

**Hidradenitis suppurativa**  
(12–17 years weighing  $\geq 30$  kg |  
 $\geq 18$  years; moderate to severe disease)

**Psoriasis**  
( $\geq 18$  years; moderate to severe disease)

Patient Support Program

**PfizerFlex**

Experienced, Dedicated Team

Getting in  
touch with  
your treatment



A guide for using ABRILADA



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

Your ABRILADA

Your PfizerFlex Program

Your Tools & Resources

Your Condition



# Welcome

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

*Welcome to your or your child's treatment with ABRILADA for hidradenitis suppurativa (HS) or your plaque psoriasis (PsO). 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.*

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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:

- **Hidradenitis suppurativa (HS) for adults and children aged 12–17 (weighing  $\geq 30$  kg) who did not respond to antibiotics**
- **Plaque psoriasis (PsO) for adults**

## What type of medicine is ABRILADA?

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

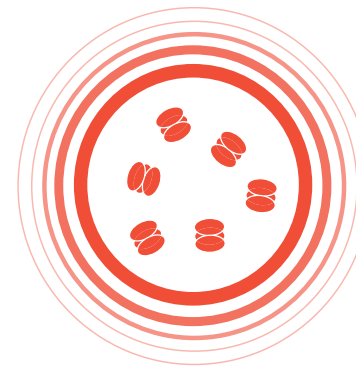
## What is a biosimilar?

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 hidradenitis suppurativa (HS) and plaque psoriasis (PsO), 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.



The way ABRILADA works is by binding to TNF-alpha and reducing inflammatory lesions in HS and reducing signs and symptoms of PsO. 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.

View the instructional video:



## What is the usual dose?

### Plaque Psoriasis

Adults



1<sup>st</sup> dose

80 mg

- 2 X 40 mg injections in one day



Subsequent doses  
(after 1 week)

40 mg

every other week

## 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.

## What is the usual dose?

### Hidradenitis Suppurativa

Adults



1<sup>st</sup> dose

160 mg

- 4 X 40 mg injections in one day, or
- 2 X 40 mg injections per day over two days



2<sup>nd</sup> dose  
(2 weeks later)

80 mg

- 2 X 40 mg injections in one day



Maintenance period  
(after 4 weeks)

40 mg

every week

### Hidradenitis Suppurativa

12–17 years

30 kg or heavier



1<sup>st</sup> dose

80 mg

- 2 X 40 mg injections in one day



Subsequent doses  
(after 1 week)

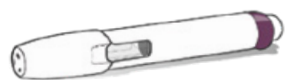
40 mg

every other week  
Depending on response, the doctor may increase the dose to 40 mg every week.

# What formats does ABRILADA come in?

There are 2 different injection formats for ABRILADA:

**Note: Do not** try to inject ABRILADA yourself until you have read and understood the Instructions for Use.



## 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).

# 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.**

# Possible side effects

These are not all the possible side effects you may feel when taking ABRILADA. See the Patient Medication Information leaflet contained in your product package. 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 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, inject the missed dose as soon as you remember, and 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



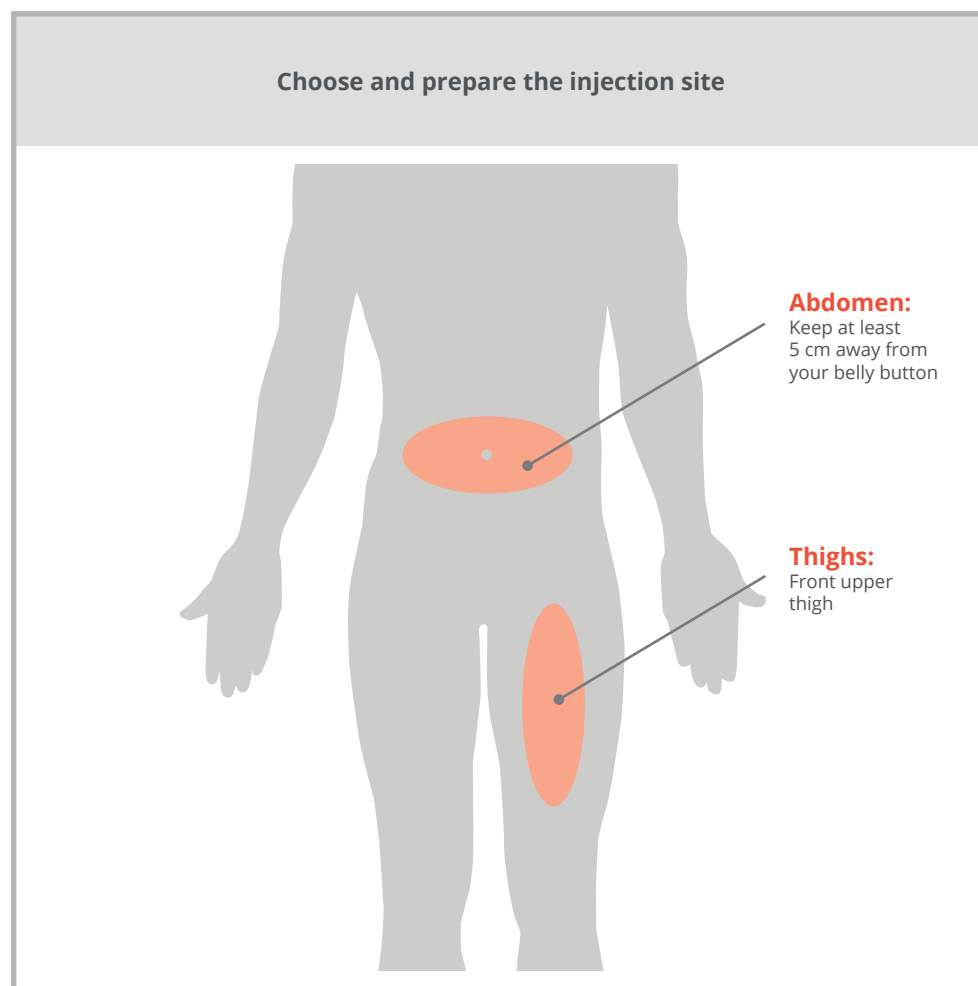
A virtual injection reminder can help you keep track of your medicines. Try Medisafe®, a user-friendly app that reminds you to take your medication at the right time. Medisafe is available on Google Play and the App Store®.

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!**

# Injection site location tracker

Use the following table to keep track of when and where you administer your ABRILADA injection. **Choose a different site each time you give an injection.** Do not inject into bony areas or areas on the skin that are bruised, red, sore (tender) or hard. Avoid injecting into areas with scars or stretch marks.



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 hidradenitis suppurativa

## What is hidradenitis suppurativa?

Hidradenitis suppurativa (HS) is a chronic skin condition that leads to tender, expanding, inflamed lumps under the skin.

HS affects an estimated 1,000,000 Canadians (almost 4 out of every 100 adults) and has been found to more commonly develop in women than men.

## What are the symptoms?

HS begins commonly in teens and young adults, but can occur at any age.

### Common symptoms:

- Skin lesions, nodules and boils under the skin
- Affects areas with folds of skin and certain sweat glands (called apocrine sweat glands), such as the armpits and groin area
- Can also appear under the breasts, on the buttocks or inner thighs (anywhere skin rubs together)
- Separate lumps may join under skin when close together
- Lumps tend to burst and have a bad smell
- Lumps may also break under the skin, leading to abscesses and scarring

Men and women tend to get skin lesions in different parts of their bodies.

## What causes it?

It is not known what exactly causes HS. Hair follicles are where the symptoms begin, with the hair follicle closing and then expanding for some reason, leading to localized inflammation, pain and lesions. Because it often starts around puberty, and may get better in women after menopause, HS is believed to be connected to hormones.

## Does family history matter?

Yes, it can be hereditary: about 1 in 3 people living with HS have a family member also living with the condition.

## Are there any environmental factors?

Cigarette smoking increases your risk of developing HS, as does obesity.



# Basic facts about plaque psoriasis

## What is psoriasis?

Psoriasis is a chronic skin condition that causes red, itchy scaly patches, most commonly on the knees, elbows, trunk and scalp.

Psoriasis affects 1 million Canadians and 125 million people worldwide. Psoriasis can develop at any age, although it is typically seen in adults, and occurs equally among men and women.

## What are the symptoms?

Symptoms of psoriasis may vary in severity ranging from mild to severe.

### Common symptoms:

- Red patches of skin covered with thick, silvery scales
- Small scaling spots (commonly seen in children)
- Dry, cracked skin that may bleed or itch
- Itching, burning or soreness
- Thickened, pitted or ridged nails

Most types of psoriasis go through cycles, flaring for a few weeks or months, then subsiding for a time or even going into remission.

## What causes it?

It is not known what causes psoriasis; however, it is thought to be an immune system problem that causes the skin to regenerate at faster than normal rates. In the most common type of psoriasis, known as plaque psoriasis, this rapid turnover of cells results in scales and red patches.

## Does family history matter?

Psoriasis has a genetic basis and about one-third of people with psoriasis have at least one family member with the disease.

## Are there any environmental factors?

Many people who are predisposed to psoriasis may be free of symptoms for years until the disease is triggered by some environmental factor.

Stress and smoking are common risk factors for developing the disease and affecting its severity.



# Additional resources

In addition to the various resources offered by **abrilada.ca**, you can also 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:

- Canadian Psoriasis Network – [canadianpsoriasisnetwork.com](http://canadianpsoriasisnetwork.com)
- Canadian Association of Psoriasis Patients – [canadianpsoriasis.ca](http://canadianpsoriasis.ca)
- Canadian Dermatology Association – [dermatology.ca](http://dermatology.ca)
- Canadian Skin Patient Alliance – [canadianskin.ca/en](http://canadianskin.ca/en)

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:

- Health Log
- Kopa for Psoriasis
- Psoriasis Monitor
- Imagine Skin Tracker

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



As an ABRILADA patient, you may receive access to the **Lyfe<sup>MD</sup> App**, a nutrition and lifestyle app available to help you manage your condition through healthy changes. Contact your Care Coach for more information.

Pfizer accepts no responsibility for the content of the sites that are not owned and operated by Pfizer.



# Glossary

## Notes

**Apocrine glands** – sweat glands that open into the hair follicle, leading to the surface of the skin. Apocrine glands develop in areas abundant in hair follicles, such as on your scalp, armpits and groin.

**Autoimmune disease** – a type of disease or medical condition where the immune system makes antibodies that attack and try to destroy healthy body tissue by mistake.

**Chronic illness** – an illness that lasts a long time. Usually, it develops slowly and is rarely cured completely.

**Inflammation** – an immune response. Redness, heat, pain and swelling are all signs of inflammation.

**Support team** – a support team that consists of healthcare providers as well as family and friends.

**Tunnels** – in hidradenitis suppurativa, tracts connecting lumps may form under the skin over time. These wounds heal very slowly, if at all, and can leak pus, which may have an odour.

## A STEP-BY-STEP VIDEO GUIDE

on using the ABRILADA  
**single-dose prefilled pen**  
for subcutaneous injection



## 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



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