

Preparing for the appointment with your rheumatologist

Talk to your doctor about how moderate to severe rheumatoid arthritis (RA) affects you.

Your joint pain could be a sign of joint damage which maybe irreversible.

If joint pain, swelling, and stiffness are making it difficult for you to do daily activities, tell your doctor so together you can discuss treatment options.

Think about your symptoms over the past week or two.



For how long did morning stiffness last on your best and worst day?

| | 1 hour | 2 hours | 3 hours | 4 hours | 5+ hours |
|-----------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Best day | <input type="checkbox"/> |
| Worst day | <input type="checkbox"/> |

In the past 2-3 weeks, which did you have more of?

| | | | |
|-----------|--------------------------|------------------|--------------------------|
| Good days | <input type="checkbox"/> | Not-so-good days | <input type="checkbox"/> |
|-----------|--------------------------|------------------|--------------------------|

Have your symptoms made it hard to do any of these activities?

| | | | |
|--|-----|----|--------|
| Dress yourself (including tying shoelaces and buttoning clothes) | Yes | No | Unsure |
| Run errands | Yes | No | Unsure |
| Cut food | Yes | No | Unsure |
| Get in and out of bed | Yes | No | Unsure |
| Walk up steps | Yes | No | Unsure |

Describe how your symptoms affect your daily activities.

Which other everyday tasks (like opening jars, picking up clothes, or bathing/showering) have become more difficult for you?

Which of your favourite activities or hobbies are no longer possible (like jogging or spending time with friends and family)?

Talk to your doctor and ask if ENBREL may be right for you.

Add other questions here:

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ENBREL (etanercept) 25 mg powder for injection and 50 mg solution for injection.

ENBREL (etanercept) is a prescription medicine containing 25 mg or 50 mg of etanercept. It is used to treat rheumatoid arthritis, juvenile idiopathic arthritis (JIA), psoriatic arthritis in adults, ankylosing spondylitis in adults, non-radiographic axial spondyloarthritis in adults and plaque psoriasis in children and adults. Enbrel has risks and benefits. Use strictly as directed. Consult your doctor to see if ENBREL is right for you. If symptoms continue or you have side effects, see your doctor, pharmacist or healthcare professional. Do not take ENBREL if you are allergic to any of its ingredients, if you have a serious infection, have a blood infection or are at risk of one, or are currently taking an interleukin-1 antagonist, such as Kineret. Caution is needed if you are being treated for diabetes, are taking Orencia, Endoxan or Salazopyrin, have heart failure, cancer, multiple sclerosis or inflammation of the nerves of the eyes, during vaccination or in children who have not completed their immunisation program, if you are pregnant or planning to become pregnant or are breastfeeding. Tell your doctor if you are taking any other medicines. Common side effects: injection site reactions, allergic reactions, infections. Tell your doctor immediately if you experience any of the following as these may be signs of serious side effects: tiredness, headaches, shortness of breath, dizziness, nose bleeds, paleness, bruising more frequently; skin rash, blisters or ulcers on your skin, seizures, numbness or tingling in your body, weakness in your limbs, swelling of your face, lips and /or tongue, itchiness and hives. ENBREL is fully funded on special authority. A pharmacy charge and normal doctor's fees apply. Further information on ENBREL and the Consumer Medicine **Information is available from** www.medsafe.govt.nz or Pfizer New Zealand Limited, Level 1, Suite 1.4, Building B, 8 Nugent Street, Grafton, Auckland 1023. www.pfizer.co.nz. Ph. 0800 736 363. V10916. TAPS NA9521. PP-ENB-NZL-0097 01/20.