

# REAL PATIENTS WITH REAL JOURNEYS

Lauren



## Lauren's Life Prior to Diagnosis

Lauren, a nurse from Wisconsin, has always had an adventurous, curious spirit. Her passion for traveling has taken her to many far-flung places.

Despite maintaining such an active and healthy lifestyle, at age 21, Lauren was faced with an obstacle that challenged her ability to take part in all the things she loved.



## IMPORTANT SAFETY INFORMATION

**Adempas can cause serious birth defects if taken during pregnancy.**

- **Females must not be pregnant when they start taking Adempas (riociguat) tablets or become pregnant during treatment with Adempas.**
- Females who are able to get pregnant must have a negative pregnancy test before beginning treatment with Adempas, each month during treatment, and 1 month after you stop treatment with Adempas. Talk to your doctor about your menstrual cycle. Your doctor will decide when to do the test.
- Females who are able to get pregnant are females who:
  - Have entered puberty, even if they have not started their period, have a uterus, and have not gone through menopause (have not had a period for at least 12 months for natural reasons, or have had their ovaries removed).
- Females who are not able to get pregnant are females who:
  - Have not yet entered puberty, do not have a uterus, or have gone through menopause.

During a trip to South Korea, Lauren experienced symptoms that affected her at non-specific times.

“I brushed it off and blamed it on the increased altitude. I figured, ‘I’m healthy, I’m 21, nothing is going to happen to me.’”

Although Lauren looked past these warning signs, she soon realized something more was going on after a fainting episode that sent her to the emergency room.

Lauren received an echocardiogram, and a diagnosis of pulmonary arterial hypertension (PAH, WHO Group 1) was confirmed by a right heart catheterization.

“You hear all these stories of people who go years being undiagnosed, and with one event, I had an immediate diagnosis. I was lucky.”

“I figured, ‘I’m healthy, I’m 21, nothing is going to happen to me.’”

## INDICATION

**Adempas is a prescription medicine used to treat adults with:**

- chronic thromboembolic pulmonary hypertension (CTEPH) (WHO Group 4) treated with surgery but who continue to have high pulmonary blood pressure (persistent) or it comes back after surgery (recurrent), or that cannot be treated with surgery.
  - CTEPH is a type of high blood pressure in the arteries of your lungs caused by blood clots that narrow or block blood flow. Adempas can improve your ability to exercise (measured by 6-minute walk distance) and can help to improve some of your symptoms.
- pulmonary arterial hypertension (PAH) (WHO Group 1)
  - PAH is a type of high blood pressure in the arteries of your lungs. Adempas can improve your ability to exercise (measured by 6-minute walk distance), improve some of your symptoms, and help slow down the worsening of your physical condition [this includes death, heart/lung transplant, a surgery to reduce pressure in your lung, hospitalization for worsening of pulmonary hypertension, start of a new PAH-specific treatment, continued decline in your ability to exercise (measured by 6-minute walk distance) and some of your symptoms].

The Adempas clinical studies included mostly patients with WHO functional class II-III symptoms. It is unknown if Adempas is safe and effective in children.

**Please see additional Important Safety Information throughout, and full Prescribing Information, including Boxed Warning and Medication guide, [here](#).**

## Approaching Unfamiliar Territory

After Lauren's diagnosis, her doctor immediately initiated her first PAH treatment. "It was not easy trying to balance both my studies and my PAH. I had to adjust to a lifestyle that was different from what I was used to."

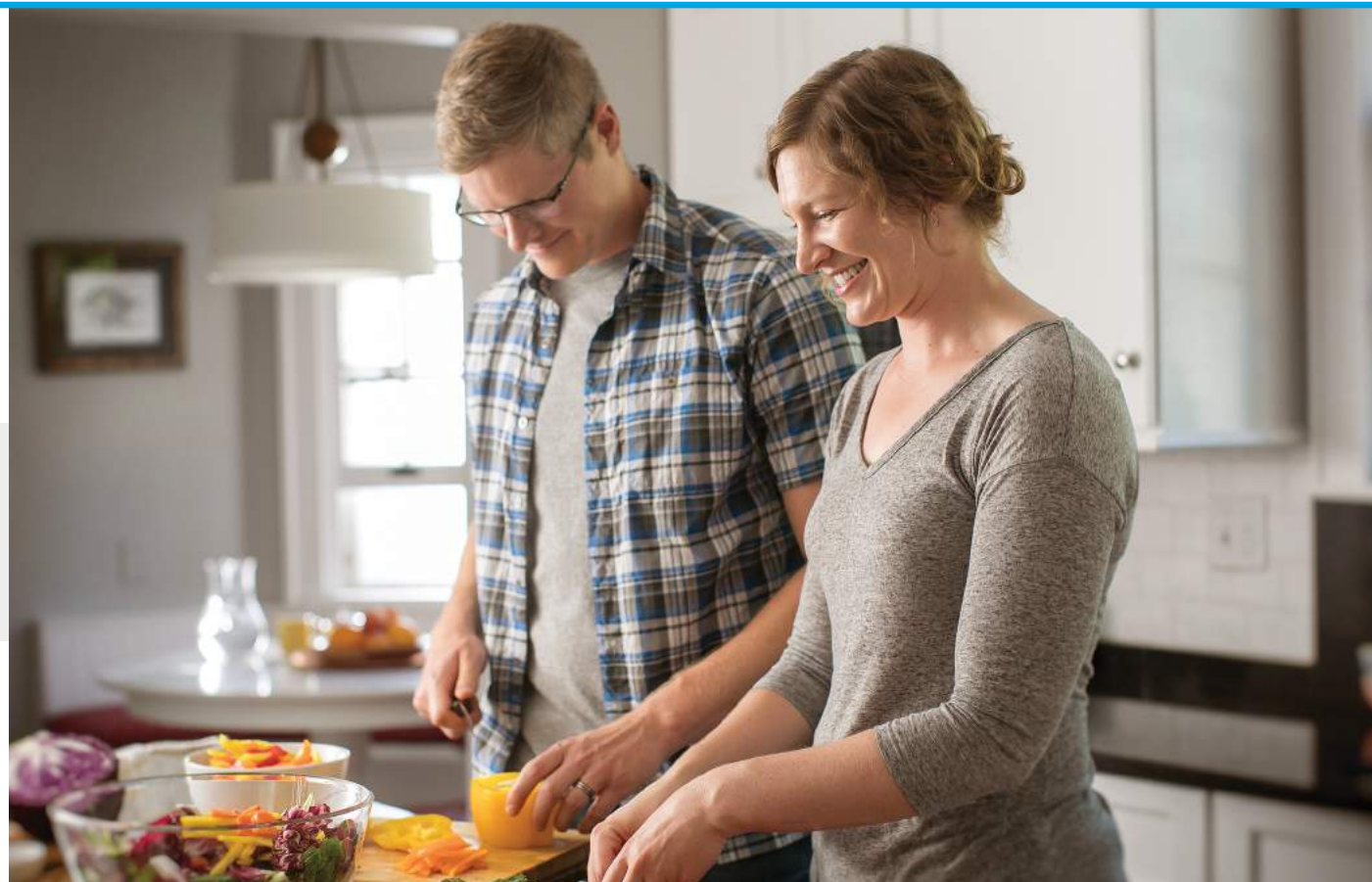
After a couple of years of treatment, Lauren's doctor spoke with her about starting a new therapy strategy with Adempas, informing Lauren about the Adempas REMS program and risk of embryo-fetal toxicity.

After opting in, an Aim services nurse, provided by Bayer, was sent to Lauren's home to offer support and guidance (in consultation with her doctor) throughout the therapy transition process.

Because Lauren experienced symptoms of low blood pressure when starting treatment with Adempas, her doctor decided to lower the dosage and monitor her. Soon, they were able to increase her dose and ultimately find what worked best for her.

"It took about 6 months to get to where I am now with Adempas, comfortable and feeling an improvement in my exercise capacity."

*"It was not easy trying to balance both my studies and my PAH. I had to adjust to a lifestyle that was different from what I was used to."*



## IMPORTANT SAFETY INFORMATION (continued)

**Females who are able to get pregnant must use two acceptable forms of birth control, during Adempas treatment and for one month after stopping Adempas.**

- If you have had a tubal sterilization, have a progesterone implant, or have an IUD (intrauterine device), these methods can be used alone and no other form of birth control is needed.
- Talk with your doctor or gynecologist (a doctor who specializes in female reproduction) to find out how to prevent pregnancy during treatment with Adempas.
  - **Do not have unprotected sex. Talk to your doctor or pharmacist right away if you have unprotected sex or if you think your birth control has failed. Your doctor may tell you to use emergency birth control.**
  - **Tell your doctor right away if you miss a menstrual period or think you may be pregnant for any reason.**

If you are the parent or caregiver of a female child who started taking Adempas before reaching puberty, you should check your child regularly to see if she is developing signs of puberty. Tell your doctor right away if you notice that she is developing breast buds or any pubic hair. Your doctor should decide if your child has reached puberty. **Your child may reach puberty before having her first menstrual period.**

Females can only receive Adempas through a restricted program called the Adempas Risk Evaluation and Mitigation Strategies (REMS) program. If you are a female who can become pregnant, you must talk to your doctor, understand the benefits and risks of Adempas, and agree to all of the instructions in the Adempas REMS program. Males can receive Adempas without taking part in the Adempas REMS program.

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**Adempas**<sup>®</sup>  
riociguat tablets  
0.5mg | 1mg | 1.5mg | 2mg | 2.5mg

## Lauren's New Normal

Adjusting to a new lifestyle with PAH is no easy task. For Lauren, it took time to understand her diagnosis and what her care looks and feels like.

Lauren strongly believes in being your own advocate as a patient—learning from your doctor about what the right treatment options are for you, and keeping an open line of communication about how you are feeling.

“You have to take things one step at a time and set realistic goals for yourself. If your goal for the day is to walk out to the mailbox and get the mail, that’s perfectly ok!”

Lauren also feels her experience with PAH has provided her a framework in offering support to those living with this condition.

“My career as a nurse is centered around helping others. Having adjusted to a life with PAH, I’m so happy to be able to provide even more love and guidance to those who are just beginning their journey after diagnosis.”

“I always tell new patients with PAH to remember that when you’re having those rough days, you have to be kinder to yourself. You have to tell yourself it’s not a bad day; it just may be a bad day for this particular activity.”

“You have to take things one step at a time and set realistic goals for yourself.”

### IMPORTANT SAFETY INFORMATION (continued)

#### Do not take Adempas if:

- you are pregnant, plan to become pregnant, or become pregnant during treatment with Adempas. Adempas can cause serious birth defects.
- you take:
  - a nitrate medicine to treat high blood pressure or heart disease, such as nitroglycerin, or a medicine called a nitric oxide donor, such as amyl nitrite
  - certain other medicines that contain sildenafil (Revatio or Viagra), tadalafil (Adcirca or Cialis), vardenafil (Levitra or Staxyn), dipyridamole, or theophylline. Revatio and Adcirca are also used to treat PAH
- you have pulmonary hypertension associated with idiopathic interstitial pneumonias (PH-IIP).

Ask your doctor or pharmacist if you are not sure if you take any of the medicines listed above.

#### Before you take Adempas, tell your doctor if you:

- smoke; have recently had serious bleeding from your lungs, or if you have had a medical procedure called bronchial arterial embolization to stop you from coughing up blood; have problems with your heart or blood circulation; have low blood pressure; have liver problems; have kidney problems or are on dialysis; have narrowing of the pulmonary veins, a condition called pulmonary veno-occlusive disease or PVOD; have any other medical conditions.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Adempas and other medicines may affect each other causing side effects. Do not start any new medicine until you check with your doctor.

Married for almost four years, Lauren and her husband are excited to see where life takes them and look forward to traveling. Lauren feels her PAH is not stopping her from living a life full of new experiences. “I continue to take part in the things I love to do. You have to remember: you are in charge of your PAH, not your PAH in charge of you.”

This is an example of one patient’s experience. Always talk with your doctor to see if Adempas is right for you.

This story is part of myAim Education & Encouragement.

myAim

For more information, visit [adempas-us.com](http://adempas-us.com).



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## With PAH, how far might Adempas take you?

Adempas can help increase your ability to walk farther (as measured by 6-minute walk distance [6MWD]), improve some of your symptoms, and help slow down the worsening of your physical condition.

Worsening of physical condition includes some of your symptoms, death, hospitalization for worsening of PH, start of a new PAH-specific treatment, and continued decline in your ability to exercise (as measured by 6MWD).

A 12-week study of 443 adults with PAH (WHO Group 1) showed that patients who took Adempas walked farther during the 6MWD test compared to patients who did not take Adempas. The Adempas clinical studies included mostly patients with WHO Functional Class (FC) II–III symptoms.

The 6MWD determines how far you can walk in 6 minutes. Your doctor may use it periodically to measure any differences in your progress.



50% more patients who took Adempas improved their WHO FC compared to patients who took placebo (no Adempas)

—21% of Adempas patients showed WHO FC improvement vs 14% of placebo patients

## IMPORTANT SAFETY INFORMATION (continued)

### What should I avoid while taking Adempas?

Do not get pregnant while taking Adempas. If you miss a menstrual period, or think you might be pregnant, call your doctor right away.

It is not known if Adempas passes into your breast milk. You should not breastfeed if you take Adempas. Talk to your doctor about the best way to feed your baby if you take Adempas.

Adempas may make you feel dizzy. Do not drive, operate machinery, or do other activities that require mental alertness or coordination until you know how Adempas affects you. Talk with your doctor if you are concerned about when it is safe for you to do these activities.

Smoking. Adempas may not work as well if you smoke during treatment. Tell your doctor if you stop smoking or start smoking during treatment with Adempas, because your dose of Adempas may need to be changed.

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## We're here for you

### Aim Patient Support Program



#### Aim Nursing Support

You can call toll-free 24/7 and speak with a specially trained nurse.

You and your physician can authorize at-home nurse visits through your certified pharmacy. If your physician decides that at-home nurse support is right for you, you can expect the following:

- Adempas information for you and your caregiver
- Explanation of titration (dose adjustment)
- Clinical assessment: blood pressure, pulse, and weight checks
- Review of your status for titration of dose
- Follow-up on your specific journey
- Explanation and review of your schedule of nurse visits



#### Financial Assistance

##### Co-pay Assistance Program\*

- Reduces your out-of-pocket responsibility; up to 100% coverage of co-pays or coinsurance directly to the insurer

##### Patient Assistance Program (PAP)

- If you are uninsured or underinsured (when criteria are met and alternative funding cannot be identified), you will receive your medicine free of cost for one year from the date of acceptance (Medicare Part D patients will be enrolled based on calendar year if eligible for the PAP)

\*Patients must have private commercial insurance with a percentage coinsurance or co-pay requirement. Medicare or Medicaid patients are ineligible. Assistance is for one year, after which, patients must re-apply. Patients must notify the program of any change in their insurance status. Patients in certain states may be ineligible. The co-pay assistance program has an annual cap per patient year.



#### myAim Education & Encouragement

A helpful resource that provides personalized communications and educational support throughout Adempas treatment.

You can expect to receive direct mail and emails about:

- Personalized treatment resources, provided how and when you want them
- Support throughout some of the key stages of Adempas treatment and what to expect along the way
- Tips on what to talk to your doctor about
- Information about other online resources and support

Register online at [joinmyaim.com](http://joinmyaim.com)

## IMPORTANT SAFETY INFORMATION (continued)

### Adempas can cause serious side effects including:

- **Serious birth defects.**
- **Reduced blood pressure.** This may cause symptoms of low blood pressure, such as lightheadedness, chest pain, and dizziness especially in people who are dehydrated, have a severe blockage of blood flow out of the heart, or have certain other medical problems. Your doctor will check you for any of these problems.
- **Increased risk of bleeding, including bleeding from the respiratory tract.** Tell your doctor right away if you cough up blood during treatment with Adempas.
- **Worsening of symptoms in people with Pulmonary Veno-Occlusive Disease (PVOD).** If you have PVOD, treatment with Adempas may cause a build-up of fluid in your lungs (pulmonary edema) which may result in shortness of breath. Your doctor may tell you to stop taking Adempas and switch you to a different medicine.

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### The most common side effects of Adempas are:

- Headache; dizziness; indigestion; swelling of your hands, legs, feet, and ankles (peripheral edema); nausea; diarrhea; and vomiting

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of Adempas.

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### For important risk and use information please see the full Prescribing Information, including Boxed Warning and Medication Guide [here](#).

You are encouraged to report negative side effects or quality complaints of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.