

# Your Guide

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**Zytiga**<sup>®</sup>  
(abiraterone acetate)  
250 mg, 500 mg tablets

# Your Journey

When first diagnosed with metastatic castration-resistant prostate cancer (mCRPC), it is natural to feel a range of emotions such as fear or frustration. Learning more about mCRPC can help reduce any confusion that may come with a new diagnosis. This can help you take a more active role in the choices you make about your care.

It can be a difficult journey, so don't hesitate to ask for help—or accept it—from friends, loved ones, and members of your community. Consider this guide your ally as well.

## Understanding Your Cancer

Metastatic castration-resistant prostate cancer **is a form of advanced prostate cancer** that is resistant to medical (eg, hormonal) or surgical treatments that lower testosterone, and has spread to other parts of the body.

In other words, your prostate cancer has progressed on androgen deprivation\* therapy (ADT) and has spread to other parts of your body.

\*Androgen deprivation – A treatment to suppress or block the production or action of male hormones. (National Cancer Institute: NCI Dictionary of Cancer Terms. Bethesda, MD: National Cancer Institute, 2015. Available at [www.cancer.gov/dictionary](http://www.cancer.gov/dictionary). Accessed March 1, 2017.)



# About ZYTIGA®

ZYTIGA® (zy-tee-ga) is an oral, once-daily prescription medication used in combination with prednisone. ZYTIGA® is used to treat men with a type of prostate cancer called mCRPC (metastatic castration-resistant prostate cancer). This cancer is resistant to medical or surgical treatments that lower testosterone and has spread to other parts of the body.

ZYTIGA® is **the first oral, once-daily medication** for mCRPC.

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**By choosing ZYTIGA®, you are joining the more than 100,000 men in the United States who have been prescribed ZYTIGA®.\***



**ZYTIGA® was the #1 prescribed oral medication for metastatic castration-resistant prostate cancer in 2016.<sup>1</sup>**

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## **Who should not take ZYTIGA® (abiraterone acetate)?**

Do not take ZYTIGA® if you are pregnant or may become pregnant. ZYTIGA® may harm your unborn baby. Women who are pregnant or who may become pregnant should not touch ZYTIGA® without protection, such as gloves.

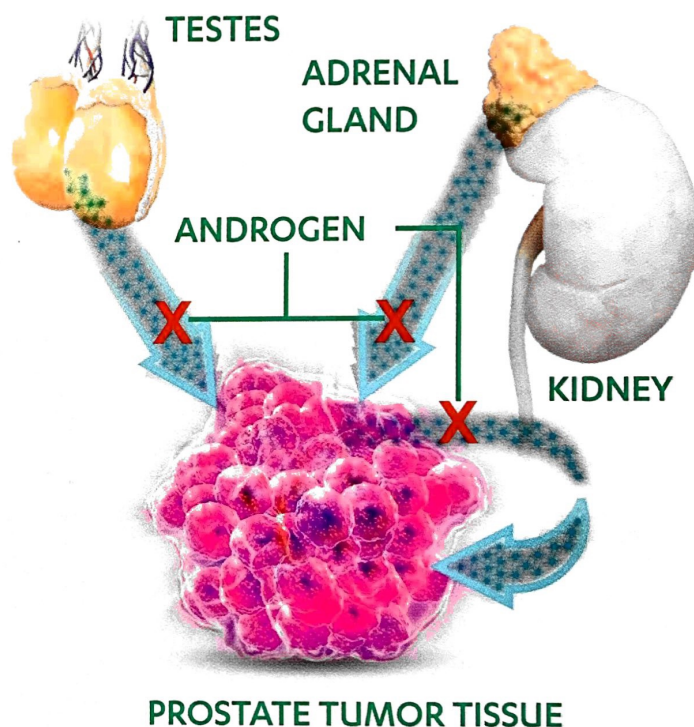
ZYTIGA® is not for use in women or children. **Keep ZYTIGA® and all medicines out of the reach of children.**

# How ZYTIGA<sup>®</sup> (abiraterone acetate) Works

Androgens like testosterone are male hormones the body produces naturally, but when you have metastatic castration-resistant prostate cancer (mCRPC), androgens can help fuel the tumor. Reducing the production of androgen is important in helping you and your doctor manage your illness.

ZYTIGA<sup>®</sup> works by interrupting the androgen-making process at an important step. It inhibits androgen at the following 3 sources:

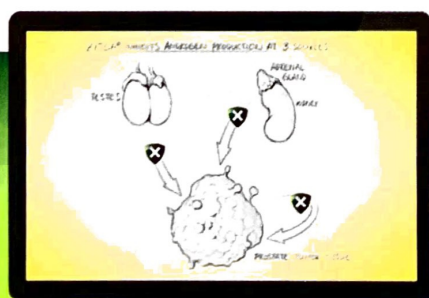
- The testes
- The adrenal glands
- The prostate tumor tissue



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**ZYTIGA<sup>®</sup> is different from some medicines that only decrease androgen production in the testes and do not affect the adrenal glands or prostate tumor tissue.**

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**An inside look into ZYTIGA<sup>®</sup>**

Visit [ZytigaKit.com/How](http://ZytigaKit.com/How) to watch videos that help visualize how ZYTIGA<sup>®</sup> works.



# The Role of Prednisone With ZYTIGA®

**Prednisone may help decrease the occurrence and severity of certain side effects.** Be sure to take your prednisone exactly how your doctor prescribes.

**ZYTIGA® may cause serious side effects including:**

- **High blood pressure (hypertension), low blood potassium levels (hypokalemia), and fluid retention (edema).**

Tell your healthcare provider if you get any of the following symptoms:

- Dizziness
  - Fast heartbeats
  - Feel faint or lightheaded
  - Headache
  - Confusion
  - Muscle weakness
  - Pain in your legs
  - Swelling in your legs or feet
- **Adrenal problems** may happen if you stop taking prednisone, get an infection, or are under stress.

# Confidence in Results With ZYTIGA<sup>®</sup> (abiraterone acetate)

ZYTIGA<sup>®</sup> was approved by the FDA and proven effective in 2 clinical studies with more than 2,000 men with mCRPC based on the following measures:

## OVERALL SURVIVAL

How long men lived taking ZYTIGA<sup>®</sup> + prednisone vs placebo\* + prednisone

## DISEASE PROGRESSION

Length of time men lived without their disease getting worse† or dying while taking ZYTIGA<sup>®</sup> + prednisone vs placebo + prednisone

## TIME TO CHEMOTHERAPY

The time to start chemotherapy in patients taking ZYTIGA<sup>®</sup> + prednisone vs placebo + prednisone

\*Placebo—An inactive substance or treatment that looks the same as, and is given the same way as, an active drug or treatment being tested. (National Cancer Institute: NCI Dictionary of Cancer Terms. Bethesda, MD: National Cancer Institute, 2015. Available at [www.cancer.gov/dictionary](http://www.cancer.gov/dictionary). Accessed 3/1/2017.)

†As measured by imaging studies



## ZYTIGA® has an established safety profile.

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### The most common side effects of ZYTIGA® Include:

- Weakness
- Joint swelling or pain
- Swelling in your legs or feet
- Hot flushes
- Diarrhea
- Vomiting
- Cough
- High blood pressure
- Shortness of breath
- Urinary tract infection
- Bruising
- Low red blood cells (anemia) and low blood potassium levels
- High blood sugar levels, high blood cholesterol and triglycerides
- Certain other abnormal blood tests

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.



For more information on the clinical studies of ZYTIGA®,  
Visit [ZytigaKit.com/Studies](http://ZytigaKit.com/Studies)

# Important Safety Information

## Who should not take ZYTIGA® (abiraterone acetate)?

Do not take ZYTIGA® if you are pregnant or may become pregnant. ZYTIGA® may harm your unborn baby. Women who are pregnant or who may become pregnant should not touch ZYTIGA® without protection, such as gloves.

ZYTIGA® is not for use in women or children. **Keep ZYTIGA® and all medicines out of the reach of children.**

## Before you take ZYTIGA® (abiraterone acetate), tell your healthcare provider if you:

- Have heart problems
- Have liver problems
- Have a history of adrenal problems
- Have a history of pituitary problems
- Have any other medical conditions
- Plan to become pregnant (**See “Who should not take ZYTIGA®?”**)



- Are breastfeeding or plan to breastfeed. It is not known if ZYTIGA<sup>®</sup> passes into your breast milk. You and your healthcare provider should decide if you will take ZYTIGA<sup>®</sup> or breastfeed. You should not do both. (**See “Who should not take ZYTIGA<sup>®</sup>?”**)
- Take any other medicines, including prescription and over-the-counter medicines, vitamins, and herbal supplements. ZYTIGA<sup>®</sup> can interact with many other medicines.

### **If you are taking ZYTIGA<sup>®</sup>:**

- Take ZYTIGA<sup>®</sup> and prednisone exactly as your healthcare provider tells you.
- Take your prescribed dose of ZYTIGA<sup>®</sup> one time a day. Your healthcare provider may change your dose if needed.
- Do not stop taking your prescribed dose of ZYTIGA<sup>®</sup> or prednisone without talking to your healthcare provider first.
- Take ZYTIGA<sup>®</sup> on an empty stomach. **Do not take ZYTIGA<sup>®</sup> with food.** Taking ZYTIGA<sup>®</sup> with food may cause more of the medicine to be absorbed by the body than is needed and this may cause side effects.

*Continued from previous page*

• The most common side effects of ZYTIGA® Include:

- Weakness
- Joint swelling or pain
- Swelling in your legs or feet
- Hot flushes
- Diarrhea
- Vomiting
- Cough
- High blood pressure
- Shortness of breath
- Urinary tract infection
- Bruising
- Low red blood cells (anemia) and low blood potassium levels
- High blood sugar levels, high blood cholesterol and triglycerides
- Certain other abnormal blood tests

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

**THESE ARE NOT ALL THE POSSIBLE SIDE EFFECTS OF ZYTIGA®.**

**FOR MORE INFORMATION, ASK YOUR HEALTHCARE PROVIDER OR PHARMACIST.**



# How to Get ZYTIGA<sup>®</sup>

## Doctor's Office Pharmacy

If your doctor's office has its own pharmacy, your ZYTIGA<sup>®</sup> may be available for pick-up there.



## Specialty Pharmacy

Your doctor will most likely send your ZYTIGA<sup>®</sup> and prednisone prescriptions to a specialty pharmacy. Specialty pharmacies carry certain medications that are not available at retail pharmacies.



WHEN YOU  
RECEIVE YOUR  
PRESCRIPTION

Your doctor's office will complete the necessary paperwork with you to be submitted to the specialty pharmacy.

**Before you leave the doctor's office, make sure your paperwork has been submitted.**

WITHIN A  
FEW DAYS

The specialty pharmacy will call you to arrange delivery by mail of your ZYTIGA<sup>®</sup>. Ask your nurse for the number of the specialty pharmacy in order to recognize the call.

**If you don't receive a call, contact your doctor's office.**

WITHIN  
2 WEEKS

Your ZYTIGA<sup>®</sup> prescription should arrive right to your front door within 14 days. If not, contact your doctor's office.

**Every month, you will be contacted to coordinate your monthly refills.**



Please see the Important Safety Information on pages 13–18 and the accompanying Important Product Information.

# Personalized Access and Cost Support

## With ZYTIGA<sup>®</sup>, you don't have to go it alone

We know that cost support may be on your mind. If you have any questions about access or cost, Janssen CarePath is here to help you get started and stay on track with your ZYTIGA<sup>®</sup>.

Personalized complimentary support is available through our CarePath Care Coordinators, who can assist you with:

- **Affording ZYTIGA<sup>®</sup>:** Identifying cost support options that may help with managing your out-of-pocket costs for ZYTIGA<sup>®</sup>—whether you have commercial insurance, government insurance such as Medicare, or are uninsured.
- **Getting ZYTIGA<sup>®</sup>:** Assisting with and coordinating with a specialty pharmacy to arrange shipment of your ZYTIGA<sup>®</sup>.
- **Staying on ZYTIGA<sup>®</sup>:** Connecting you with additional support, such as monthly prescription reminders and educational materials delivered to your email or front door.

Your prescribing doctor may request CarePath to call you, or you may call CarePath directly.

Janssen  
CarePath

1-855-ZYTIGA-1 (855-998-4421)

Monday–Friday, 8:00 AM–8:00 PM ET

## How Your Specialty Pharmacy Can Help

Specialty pharmacies offer many services to assist you—from helping you understand your coverage to finding financial assistance. Your specialty pharmacy will also be able to provide you with other helpful information about ZYTIGA<sup>®</sup>.



# How to Take ZYTIGA®

ZYTIGA® is a once-daily, oral medication you can take at home. It's important to take ZYTIGA® and prednisone exactly as your healthcare provider tells you and to stay on the treatment schedule recommended by your doctor to give ZYTIGA® the best opportunity to work.



- It's important to **take your prescribed dose of ZYTIGA® tablets once-daily.**
- Swallow ZYTIGA® tablets whole. Do not crush or chew tablets.
- Take ZYTIGA® tablets with water.



- No food should be eaten 2 hours before and 1 hour after taking ZYTIGA®.
- Take ZYTIGA® on an empty stomach. **Do not take ZYTIGA® with food.** Taking ZYTIGA® with food may cause more of the medicine to be absorbed by the body than is needed and this may cause side effects.



- While taking ZYTIGA® you will also take prednisone. Because of the way ZYTIGA® works, certain side effects may occur. Prednisone may help decrease the occurrence and severity of these side effects. For more information, talk to your doctor.
- **Take your prednisone exactly how your healthcare provider tells you.** Do not stop taking your prescribed dose of ZYTIGA® or prednisone without talking to your healthcare provider first.

# TIPS TO HELP YOU STAY ON YOUR TREATMENT SCHEDULE



Keep your medications in a safe, familiar location as a reminder to take them.



Use an alarm or timer as a reminder to take your medications.



Consider using a calendar or leaving a note in a place where you'll see it every day to remind you to take your medications.

## How Long Should You Continue Taking ZYTIGA<sup>®</sup> (abiraterone acetate)

There are many factors your doctor will consider in evaluating how ZYTIGA<sup>®</sup> is working and how long to continue your treatment.

These may include:

### **Your PSA Levels**

You and your doctor will most likely have conversations about your prostate-specific antigen (PSA) level. PSA is a protein produced exclusively by the prostate gland. Your doctor will use your PSA levels along with other tests to determine if your therapy is effective.

### **Disease Progression**

Your doctor will periodically monitor your mCRPC to see if it has progressed by reviewing imaging tests, including bone scans and CT scans.



# Monitoring

Your healthcare provider will monitor how you're doing with certain tests and check-ups. These moments are important opportunities to talk with your doctor about how you are doing.

- **Liver problems.** You may develop changes in your liver function blood tests. Your healthcare provider will do blood tests to check your liver before treatment with ZYTIGA® and during treatment with ZYTIGA®. Liver failure may occur, which can lead to death. Tell your healthcare provider if you notice any of the following changes:
  - Yellowing of the skin or eyes
  - Darkening of the urine
  - Severe nausea or vomiting

# Websites and Tools

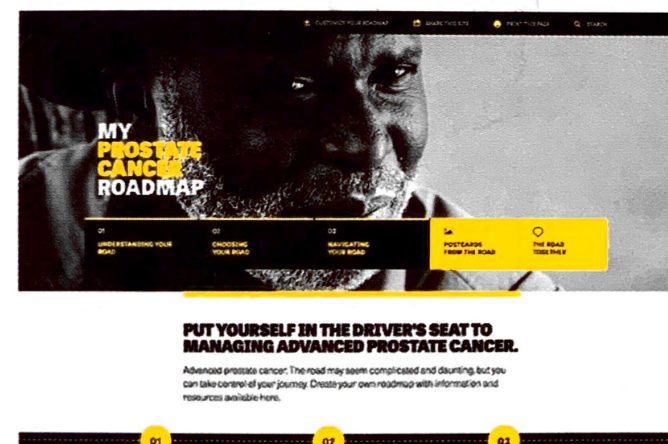
## Finding Support Groups and Resources

### Advocacy Connector

This online tool connects you to resources organized by different types of cancer, including prostate. This makes it easy to find advocacy groups that provide resources based on your needs.

[AdvocacyConnector.com](http://AdvocacyConnector.com)

## Learning About Prostate Cancer



### My Prostate Cancer Roadmap

To find a wide range of information and resources for those who have, or care for someone with advanced prostate cancer, visit [MyProstateCancerRoadmap.com](http://MyProstateCancerRoadmap.com)



### Hear ZYTIGA® Stories

Visit [ZytigaKit.com/Stories](http://ZytigaKit.com/Stories) to hear real patients talk about their experience with diagnosis and their treatment journey with ZYTIGA®. Loved ones and caregivers are encouraged to visit as well to help gain a deeper understanding of the patient journey.




# TIPS FOR TALKING TO YOUR DOCTOR



Prepare your questions ahead of time



Don't be afraid to ask for the information you want



Bring someone with you to your appointment. They'll help you keep track of the information your doctor gives you



Repeat back what your doctor tells you in your own words to make sure you've understood it

## Medication Reminders

### Care4Today™ Mobile Health Manager

Manage your medications from your mobile phone or computer with Care4Today™ Mobile Health Manager. This can also be used by family members and loved ones to help with monitoring medications.



Download the free app today at the App Store, Google Play™ or [mhm.care4today.com](http://mhm.care4today.com).