

SUPPORTING YOUR FIGHTER

The diagnosis and treatment journey for relapsing multiple sclerosis (MS) can come with a lot of uncertainty. People with relapsing MS and their care partners can experience a range of emotions. Below, you'll find tips and advice to help you be the most supportive care partner possible.



BECOME A RESOURCE

You have the opportunity to be a valuable resource to your fighter by thoroughly educating yourself about relapsing MS. Things to know include:

- Relapsing MS is thought to be an autoimmune disease. This means that the immune system mistakenly attacks the body, specifically the central nervous system
- Relapsing MS is a progressive disease, meaning it can get worse over time. This is one reason why continuous treatment is important
- More information about relapsing MS and treatment options can be found [here](#)



WHEN IN DOUBT, LISTEN

Relapsing MS is unpredictable. One day a patient may be independent, the next day they may need help with everyday tasks.

- Remember to communicate regularly with your loved one about how they are feeling and let them tell you what they need
- Relapsing MS is an emotionally demanding disease. Other than physical symptoms, there might be something else bothering the person you care for. Don't assume that because they look fine, they are doing fine

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.



BE THERE FOR THEIR IMPORTANT MOMENTS



The relapsing MS treatment journey is full of important moments. If your loved one treats their relapsing MS with **TYSABRI**, those moments include:

- Getting an infusion at an infusion center every 28 days. You could be there to hold their hand and make them feel loved
- An MRI, a tool for monitoring disease progression, every 6 months. You could help them cope with disappointing news or celebrate good results
- Antibody testing for the John Cunningham Virus. This is a crucial and emotional part of their treatment process and can determine what their next steps are. Fighters lean on their care partner for support in times like this



MORE THAN RELAPSING MS

You may find it easy for you and your loved one to be consumed in the fight against relapsing MS. It is important to remember that part of the fight is getting the disease off of their mind whenever possible.

- Part of your responsibility in caring for your fighter is to remind them of all the joys in life they are still able to partake in
- You could both enroll in art classes, join a book club together, take cooking lessons, etc. Don't let relapsing MS hold you back from finding new interests



TAKE CARE OF YOURSELF

As fulfilling as it is being a care partner, it could also 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 times when caring for a loved one, your own health gets put 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

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. **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.

It is not known if **TYSABRI** is safe and effective in children under 18 years of age.

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

FIGHT ON

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 (thrombocytopenia) and 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)

- **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.