or your child's treatment with ABRILADA for rheumatoid arthritis (RA), psoriatic arthritis (PsA), ankylosing spondylitis (AS), uveitis, or polyarticular juvenile idiopathic arthritis (JIA).** Along with the support you receive from your healthcare team, you can turn to your experienced PfizerFlex support team for information and advice to help you with your new plan.

**This booklet is a great resource** for you to learn more about your ABRILADA treatment, and so is your PfizerFlex Care Coach.

Keep in mind as you read this booklet that both resources may provide more information if you choose to explore all the lifestyle recommendations and tools the PfizerFlex program has to offer to help you discover new strategies for helping manage your or your child's condition.

## Table of contents

### Your ABRILADA

ABRILADA basics	4
How it works	5
How to take it	6
What formats it comes in	8
What to tell your doctor before starting treatment	9
Possible side effects	10

### Your PfizerFlex Program

Exploring your PfizerFlex Program	12
Coaches who care	13

### Your Tools & Resources

Managing your medication	14
Injection site location tracker	16

### Your Condition

Basic facts about rheumatoid arthritis	18
Basic facts about psoriatic arthritis	20
Basic facts about ankylosing spondylitis	22
Basic facts about uveitis	24
Basic facts about polyarticular juvenile idiopathic arthritis	26
Additional resources	28
Glossary	30
Notes page	31

The ABRILADA Patient Medication Information can be found in your product package.

# ABRILADA basics

## Why did your doctor choose ABRILADA?

Your doctor has prescribed ABRILADA for you or your child because of your condition, your age, and your treatment history:

- **Rheumatoid arthritis (RA)** for adults
- **Psoriatic arthritis (PsA)** for adults
- **Ankylosing spondylitis (AS)** for adults
- **Uveitis** for adults and children aged 2 and older who have chronic non-infectious uveitis with inflammation affecting the front of the eye
- **Polyarticular juvenile idiopathic arthritis (JIA)** for patients aged 2 and older

## What type of medicine is ABRILADA?

ABRILADA is a biosimilar biologic drug and is part of a class of medications called biologic response modifiers.

## What is a biosimilar?

A biosimilar is a biologic drug product that is authorized based on its likeness to a reference biologic drug product already authorized for sale in Canada.

ABRILADA is a biosimilar of the reference biologic drug Humira®.

# How ABRILADA works

Your immune system works to protect your body from bacteria, viruses and other foreign agents. In rheumatoid arthritis (RA), psoriatic arthritis (PsA) and ankylosing spondylitis (AS), the immune system mistakenly recognizes the body as foreign and attacks healthy body cells.



When you have one of these conditions, your immune system overproduces a substance called TNF-alpha (which stands for tumour necrosis factor alpha). The extra TNF-alpha can attack normal healthy body tissues and cause inflammation, especially in the bones, cartilage, joints and skin.






The way ABRILADA works is by binding to TNF-alpha and decreasing the inflammation process of RA, PsA and AS. It also helps reduce the risk of inflammation and vision loss in uveitis. However, ABRILADA can also lower the body's ability to fight infections and taking it can make you more prone to getting infections, or make any infection worse.

# How to take ABRILADA

## How to administer to yourself or your child

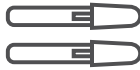



ABRILADA is administered by injection under the skin – also called a subcutaneous injection.

## What is the usual dose?

<p><b>Rheumatoid Arthritis</b> <b>Psoriatic Arthritis</b> <b>Ankylosing Spondylitis</b></p> <p><b>Adults</b></p>	<p><b>1</b> </p> <p><b>40 mg</b> every other week</p>
<p><b>Polyarticular Juvenile Idiopathic Arthritis</b></p> <p><b>Children 2 years and older</b></p> <p><b>10 kg to &lt;30 kg</b></p> <p>A dose of 10 mg every other week can be considered for patients weighing 10 to &lt;15 kg.</p>	<p><b>1</b> </p> <p><b>20 mg</b> every other week</p>
<p><b>30 kg or heavier</b></p>	<p><b>1</b> </p> <p><b>40 mg</b> every other week</p>

## What if you or your child miss a dose?

If you/your child forget an injection, you/your child should inject the missed dose of ABRILADA as soon as you/your child remember. Then administer the next dose on the originally scheduled date.

<p><b>Uveitis</b></p> <p><b>Adults</b></p>	<p><b>2</b> </p> <p><b>1<sup>st</sup> dose</b></p> <p><b>80 mg</b> (can be administered as two 40-mg injections in one day)</p>	<p><b>1</b> </p> <p><b>Subsequent doses</b> (after 1 week)</p> <p><b>40 mg</b> every other week</p>
<p><b>Uveitis</b></p> <p><b>Children 2 years and older</b></p> <p><b>&lt;30 kg</b></p> <p>Your child's doctor may also prescribe an initial dose of 40 mg to be administered one week prior to the start of the usual dose if your child is older than 6 years of age.</p>	<p><b>1</b> </p> <p>(with methotrexate)</p> <p><b>20 mg</b> every other week</p>	
<p><b>30 kg or heavier</b></p> <p>Your child's doctor may also prescribe an initial dose of 80 mg to be administered one week prior to the start of the usual dose.</p>	<p><b>1</b> </p> <p>(with methotrexate)</p> <p><b>40 mg</b> every other week</p>	



# What should you tell your doctor before starting treatment?

To help avoid side effects and ensure proper use, talk to your/your child's healthcare professional before you/your child take ABRILADA. Talk about any health conditions or problems you/your child may have, including any infections, nervous system disorders, heart failure, major surgery, immunizations, concomitant medications, pregnancy and/or breastfeeding. Consult the Patient Medication Information leaflet for additional information.

Before starting, during and after treatment with ABRILADA, you/your child should be checked for active or inactive tuberculosis infection with a tuberculin skin test.

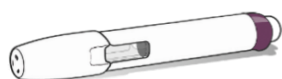
**Tell your/your child's healthcare professional about all the medicines you/your child take**, including any drugs, vitamins, minerals, natural supplements or alternative medicines.

## The following may interact with ABRILADA:

You/your child should not take ABRILADA with:

- Other TNF-blockers such as Enbrel®, Remicade®, Cimzia® or Simponi®
- Abatacept (Orencia®)
- Anakinra (Kineret®)

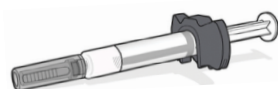
**If you have questions, ask your/your child's doctor.**



### Prefilled Pen

40 mg adalimumab dissolved in 0.8 mL sterile solution (50 mg/mL)

\* The syringe plunger stopper and needle cover are not made with natural rubber latex.



### Prefilled Syringe

Single dose, 1 mL prefilled glass syringe containing either:

- 40 mg adalimumab dissolved in 0.8 mL sterile solution (50 mg/mL) or
- 20 mg adalimumab dissolved in 0.4 mL sterile solution (50 mg/mL) or
- 10 mg adalimumab dissolved in 0.2 mL sterile solution (50 mg/mL)

\* The syringe plunger stopper and needle cover are not made with natural rubber latex.

Full injection instructions for the prefilled pen and the prefilled syringe are available in the Patient Medication Information leaflet contained in your product package, as well as online at [abrilada.ca](http://abrilada.ca).

# Possible side effects

These are not all the possible side effects you may feel when taking ABRILADA. See the Patient Medication Information leaflet in your product package for more information. If you experience any side effects not listed here, contact your healthcare professional. Like all medicines, ABRILADA can cause side effects. Most side effects are mild to moderate. However, some may be serious and require treatment.

Tell your/your child's doctor **immediately** if you/your child experience any of the following:



Severe rash, hives or other signs of allergic reaction



Sudden weight gain; this is possibly indicative of new or worsening heart failure



Swollen face, hands, feet



Bruising or bleeding very easily, looking very pale; this could mean a blood problem such as low red blood cells (anemia) or low platelets



Trouble breathing, swallowing



Tell the doctor **as soon as possible** if you/your child notice any of the following:

- Signs of infection such as fever, malaise, wounds, dental problems, burning on urination
- Feeling weak or tired
- Coughing
- Tingling
- Numbness
- Double vision
- Arm or leg weakness
- Arm or leg pain, swelling or redness
- Bump or open sore that does not heal
- Alopecia (loss of hair)
- Red scaly patches or raised bumps that are filled with pus; this could be new or worsening hidradenitis suppurativa, new or worsening psoriasis or a skin infection
- Changes in the colour of the skin
- Changes in the colour of your/your child's urine (dark or red)
- Worsening of the appearance of a scar
- Night sweats
- Weight loss
- Pain in the abdomen or chest

# Exploring your PfizerFlex Program

## Focused on you

Welcome to the PfizerFlex Program! Designed with patients like you in mind, the program gives you access to important treatment information and assistance to support you in getting the most out of your ABRILADA treatment plan.

### Support for every step of your treatment plan

Live support, available from our dedicated team and your Care Coach, for questions about the program or treatment



Reimbursement expertise to help you find and secure coverage for your treatment plan



Experienced team members to help you access your medication as quickly as possible



Access to a reliable infusion/injection clinic network, staffed by qualified healthcare professionals



Practical tools to help you navigate your treatment plan



## Coaches who care

**Your individual PfizerFlex Care Coach** is a nurse and an important member of your support team. The PfizerFlex program has a lot of personalized support and advice to offer, and your PfizerFlex Care Coach will be the one who guides you through this process.

Your PfizerFlex Care Coach will:

- Assist you in exploring your financial assistance options
- Help you begin your treatment with ABRILADA
- Help empower you to understand and manage elements of your treatment plan



### Meeting Your PfizerFlex Care Coach

Within one business day of enrolment, you'll receive a phone call from a PfizerFlex Care Coach to help you discover how the PfizerFlex Program can best support you.

**For more information or to reach your Care Coach, call 1-855-935-FLEX (3539).**

# Managing your medication

## Taking advantage of your support teams

It is essential in any treatment to follow your prescription and to let your healthcare professional know what other medications you are taking prior to starting a new treatment.



**Your healthcare team** can help answer important questions you may have, including:

1. What are my most problematic symptoms?
2. Why should I take this medication?
3. What else do I need to do?
4. Why is it important for me to do this?

**Your treatment support team** can help you manage your treatment day to day, and discuss and help you with any of your concerns.

It can also be helpful to discuss the possible treatment outcomes you wish to achieve, which ones are most important to you and why.



## Medication reminders

If you miss your dose of ABRILADA, take the next dose as planned at the next scheduled time. Do not take a double dose to make up for a forgotten dose. There are many ways to remind yourself to take your medication – here are some useful tips:



Try to take it around activities that you do daily, like brushing your teeth or eating a meal



Use a reminder card or sticky notes



Set an alarm on your cell phone to remind you when it's time



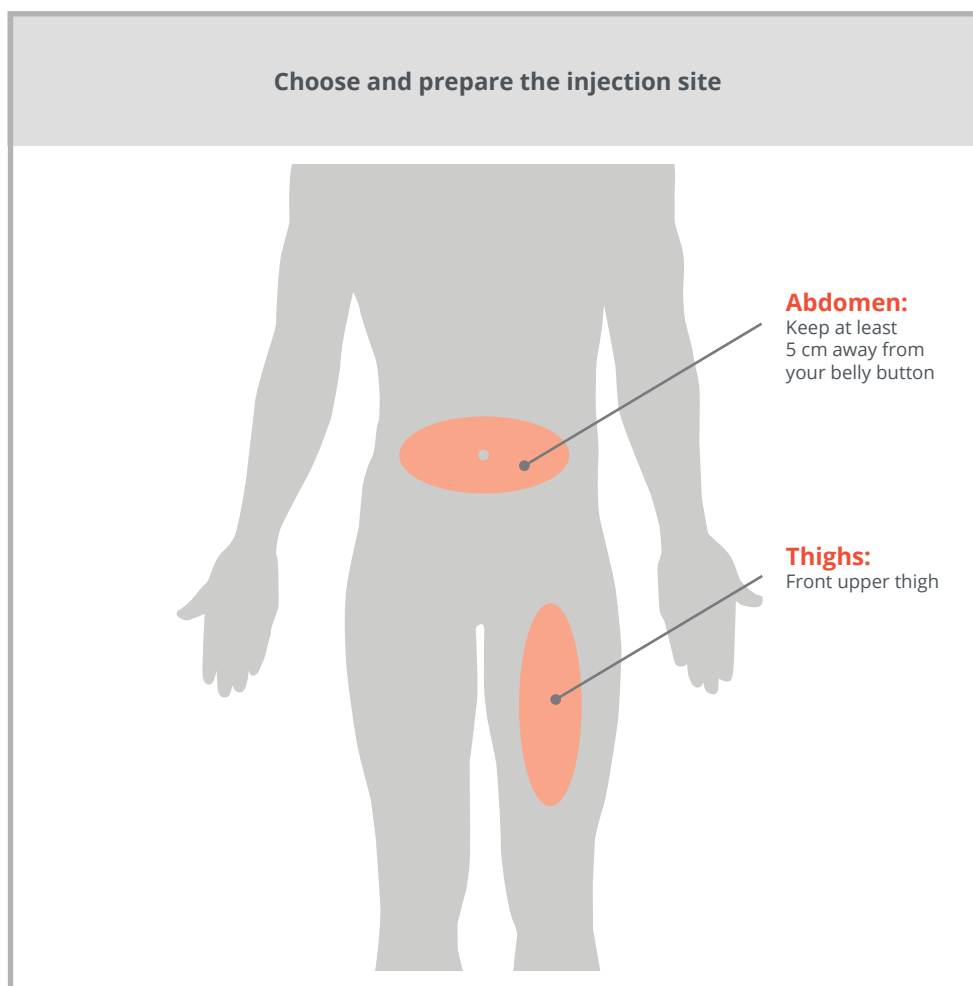
Ask a family member or friend to remind you



A virtual injection reminder can help you keep track of your medicines. Try Medisafe, a user-friendly app that reminds you to take your medication at the right time. Medisafe is available on Google Play and the App Store®.

These apps are for reference and not endorsed by Pfizer. Google Play and the Google Play logo are trademarks of Google LLC.

**Remember, always take your medicine exactly as directed by your healthcare provider. Know when to take it, how often and for how long. Know what to do if you miss a dose, and under what conditions you should stop taking it. If you don't know, ask!**



Like all medicines, ABRILADA can cause side effects. Most side effects are mild to moderate. However, some may be serious and require treatment.

**You should discuss any side effects you are experiencing while taking ABRILADA with your doctor or healthcare professional. For complete safety information, please consult the Patient Medication Information leaflet contained in your product package.**

Location of injection	Date of injection



# Basic facts about rheumatoid arthritis

## What is rheumatoid arthritis?

Rheumatoid arthritis (RA) is a common autoimmune arthritis causing inflammation (swelling) of the joints.

RA affects about 300,000 Canadians (approximately 1 out of every 100 adults) and has been found to be 2–3 times more common in women than men.

## What are the symptoms?

Symptoms of RA may come and go.

---

### Common symptoms:

- **Joint pain, tenderness, swelling or stiffness that lasts six weeks or longer**
  - **Morning stiffness that lasts 30 minutes or longer**
  - **More than one joint is affected**
  - **Small joints (wrists, certain joints in the hands and feet) are typically affected first**
  - **The same joints on both sides of the body are affected**
- 

In the early stages, people with RA may not see redness or swelling in the joints, but they may experience tenderness and pain.

## What causes it?

RA is an autoimmune disease. It is caused by an overactive immune response that mistakenly attacks healthy tissues in the joints. This leads to inflammation (swelling) and pain, and most commonly affects the hands, feet, wrists, elbows, knees and ankles.

## Does family history matter?

If a member of your family has RA, you may have an increased risk of the disease.

## Are there any environmental factors?

Cigarette smoking increases your risk of developing RA, particularly if you have a genetic predisposition for developing the disease. Smoking also appears to be associated with greater disease severity.



# Basic facts about psoriatic arthritis

## What is psoriatic arthritis?

Psoriatic arthritis (PsA) is an autoimmune disease that causes inflammation (swelling) and pain in the joints and skin.

It is a condition that affects both men and women equally, and is estimated to affect about 1 in every 200 to 400 adults, or up to about 150,000 Canadians.

## What are the symptoms?

PsA usually begins gradually and involves one or more joints.

### Common symptoms:

- Pain (including in the feet and lower back)
- Swelling (in the fingers and toes)
- Stiffness
- Redness
- Reduction of mobility

## What causes it?

PsA is an autoimmune arthritis. It is caused by an overactive immune response that mistakenly attacks healthy tissues in the joints and skin, affecting almost any part of your body. This can lead to inflammation (swelling) and pain in joints, including those in your fingers and toes, feet, and lower back, as well as an overproduction of skin cells.

## Does family history matter?

Many people with PsA have a parent or a sibling with the disease.



# Basic facts about ankylosing spondylitis

## What is ankylosing spondylitis?

Ankylosing spondylitis (AS) is an inflammatory autoimmune disease that, over time, can cause some of the small bones in your spine (vertebrae) to fuse. This fusing makes the spine less flexible and can result in a hunched-forward posture.

AS affects men more often than women. Signs and symptoms typically begin in early adulthood (15–30 years old). An estimated 300,000 Canadians have AS.

## What are the symptoms?

Over time, symptoms might worsen, improve or stop at irregular intervals.

---

### Commonly affected areas:

- The joint between the base of your spine and your pelvis
  - The vertebrae in your lower back
  - The places where your tendons and ligaments attach to bones, mainly in your spine, but sometimes along the back of your heel
  - The cartilage between your breastbone and ribs
  - Your hip and shoulder joints
- 

## What causes it?

AS has no known specific cause, though genetic factors seem to be involved. In particular, people who have a gene called HLA-B27 are at a greatly increased risk of developing AS. However, only some people with the gene develop the condition. As well as being a form of inflammatory arthritis, AS is also an autoimmune disease, meaning the body's own immune system attacks healthy tissue.



# Basic facts about uveitis

## What is uveitis?

Uveitis is a form of eye inflammation. It affects the middle layer of tissue in the eye wall (uvea).

The condition can affect one or both eyes and it can affect people of all ages, even children, but primarily adults between 20–50 years.

## What are the symptoms?

Uveitis warning signs often come on suddenly and get worse quickly.

---

### Common symptoms:

- Eye redness
  - Eye pain
  - Light sensitivity
  - Blurred vision
  - Dark, floating spots in your field of vision (floaters)
  - Decreased vision
- 

## What causes it?

Uveitis is caused by inflammatory responses in the eye. Inflammation is your body's response to harmful stimuli. Inflammatory cells enter the eye around the uvea, where many of the eye's blood vessels are located.

Possible causes of uveitis are injury, or an autoimmune or inflammatory disease. Many times a cause can't be identified.

## Does family history matter?

People with changes in certain genes may be more likely to develop uveitis.

## Are there any environmental factors?

Cigarette smoking has been associated with more difficult to control uveitis.



# Basic facts about polyarticular juvenile idiopathic arthritis

## What is polyarticular juvenile idiopathic arthritis?

Juvenile idiopathic arthritis (JIA) is a general term covering all categories of chronic inflammatory joint diseases starting before the age of 16 years. The first signs often appear in the joints and surrounding tissues.

Approximately 6,200 (0.10%) Canadians aged 15 years and younger live with diagnosed JIA. Some forms of polyarticular JIA are more common in girls.

## What are the symptoms?

JIA can affect one or many joints.

---

### Common symptoms:

- Pain, especially first thing in the morning or after a nap
  - Swelling, often first noticed in larger joints such as the knee
  - Stiffness, particularly in the morning or after naps
- 

Some children may experience symptoms for only a few months, while others have symptoms for many years.

## What causes it?

JIA types are autoimmune or autoinflammatory diseases. JIA occurs when the body's immune system attacks its own cells and tissues. The word "idiopathic" means unknown, but both heredity and environment seem to play a role.





# Additional resources

In addition to the various resources offered by the ABRILADA website [abrilada.ca](http://abrilada.ca), you can find links to other certified websites that may be useful. Please note that this is not a complete list of the available resources you may find.

These websites include:

- The Arthritis Research Foundation – [beatarthritis.ca](http://beatarthritis.ca)
- Arthritis Research Centre of Canada (ARC) – [arthritisresearch.ca](http://arthritisresearch.ca)
- The Arthritis Foundation – [arthritis.org](http://arthritis.org)
- Canadian Psoriasis Network – [canadianpsoriasisnetwork.com](http://canadianpsoriasisnetwork.com)
- Canadian Association of Psoriasis Patients – [canadianpsoriasis.ca](http://canadianpsoriasis.ca)
- JointHealth™ – [jointhealth.org](http://jointhealth.org)
- Canadian Spondylitis Association – [spondylitis.ca](http://spondylitis.ca)

Apps can modernize the way you track your treatment plan. Some of these apps are free and available on Google Play and/or the App Store®.

Check out some of these apps:

- Manage My Pain
- Health Log
- RA Healthline
- RA Monitor
- Psoriasis Monitor

These apps are for reference and not endorsed by Pfizer. Google Play and the Google Play logo are trademarks of Google LLC.





---

## 1-855-935-FLEX (3539)

For more information or to contact your Care Coach  
(Monday – Friday, 8:00 AM – 8:00 PM EST)

A network of clinics located across Canada and staffed by qualified healthcare professionals specially trained in the administration of ABRILADA.\*

Providing you with treatment support from the first prescription to your last injection.

Visit [abrilada.ca](https://www.abrilada.ca).

---

\* The PfizerFlex Patient Support Program will work with you to find the most convenient location for your treatment, if you choose not to self-administer your ABRILADA.



Patient Support Program

**PfizerFlex**  
Experienced, Dedicated Team



ABRILADA® Registered trademark of Pfizer Inc. Used under licence.

PFIZERFLEX™, Pfizer Inc., owner/Pfizer Canada ULC, Licensee

Humira® is a registered trademark of Abbvie Corporation.

© 2022 Pfizer Canada ULC, Kirkland, Quebec H9J 2M5

PP-ABD-CAN-0004-EN

