Otezla® (apremilast) is a prescription medicine approved for the treatment of adult patients with active psoriatic arthritis.

**IMPORTANT SAFETY INFORMATION**

Do not take Otezla® if you are allergic to apremilast or to any of the ingredients in Otezla.

Otezla can cause severe diarrhea, nausea, and vomiting, especially within the first few weeks of treatment. Use in elderly patients and the use of certain medications with Otezla appears to increase the risk of having diarrhea, nausea, or vomiting. Tell your doctor if any of these conditions occur.

Otezla is associated with an increase in depression. In clinical studies, some patients reported depression, suicidal thoughts, and suicidal behavior while taking Otezla. Some patients stopped taking Otezla due to depression. Before starting Otezla, tell your doctor if you have had feelings of depression or suicidal thoughts, or behavior. Be sure to tell your doctor if any of these symptoms or other mood changes develop or worsen during treatment with Otezla.

Some patients taking Otezla lost body weight. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will decide if you should continue taking Otezla.

Some medicines may make Otezla less effective, and should not be taken with Otezla. Tell your doctor about all the medicines you take, including prescription and nonprescription medicines.

Side effects of Otezla include diarrhea, nausea, vomiting, and headache. These are not all the possible side effects with Otezla. Ask your doctor about other potential side effects. Tell your doctor about any side effect that bothers you or does not go away.

Tell your doctor if you are pregnant, planning to become pregnant, or planning to breastfeed. Otezla has not been studied in pregnant women or in women who are breastfeeding.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-332-1088.

**Please click here for Full Prescribing Information.**

For more information about Otezla, visit [www.otezla.com](http://www.otezla.com).

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**DOCTOR DISCUSSION GUIDE**

The questions below can help you create your own discussion guide so that you can share your answers with your doctor. Print this page and bring it with you to your appointment.

**Self-assessment**

1. How much has psoriatic arthritis limited your ability to use your hands?
   - Not at all
   - A little
   - Moderately
   - Quite a bit
   - Extremely

2. How much has psoriatic arthritis limited your ability to walk?
   - Not at all
   - A little
   - Moderately
   - Quite a bit
   - Extremely

3. How much has psoriatic arthritis stopped you from performing your daily activities?
   - Not at all
   - A little
   - Moderately
   - Quite a bit
   - Extremely

4. How often do you feel pain or swelling in your fingers, knees, feet, or other joints?
   - Never
   - Once in a while
   - Almost daily
   - All the time

5. How would you rate your psoriatic arthritis pain?
   - Mild
   - Moderate
   - Severe

**Questions to ask your doctor**

1. How can Otezla® (apremilast) help me?
2. How does Otezla work?
3. What is the most important information I should know about Otezla?
4. How long do I need to take Otezla before I see results?
5. Can I take Otezla with other medicines I am taking?
6. What are the common side effects of Otezla?
7. What should I do if I have side effects?

**Tips for talking to your doctor**

- Explain all the symptoms you are having and how they may be affecting your daily activities
- Share how psoriatic arthritis is having an impact on you
- Tracking your symptoms can help your doctor find the right treatment for you
- The more you can tell your doctor, the more he or she can help you

Please see Important Safety Information to the right.