

Biologic therapies

Interleukin inhibitors

Guselkumab (TREMIFYA™)

How to use

- Each dose is given as a single subcutaneous (under the skin) injection
- Second dose: 4 weeks after first dose
- Subsequent doses: once every 8 weeks
- May be self-injected after proper training, or administered by a healthcare provider
- Before beginning treatment, your doctor will examine or test you for tuberculosis (TB)
- **Do not take if you:**
 - Are allergic to guselkumab or any ingredients in TREMFYA™

What it does

- Neutralizes the activity of a protein called IL-23, which is present at increased levels in diseases such as plaque psoriasis

Potential side effects*

- **Very common or common side effects include:** infections of the nose, sinuses or throat (e.g., common cold)
- **Common side effects include:** redness, pain, swelling, bruising and/or itching at the injection site; stomach flu (gastroenteritis); diarrhea; headache; joint pain; fungal infections of the skin (e.g., athlete's foot) and herpes simplex infections (e.g., cold sores, genital herpes)
- **Uncommon side effects include:** migraine, yeast infections and rash

Ustekinumab (STELARA®)

How to use

- Each dose is given as a single subcutaneous (under the skin) injection
- Second dose: 4 weeks after first dose
- Subsequent doses: once every 12 weeks
- May be self-injected after proper training, or administered by a healthcare provider
- Before beginning treatment, your doctor will examine or test you for tuberculosis (TB)
- **Do not take if you:**
 - Have a serious infection (such as TB, infections caused by bacteria or fungi, bacterial infections that have spread throughout the body)
 - Have had an allergic reaction to STELARA® or any of the ingredients in STELARA®

What it does

- Blocks the action of two proteins – called interleukin 12 (IL-12) and IL-23 – that may cause the immune system to attack parts of the body, like the skin and nails

Potential side effects*

- **Most common side effects include:** upper respiratory tract infection (e.g., the common cold); infection of the nose and throat; dizziness; headache; sore throat; diarrhea; nausea; vomiting; itching; back pain; muscle aches; joint pain; feeling very tired; redness of the skin or pain where the injection is given
- **Very common or common side effects include:** infected nose, sinuses or throat (e.g., a cold); sore throat, nasal congestion; allergic reaction (skin rash)
- **Uncommon or rare side effects include:** cellulitis (skin infection); vaginal yeast infections; tooth abscess or tooth infection; serious allergic reactions (e.g., swollen face or trouble breathing); increase in redness and shedding of the skin
- **Serious side effects:** May lower your ability to fight infections. Some infections could become serious and lead to hospitalization (e.g., chest infections, skin infections, or shingles that could have serious complications). If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment and during treatment. May decrease the activity of the immune system and increase the risk of certain types of cancer.

Secukinumab (COSENTYX®)

How to use

- Each dose is given as two subcutaneous (under the skin) injections
- Initial doses: Once a week for 4 weeks
- Maintenance doses: Once a month
- May be self-injected after proper training, or administered by a healthcare provider
- **Do not take if you:**
 - Have any signs of infection or an active tuberculosis infection
 - Are allergic or have had a severe allergic reaction to secukinumab or any of the ingredients of COSENTYX®

What it does

- Neutralizes the activity of a protein called IL-17A, which is present at increased levels in psoriasis; helps reduce the signs and symptoms of psoriasis such as pain, itching and scaly patches

Potential side effects*

- **Very common side effects include:** upper respiratory tract infections with symptoms such as sore throat and stuffy nose (nasopharyngitis, rhinitis)
- **Common side effects include:** cold sores (oral herpes), diarrhea, itchy rash (urticaria) and runny nose (rhinorrhea)
- **Uncommon side effects include:** oral thrush (oral candidiasis), signs of low levels of white blood cells such as fever, sore throat or mouth ulcers due to infections (neutropenia), athlete's foot (tinea pedis); and discharge from the eye with itching, redness and swelling (conjunctivitis)
- **Rare but serious side effects include:** difficulty breathing or swallowing; swelling of the face, lips, tongue or throat; severe itching of the skin, with a red rash or raised bumps; fungal infections of the skin and mucous membranes (thrush)

Brodalumab (SILIQ™)

How to use

- Each dose is given as a single subcutaneous (under the skin) injection
- Initial doses: 3 injections one week apart (at week 0, at week 1, and at week 2)
- Subsequent doses: once every 2 weeks
- May be self-injected after proper training, or administered by a healthcare provider
- Before beginning treatment, your doctor will examine or test you for tuberculosis (TB)
- **Do not take if you:**
 - Are allergic to brodalumab or any ingredients in SILIQ™
 - Have Crohn's disease

What it does

- Blocks the activity of IL-17 proteins, which are present at increased levels in diseases such as psoriasis

Potential side effects*

- **Most common side effects include:** headache, joint pain, feeling tired, mouth or throat pain and diarrhea
- **Serious side effects include:** suicidal thoughts or actions; new or worsening depression, anxiety or mood problems; allergic reactions including difficulty breathing or swallowing, swelling of the face, lips, tongue or throat and severe itching of the skin with red rash or raised bumps

Ixekizumab (TALTZ™)

How to use

- Given as a subcutaneous (under the skin) injection
- Initial doses: Two injections at week 0, followed by one injection at weeks 2, 4, 6, 8, 10, and 12
- Subsequent doses: One injection once a month
- May be self-injected after proper training or administered by a healthcare provider
- **Do not take if you:**
 - Are allergic to ixekizumab or any of the other ingredients in TALTZ™

What it does

- Neutralizes the activity of a protein called IL-17A, which is present at increased levels in plaque psoriasis; helps reduce the signs and symptoms of the disease, such as itching, pain and scaling

Potential side effects*

- **Very common side effects include:** upper respiratory tract infections with symptoms such as sore throat and stuffy nose (nasopharyngitis) and injection site reactions (rash, pain, itch or swelling)
- **Rare but serious side effects include:** serious allergic reactions such as feeling faint; swelling of your face, eyelids, lips, mouth, tongue, or throat; trouble breathing or throat tightness; chest tightness; or skin rash
- **Common side effects include:** nausea, athlete's foot (tinea pedis) and sore throat
- **Uncommon side effects include:** oral thrush (oral candidiasis); fever, flu-like symptoms; runny nose; hives; signs of low levels of white blood cells such as fever, sore throat or mouth ulcers due to infections (neutropenia); and discharge from the eye with itching, redness and swelling (conjunctivitis)

TNF-alpha blockers

Infliximab (REMICADE®)

How to use

- Given by intravenous infusion over 2 hours at a dedicated infusion centre staffed by trained nurses and other qualified healthcare professionals
- Initial doses: three in 6 weeks (at week 0, at week 2, and at week 6)
- Subsequent doses: once every 8 weeks
- **Do not take if you:**
 - Have a severe infection, such as sepsis (an infection of the bloodstream), abscess, tuberculosis, or other serious infection
 - Have moderate or severe heart failure
 - Are allergic to infliximab or any ingredient within, or have a history of allergies to mouse proteins

What it does

- Blocks tumour necrosis factor (TNF) alpha, which is made by the body's immune system and interferes with the body's inflammation process

Potential side effects*

- **Most common side effects include:** abdominal pain, back pain, coughing, diarrhea, dizziness, fatigue, itchiness, pain, upper respiratory infections (such as bronchitis, sinusitis, cold, sore throat), upset stomach, and urinary tract infections
- **Other side effects:** REMICADE® may have a minor influence on the ability to drive and use machines. Dizziness may occur following administration of REMICADE®
- **Common serious side effects include:** serious infections (symptoms of fever, feeling very tired, having a cough or flu-like symptoms or develop an abscess) and allergic reactions (hives, difficulty breathing, chest pain and high or low blood pressure or symptoms 3 to 12 days after treatment)

Infliximab (REMICADE®) (continued)

Potential side effects* (continued)

- **Uncommon serious side effects include:** liver injury (jaundice, dark brown-coloured urine, pain on right side of abdomen, fever, severe fatigue), heart failure (new or worsening shortness of breath, or swelling of ankles or feet), blood problems (symptoms of fever that do not go away, bruising or bleeding very easily, or looking very pale), nervous system disorders (changes in vision, blindness, seizures, weakness in arms and/or legs and numbness or tingling in any part of the body), malignancy and lupus (chest discomfort or pain that does not go away, shortness of breath, joint pain, or a rash on the cheeks or arms that gets worse in the sun)
- **Rare but serious side effects include:** skin problems (skin rashes including redness, itching, skin peeling and blistering), lung problems (symptoms of new or worsening shortness of breath)

Adalimumab (HUMIRA®)

How to use

- Given as a subcutaneous (under the skin) injection
- Every other week
- May be self-injected with proper training, or administered by a healthcare professional
- **Do not take if you:**
 - Have a serious infection, such as tuberculosis, infections caused by bacteria or fungi and sepsis (an infection of the bloodstream)
 - Have moderate or severe heart failure
 - Are allergic to any of the ingredients

What it does

- Blocks tumour necrosis factor (TNF) alpha, which is made by the body's immune system and interferes with the body's inflammation process

Potential side effects*

- **Very common serious side effects include:** injection site reactions
- **Common serious side effects include:** cough and cold symptoms, including sore throat; headache; rash; nausea; pneumonia; fever; and abdominal pain
- **Uncommon serious side effects include:** tuberculosis, other serious infections, nerve disorder, appendicitis, blood clots (abdominal pain, chest pain, leg or arm pain with redness and swelling), bladder infection (painful urination), hepatitis (jaundice [yellow skin, dark urine]), abdominal pain and tiredness)

Etanercept (ENBREL®)

How to use

- Given as a subcutaneous (under the skin) injection
- Initial doses: one injection twice weekly for 3 months
- Maintenance doses: one injection weekly or twice-weekly (4 to 8 injections per month)
- May be self-injected with proper training, or administered by a healthcare professional
- **Do not take if you:**
 - Are allergic to etanercept or any ingredient within the formulation
 - Have, or are at risk of, sepsis (infection that has spread through your body)

What it does

- Blocks tumour necrosis factor (TNF) alpha, which is made by the body's immune system and interferes with the body's inflammation process

Etanercept (ENBREL®) (continued)

Potential side effects*

- **Very common serious side effects include:** injection site reactions
- **Common serious side effects include:** upper respiratory tract infections and headaches
- **Uncommon serious side effects include:** serious infections, tuberculosis and nerve disorders

* Always speak to your doctor and read the product information before trying a new treatment. Please consult the Patient Information for each product for warnings, precautions and prescribing considerations. The lists above do not include an exhaustive list of side effects. Your healthcare professional can provide the complete list. Also, speak to your healthcare provider if you experience any serious side effects or if side effects persist.

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