

WHAT YOU SHOULD KNOW ABOUT ORAL STEROIDS

If you find yourself using **2 or more oral steroid courses a year**, it could be a sign your moderate-to-severe asthma is uncontrolled, and it might be time to talk to your doctor.

WHAT IS A COURSE OF ORAL STEROIDS?

An oral steroid course is a prescription treatment taken over a few days to help control asthma symptoms.

Speak to your doctor to learn more about common oral steroids.

POTENTIAL RISKS OF ORAL STEROID USE

While oral steroids may be helpful when prescribed, it's important to understand the side effects that can come with oral steroid use.

- Short-term risks:**
-  Weight gain
 -  Elevated eye pressure (glaucoma)
 -  Problems with mood, stress, sleep, memory, or behavior
- Long-term risks:**
-  Vision loss (cataracts)
 -  Bone loss (osteoporosis)
 -  Diabetes

This is not an exhaustive list of all potential risks associated with OCS use. For more information, speak with your healthcare provider.

INDICATION

DUPIXENT is a prescription medicine used with other asthma medicines for the maintenance treatment of moderate-to-severe eosinophilic or oral steroid dependent asthma in adults and children 6 years of age and older whose asthma is not controlled with their current asthma medicines. DUPIXENT helps prevent severe asthma attacks (exacerbations) and can improve your breathing. DUPIXENT may also help reduce the amount of oral corticosteroids you need while preventing severe asthma attacks and improving your breathing. DUPIXENT is not used to relieve sudden breathing problems and will not replace an inhaled rescue medicine. It is not known if DUPIXENT is safe and effective in children with asthma under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT.

Please see additional Important Safety Information throughout and accompanying full [Prescribing Information](#) including [Patient Information](#).

DUPIXENT
(dupilumab) Injection
200mg • 300mg

AM I OVERUSING ORAL STEROIDS?

Your or your child's oral steroid medication may have been provided to you from the following locations, among others:

- Emergency room
- Pediatrician's office
- Urgent care
- Primary care physician's office

In a survey conducted by the asthma and allergy foundation of America:

78% OF ADULTS

with moderate-to-severe asthma who were seeing a specialist received **oral steroids from another doctor.**

Month: **JANUARY**

Course(s) of oral steroids:



Track Your Oral Steroid Use

Use this tracker to record the number of steroid courses you or your child has taken within the last year. Write in the month, then check a circle for any steroid course taken that month.

Month:	Month:	Month:	Month:
Course(s) of oral steroids:	Course(s) of oral steroids:	Course(s) of oral steroids:	Course(s) of oral steroids:
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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Month:	Month:	Month:	Month:
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You should always follow the instructions provided by your healthcare provider, who is your primary source of information related to any treatment.

If you've checked off 2 or more courses of oral steroids in the past year to help manage asthma attacks, that could be a sign that asthma is uncontrolled. Talk to your doctor about other treatment options that may help.

IMPORTANT SAFETY INFORMATION (cont'd)

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" right before and during treatment with DUPIXENT.

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REDUCE ORAL STEROID USE WITH DUPIXENT

DUPIXENT is not a steroid or inhaler and works by targeting an underlying source of asthma in the lungs.

- DUPIXENT can help patients breathe better in as little as **2 weeks**
- DUPIXENT is the **only** biologic approved for patients dependent on oral steroids
- DUPIXENT was proven to reduce or eliminate oral steroid use while **simultaneously** improving asthma control

The most common side effects of DUPIXENT include: injection site reactions, pain in the throat (oropharyngeal pain), high count of a certain white blood cell (eosinophilia), parasitic (helminth) infections.

Talk to your doctor about DUPIXENT.



IN A STUDY OF PEOPLE DEPENDENT ON ORAL STEROIDS TAKING DUPIXENT **REDUCED OR ELIMINATED THEIR ORAL STEROID USE[†]**



IN ANOTHER STUDY OF CHILDREN AGES 6 TO 11 WITH MODERATE TO SEVERE ASTHMA TAKING DUPIXENT **REDUCED THEIR STEROID USE[†]**

^{*}In a clinical study of patients 12+ years old with DUPIXENT 300 mg + standard of care (SOC) vs 68% with placebo + SOC.

[†]Do not stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.



Watch how DUPIXENT works within the body to help prevent asthma attacks and improve lung function in as little as 2 weeks.

IMPORTANT SAFETY INFORMATION (cont'd)

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you (cont'd):

- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - o A pregnancy registry for women who take DUPIXENT during pregnancy collects information about the health of you and your baby. To enroll or get more information call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

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IMPORTANT SAFETY INFORMATION (cont'd)

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical, or inhaled corticosteroid medicines or use an asthma medicine. **Do not** change or stop your other medicines, including corticosteroid medicine or other asthma medicine, without talking to your healthcare provider. This may cause other symptoms that were controlled by those medicines to come back.

DUPIXENT can cause serious side effects, including:

- **Allergic reactions. DUXIXENT can cause allergic reactions that can sometimes be severe.** Stop using DUXIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue, or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, joint pain, general ill feeling, itching, skin rash, swollen lymph nodes, nausea or vomiting, or cramps in your stomach-area.
- **Inflammation of your blood vessels.** Rarely, this can happen in people with asthma who receive DUXIXENT. This may happen in people who also take a steroid medicine by mouth that is being stopped or the dose is being lowered. It is not known whether this is caused by DUXIXENT. Tell your healthcare provider right away if you have: rash, chest pain, worsening shortness of breath, a feeling of pins and needles or numbness of your arms or legs, or persistent fever.
- **Joint aches and pain.** Some people who use DUXIXENT have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUXIXENT if you develop joint symptoms.

The most common side effects in patients with asthma include injection site reactions, high count of a certain white blood cell (eosinophilia), pain in the throat (oropharyngeal pain), and parasitic (helminth) infections.

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 DUXIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUXIXENT exactly as prescribed by your healthcare provider. It's an injection given under the skin (subcutaneous injection). Your healthcare provider will decide if you or your caregiver can inject DUXIXENT. **Do not** try to prepare and inject DUXIXENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUXIXENT be administered by or under supervision of an adult. In children 6 to less than 12 years of age, DUXIXENT should be given by a caregiver.

Please see accompanying full [Prescribing Information](#) including [Patient Information](#).

