

SUPPORTING YOUR PARENT'S FIGHT

If you are an adult, with a parent who has recently been diagnosed with relapsing multiple sclerosis (MS), you might be going through a range of emotions. Growing up, your parent has always been there for you and now you've come to a time where you may be helping take care of them. Below, you will find tips and advice on how to make this transition and become a better care partner to your Mom or Dad.



GET INVOLVED

Your parent was by your side as you overcame challenges throughout your childhood and helped steer you in the right direction. Now the time has come where your support can make a huge difference to your parent in their fight with relapsing MS. Make an effort to:

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



CHANGING ROLES

Relapsing MS can be unpredictable. One day your parent may be independent, the next day they may need help with everyday tasks. This may lead to your responsibilities shifting as a care partner from time to time.

- Your parent may worry they are becoming a burden as you take on the role of a care partner. Remember to tell them how important it is to share their needs with you for the sake of their health and your peace of mind
- Express to your Mom or Dad how proud you are of their fighting spirit. Your parent will appreciate that you acknowledge their determination
- Let them "parent you." Being taken care of may make them feel like they have lost their role as your parent. Make sure you still take their advice to heart when they offer it

Remember there is always help out there. 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](https://www.caregiveraction.org/community).



THE LITTLE THINGS

It may be easy for you and your parent with relapsing MS to be consumed in the fight against the disease. It is important to remember that part of the fight is doing little things to take your parent's focus off of the disease whenever possible. Make sure to:

- Try to remind your Mom or Dad of all the joys in life they are still able to enjoy, such as family traditions, holiday parties, or spending time with you
- Use their treatment as an opportunity to grow closer. Try to schedule ice cream or pizza dates after doctor appointments to brighten these days for them. They will appreciate being able to spend more time with you



MAINTAIN BALANCE

Your role as a care partner consists of many responsibilities to your parent with relapsing MS, but don't lose sight of the needs of other members of your family, including your own.

- Remember that as your relationship with your parent changes, the relationship between your parents may be changing, too. Be open with both of your parents regarding different emotions they might be experiencing individually and as a couple
- Remember to still participate in things you enjoy. You deserve your own happiness as you fight to give your parent that same feeling. Nothing makes a parent happier than seeing their children happy

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

IMPORTANT SAFETY INFORMATION (CONT'D)

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
- **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.