

SUPPORTING YOUR PARTNER'S FIGHT

Learning your loved one has been diagnosed with relapsing multiple sclerosis (MS) can bring about a variety of emotions and intimidating responsibilities. Through this journey you will both face new challenges as individuals and as a couple. Below, you'll find advice on how to most effectively overcome these obstacles.



STAY INVOLVED

Getting involved in your partner's fight against relapsing MS can make a world of difference to them. Fighting relapsing MS is no easy task so your partner may need to rely on you for support and encouragement. Make sure to:

- Learn about the disease. The more you know, the better you'll be able to understand what their challenges are. This knowledge will help you become more active during conversations between the two of you and also with their healthcare team
- Show your love by talking to them about their treatment, their goals, and their concerns
- Hold their hand. Let them know you will be by their side every step of the way



HANDLING CHANGE

Relapsing MS is unpredictable and can bring upon challenges neither of you expect. One of the most important things you can do is be open to changes the two of you might experience and face them together.

- Be prepared for potential intimacy changes between you and your loved one. These changes can result from either physical or emotional causes, or a combination of both. It is important that you talk to your loved one about how they're feeling and that you also express your wants or needs regarding intimacy
- Understand that the unpredictability with this disease may cause changes to your day-to-day plans. If you plan a night out, consider having a back-up plan, such as pizza and a movie, ready in case their symptoms flare up



BE A LEADER

As the partner of someone with relapsing MS, you may need to become a leader for them as well as for their support team. This can mean many things ranging from organizing support team visits to remaining strong through tough times. Some things to remember:

- Your loved one may become discouraged at times while fighting this disease. Sometimes they may need you to be their motivational coach, other times they may need you to be their shoulder to cry on. They will look to you for strength throughout this journey
- When asking for help from others, be specific. Family and friends may want to help and support you, but they may not know what you need. Try to provide them with direction, whether that's taking your loved one to an appointment or spending time with them while you're at work



MORE THAN RELAPSING MS

At times, you may find it difficult to separate your role as a care partner for your loved one from your role as their significant other. You must remember that even though your partner has relapsing MS, the two of you are still in a relationship which is important, too. Try to:

- Do something thoughtful for your partner from time to time. It is always nice to have a romantic dinner, whether at a fancy restaurant or at home
- Create new memories together. Nothing is more valuable than spending quality time with your loved one. Go on a trip, look through old photo albums, or go to a show together



TAKE CARE OF YOURSELF

As fulfilling as it is being a care partner, it can be easy to lose sight of your own needs when caring for someone else. It takes balance between caring for your fighter and caring for yourself to ensure your efforts are sustainable over time.

- Often at times when caring for a loved one, your own health is placed on the back-burner. Make sure you pay attention to your own needs as well as your fighter's needs
- Participate in things you enjoy. You deserve your own happiness as you fight to give your loved one that same feeling

It can be hard being a care partner 24/7—don't be afraid to ask for help.

The MS community has built several networks for both people with MS and their care partners. Connect with others in similar situations for inspiration and support at caregiveraction.org/community.

If you or your fighter would like more information about TYSABRI, our Nurse Educators are available 24/7 to address any questions or concerns. Call 1-800-456-2255 to connect.

What is TYSABRI® (natalizumab)?

TYSABRI® (natalizumab) is a prescription medicine used to treat relapsing forms of multiple sclerosis (MS), to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults. TYSABRI increases the risk of progressive multifocal leukoencephalopathy (PML). When starting and continuing treatment with TYSABRI, it is important to discuss with your doctor whether the expected benefit of TYSABRI is enough to outweigh this risk.

IMPORTANT SAFETY INFORMATION

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

TYSABRI increases your risk of getting a rare brain infection—called progressive multifocal leukoencephalopathy (PML)—that usually leads to death or severe disability.

- There is no known treatment, prevention, or cure for PML

Please see full [Prescribing Information](#), including **Boxed Warning** and [Medication Guide](#), as well as Important Safety Information on pages 2-4.

IMPORTANT SAFETY INFORMATION (CONT'D)

- You should not take certain medicines that weaken your immune system at the same time you are taking TYSABRI. Even if you use TYSABRI alone to treat your MS, you can still get PML
- Your risk of getting PML is higher if you:
 - have been infected by the John Cunningham Virus (JCV). JCV is a common virus that can cause PML in people who have weakened immune systems, such as people taking TYSABRI. Before or while you receive TYSABRI, your doctor may do a blood test to check if you have been infected by JCV
 - have received TYSABRI for a long time, especially for longer than 2 years
 - have received certain medicines that can weaken your immune system before you start receiving TYSABRI
- Your risk of getting PML is greatest if you have all 3 risk factors listed above. There may be other risk factors that have not yet been identified
- Patients who are anti-JCV antibody negative are still at risk for the development of PML due to the potential for a new JCV infection or a false negative test result. Therefore, patients with a negative test result should be retested periodically
- While you receive TYSABRI, and for 6 months after you stop receiving TYSABRI, it is important that you call your doctor right away if you have any new or worsening medical problems (such as problems with your thinking, eyesight, balance, or strength; weakness on 1 side of your body; and using your arms and legs) that have lasted several days. Tell all of your doctors that you are getting treatment with TYSABRI
- Because of your risk of getting PML while you receive TYSABRI, TYSABRI is available only through a restricted distribution program called the TOUCH[®] Prescribing Program

Who should not receive TYSABRI?

Do not receive TYSABRI if you have PML or are allergic to natalizumab or any of the ingredients in TYSABRI.

What should I tell my doctor before receiving each dose of TYSABRI?

Before receiving TYSABRI, it is important to tell your doctor:

- If you have a medical condition that can weaken your immune system, such as HIV infection or AIDS, leukemia or lymphoma, organ transplant, or others, or if you have any new or worsening medical problems that have lasted several days
- If you are pregnant or plan to become pregnant. TYSABRI may cause low platelets, and in some cases also low red blood cells (anemia), in your newborn baby if you take TYSABRI while you are pregnant. It is not known if TYSABRI can cause birth defects
- If you are breastfeeding or plan to breastfeed. TYSABRI can pass into your breast milk. It is not known if TYSABRI that passes into your breast milk can harm your baby. Talk to your doctor about the best way to feed your baby while you receive TYSABRI
- About all of the medicines and supplements you take, especially medicines that can weaken your immune system. If you are not sure, ask your doctor

What are the possible side effects of TYSABRI?

TYSABRI can cause serious side effects. If you have any of the symptoms listed below, call your doctor right away:

- **Herpes infections.** Increased risk of infection of the brain or the covering of your brain and spinal cord (encephalitis or meningitis) caused by herpes viruses that may lead to death. Symptoms include sudden fever, severe headache, or confusion. Infection of the eye caused by herpes viruses leading to blindness in some patients has occurred. Call your doctor if you have changes in vision, redness, or eye pain



IMPORTANT SAFETY INFORMATION (CONT'D)

What are the possible side effects of TYSABRI?

- **Liver damage.** Symptoms include yellowing of the skin and eyes (jaundice), unusual darkening of the urine, nausea, feeling tired or weak, or vomiting
- **Allergic reactions (e.g., hives, itching, trouble breathing, chest pain, dizziness, wheezing, chills, rash, nausea, flushing of skin, low blood pressure), including serious allergic reactions (e.g., anaphylaxis).** Serious allergic reactions usually happen within 2 hours of the start of the infusion, but they can happen any time after receiving TYSABRI
- **Weakened immune system.** TYSABRI may increase your risk of getting an unusual or serious infection
- **Low platelet counts.** TYSABRI may cause the number of platelets in your blood to be reduced. Symptoms include easy bruising, small scattered spots on your skin that are red, pink or purple, heavier menstrual periods than are normal, bleeding from your gums or nose that is new or takes longer than usual to stop, or bleeding from a cut that is hard to stop

The most common side effects of TYSABRI are:

- Headache, feeling tired, urinary tract infection, joint pain, lung infection, depression, pain in your arms or legs, diarrhea, vaginitis, rash, nose and throat infections, nausea, stomach area pain. If you experience any side effect that bothers you or does not go away, tell your doctor

These are not all of the possible side effects of TYSABRI. For more information, ask your doctor. **To report side effects to FDA, please call 1-800-FDA-1088.**

Please see full [Prescribing Information](#), including **Boxed Warning** and [Medication Guide](#).

This information does not take the place of talking with your doctor about your medical condition or your treatment.