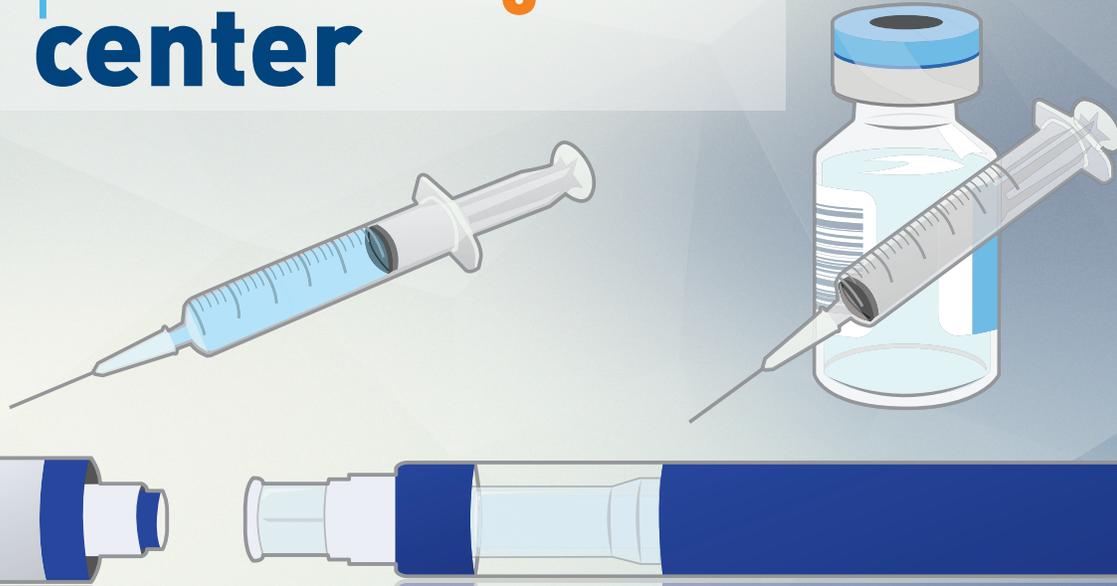




patient navigation center



Enbrel (etanercept)

Enbrel is the trade name for the biologic etanercept. It is a biologic medicine. Biologics are made from living sources such as human, animal or bacteria cells. Enbrel is used to treat psoriasis and psoriatic arthritis (together called psoriatic disease).

How effective is it?

Enbrel helps to stop inflammation in the skin, joints and tendons and reduce psoriasis and psoriatic arthritis symptoms.

A clinical trial is a research study used to determine how safe and effective a new treatment is. This often is done to compare the new treatment with a placebo (an inactive pill, liquid or powder that has no treatment value).

In clinical trials:

- 49 percent of adults with psoriasis experienced at least a 75 percent improvement after 3 months
- 57 percent of children with psoriasis experienced at least a 75 percent improvement after 3 months
- 50 percent of adults with psoriatic arthritis experienced at least a 20 percent improvement after 6 months

Treating your psoriatic disease is important for disease management, reducing your risk for comorbidities (other related health conditions) and improving your overall health and quality of life.

Fast facts about Enbrel

- Was approved by the U.S. Food and Drug Administration (FDA) for treating adults with psoriatic arthritis in January 2002 and moderate to severe plaque psoriasis in April 2004
- Was FDA-approved for treating children 4 years and older with plaque psoriasis in November 2016
- Works by targeting the cytokine (a type of protein involved in the immune system) called tumor necrosis factor-alpha (TNF-alpha)
- Is available by prescription and is given as a self-injection (a shot that you give yourself); help and training is offered for self-injections
- Is meant to be taken long-term

Financial assistance

ENBREL Support provides financial support and other resources for people taking Enbrel. For more information, call 888-436-2735 or visit enbrel.com.

How does it work?

Biologics for psoriatic disease target a specific part of the immune system that is overactive.

Your immune system protects your body from illness and infections. With psoriatic disease, the immune system is overactive. This causes inflammation of the skin and speeds up skin cell growth. It also causes inflammation in joints, tendons and ligaments in psoriatic arthritis.

Who can take it?

People with moderate to severe plaque psoriasis over the age of 4 and adults over the age of 18 with psoriatic arthritis can take Enbrel. Speak with your health care provider if you are pregnant or breastfeeding.

Who should not take it?

You should not take Enbrel if you have:

- A history of heart failure
- Active serious infections or a history of frequent infections
- An active hepatitis B infection
- Multiple sclerosis or other types of neurologic diseases

What are the risks?

There is the risk for an allergic reaction and an increased risk for infections. This is because the treatment is causing some immunosuppression (lowering the function of the immune system). If you notice any sign of infection, speak with your health care provider right away. Before starting Enbrel, you will be screened for latent (non-active) tuberculosis (TB). Avoid receiving live vaccines while taking Enbrel.

There have been rare reports of:

- Hepatitis B reactivation
- Low blood count
- Lupus-like syndrome
- Lymphoma
- Nervous system problems
- New or worsening heart failure

Speak with your health care provider if you develop a fever or chest pains that do not go away, shortness of breath, sudden weight gain or swelling of your ankles or feet.

Common side effects

In clinical trials, the most common side effects associated with Enbrel are:

- **Infections such as the flu, sinus infections or upper respiratory infections:** 27% of patients with psoriasis treated with Enbrel reported infections (compared to 28% of patients treated with a placebo)
- **Injection site reactions:** 15% of adults and 7% of children with psoriasis treated with Enbrel reported injection site reactions (compared to 6% of adult patients treated with a placebo)

These side effects happen most often after the first dose and may decrease after additional doses or over time. The side effects are generally mild and do not cause most people to stop taking Enbrel. During clinical trials, 4% of patients stopped taking Enbrel due to side effects. Keep in mind that side effects observed in clinical trials may not predict actual rates of side effects.

What should I do next?

- Speak with your health care provider about whether Enbrel is appropriate for you.
- Contact our Patient Navigation Center to find providers, discuss treatments and get help with accessing treatments (find contact information below).

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National Psoriasis Foundation educational materials are medically reviewed and are not intended to replace the counsel of a physician. The Foundation does not endorse any medications, products or treatments for psoriasis or psoriatic arthritis and advises you to consult a physician before initiating any treatment.