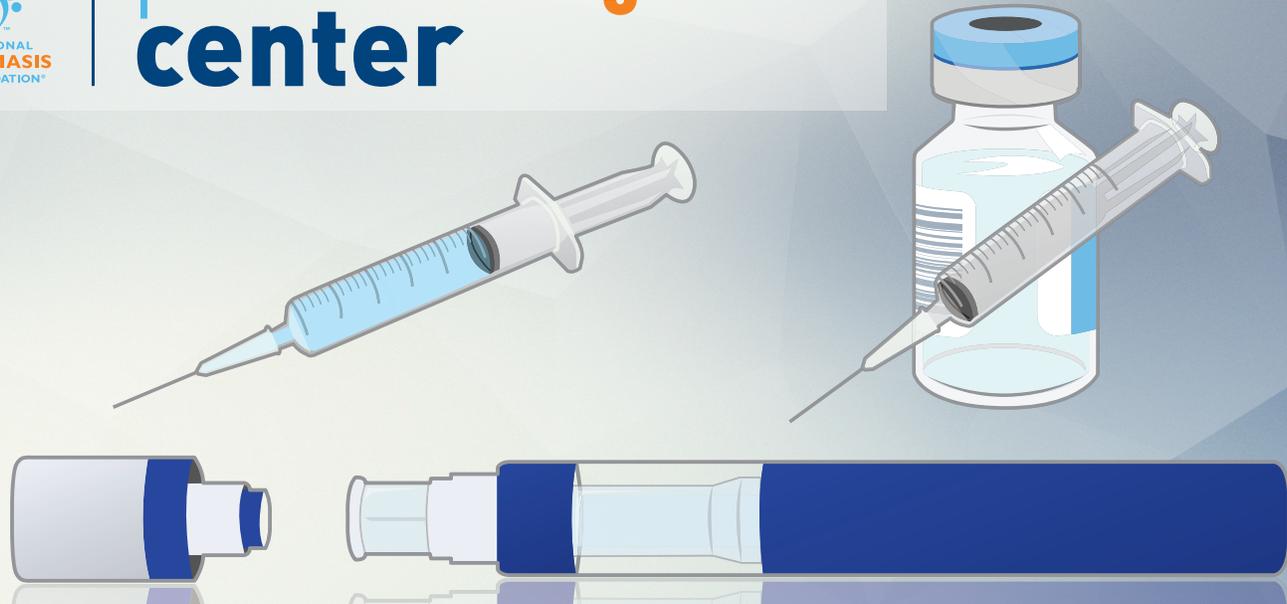




# patient navigation center



## Stelara (ustekinumab)

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

### How effective is it?

Stelara 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:

- 76 percent of adults with psoriasis experienced at least a 75 percent improvement after 3 months
- 81 percent of adolescents 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

### Fast facts about Stelara

- Was approved by the U.S. Food and Drug Administration (FDA) for treating adults with moderate to severe plaque psoriasis in 2009 and psoriatic arthritis in 2013
- Was FDA-approved for treating adolescents 12 years and older with moderate to severe plaque psoriasis in October 2017
- Works by targeting the cytokines (a type of protein involved in the immune system) called interleukin 12 and 23 (IL-12/23)
- 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

Treating your psoriatic disease is important for disease management, reducing your risk for comorbidities (related health conditions) and improving your overall health and quality of life. Keep in mind that each person responds differently to treatments. Speak with your health care provider about what treatment may be most appropriate.

## How does it work?

Biologics for psoriatic disease work by targeting 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 over the age of 12 with moderate to severe plaque psoriasis or adults over the age of 18 with psoriatic arthritis can take Stelara. Speak with your health care provider if you are pregnant or breastfeeding, or are planning to become pregnant.

## Who should not take it?

You should not take Stelara if you:

- Are allergic to Stelara or its inactive components
- Have an active serious infection or a history of frequent infections

## 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 Stelara, you will be screened for latent (non-active) tuberculosis (TB). Avoid receiving live vaccinations while taking Stelara.

There have been rare reports of:

- Malignancies
- Reversible posterior leukoencephalopathy syndrome (RPLS)

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 Stelara are:

- **Infections such as the flu, sinus infections or upper respiratory infections:** 13% of patients with psoriasis treated with Stelara reported infections (compared to 13% of patients treated with a placebo)
- **Headaches:** 5% of patients with psoriasis treated with Stelara reported headaches (compared to 3% of patients treated with a placebo)
- **Fatigue:** 3% of patients with psoriasis treated with Stelara reported fatigue (compared to 2% of 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 Stelara.

Keep in mind that side effects observed in clinical trials may not predict actual rates of side effects.

## Financial assistance

Janssen provides financial support and other resources for people taking Stelara. For more information, call 877-227-3728 or visit [Stelarainfo.com](http://Stelarainfo.com).

## What should I do next?

Contact our Patient Navigation Center to find providers, discuss treatments and get help with accessing treatments (find contact information below).

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800-723-9166 | [education@psoriasis.org](mailto:education@psoriasis.org) | [www.psoriasis.org/navigationcenter](http://www.psoriasis.org/navigationcenter)

*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.*