

understanding your medications

Psoriatic Disease

Getting a diagnosis can be overwhelming, especially if you need complicated care. Along with good nutrition, taking your pre-scribed medication as directed is an important part of a successful treatment plan. The Meijer Specialty Pharmacy care team is here for you every step of the way. **Our pharmacists are available 24/7 to answer questions and to help you get the most out of your medication.**

Psoriasis and Psoriatic Arthritis are chronic, autoimmune conditions. Autoimmune conditions happen when your immune system mistakenly attacks some of your own cells, causing damage. In psoriasis, this attack happens in your skin, causing skin cells to build up on the surface of the skin. This leads to raised bumps and patches of skin (called plaques) that are often itchy and painful. Some people with psoriasis may go on to develop psoriatic arthritis, which happens when the immune system attacks your joints. All of the medications used to treat psoriasis and psoriatic arthritis work by either targeting the cells that are wrongly attacking your body or by decreasing the inflammation that happens after the attack.

Biologics

Biologic medications work by blocking specific immune system cells so they can't attack your skin or joints. When these immune cells are blocked, there is less inflammation and you experience less symptoms. Below you will find some helpful facts and tips about the medications you might be taking.

Medication Name	How Med Is Given	Common Side Effects	Ways To Lessen Side Effects
Cimzia® (certolizumab)	Injected into the skin	<ul style="list-style-type: none"> • Infection 	<ul style="list-style-type: none"> • Practice good hygiene: make sure to wash your hands often, and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick.
Cosentyx® (secukinumab)	Injected into the skin	<ul style="list-style-type: none"> • Infection • Diarrhea • Sore throat 	<ul style="list-style-type: none"> • Practice good hygiene: make sure to wash your hands often, and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick. • Eating small, frequent meals throughout the day can help limit nausea. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
Enbrel® (etanercept)	Injected into the skin	<ul style="list-style-type: none"> • Diarrhea • Infection • Pain or redness at the injection site • Sore throat • Rash 	<ul style="list-style-type: none"> • Make sure to inject yourself in a different spot each time – don't inject into the same area over and over again. • Practice good hygiene: make sure to wash your hands often, and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
Humira® (adalimumab)	Injected into the skin	<ul style="list-style-type: none"> • Headache • Rash • Pain or redness at the injection site • Infection 	<ul style="list-style-type: none"> • Make sure to inject yourself in a different spot each time – don't inject into the same area over and over again. • Practice good hygiene: make sure to wash your hands often, and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.

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Psoriatic Disease | Biologics

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<u>Iumva™</u> (tildrakizumab) <i>*Psoriasis Only</i>	Injected into the skin	<ul style="list-style-type: none"> • Infection • Diarrhea • Pain or redness at the injection site 	<ul style="list-style-type: none"> • Practice good hygiene: make sure to wash your hands often, and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick. • Eating small, frequent meals throughout the day can help limit nausea. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
<u>Orencia®</u> (abatacept) <i>*Psoriatic Arthritis Only</i>	Injected into the skin or injected into a vein through an IV infusion	<ul style="list-style-type: none"> • Headache • Infection • Sore throat 	<ul style="list-style-type: none"> • Practice good hygiene: make sure to wash your hands often, and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
<u>Otezla®</u> (apremilast)	Taken by mouth	<ul style="list-style-type: none"> • Diarrhea • Nausea • Weight loss 	<ul style="list-style-type: none"> • Eating small, frequent meals throughout the day can help limit nausea.
<u>Avsola®</u> <u>Remicade®</u> <u>Inflectra®</u> <u>Renflexis™</u> (infliximab)	Injected into a vein through an IV infusion	<ul style="list-style-type: none"> • Abdominal pain • Cough • Headache • Elevated liver enzymes • Heartburn • Infection 	<ul style="list-style-type: none"> • Practice good hygiene: make sure to wash your hands often, and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick. • You will need to have a healthcare professional give you each dose of this medication. Make sure to follow all of the instructions that they give you to prepare for each dose. • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any liver problems.
<u>Siliq™</u> (brodalumab) <i>*Psoriasis Only</i>	Injected into the skin	<ul style="list-style-type: none"> • Infection • Joint pain • Headache 	<ul style="list-style-type: none"> • Practice good hygiene: make sure to wash your hands often, and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
<u>Simponi®</u> (golimumab) <i>*Psoriatic Arthritis Only</i>	Injected into the skin or injected into the vein through an IV infusion	<ul style="list-style-type: none"> • Infection • Constipation • Elevated liver enzymes 	<ul style="list-style-type: none"> • Practice good hygiene: make sure to wash your hands often, and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick. • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing any liver problems.
<u>Skyrizi™</u> (risankizumab-rzaa) <i>*Psoriasis Only</i>	Injected into the skin	<ul style="list-style-type: none"> • Infection • Headache • Pain or redness at the injection site 	<ul style="list-style-type: none"> • Practice good hygiene: make sure to wash your hands often, and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick. • Make sure to inject yourself in a different spot each time – don't inject into the same area over and over again • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.

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<u>Stelara</u> [®] (ustekinumab)	Injected into the skin	<ul style="list-style-type: none"> • Infection • Joint pain • Headache 	<ul style="list-style-type: none"> • Practice good hygiene: make sure to wash your hands often, and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
<u>Taltz</u> [®] (ixekizumab)	Injected into the skin	<ul style="list-style-type: none"> • Infection • Pain or redness at the injection site • Low white blood cells 	<ul style="list-style-type: none"> • Practice good hygiene: make sure to wash your hands often, and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick. • Make sure to inject yourself in a different spot each time – don't inject into the same area over and over again. • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing white blood cell problems.
<u>Tremfya</u> [®] (guselkumab)	Injected into the skin	<ul style="list-style-type: none"> • Infection • Sore throat 	<ul style="list-style-type: none"> • Practice good hygiene: make sure to wash your hands often, and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
<u>Xeljanz</u> [®] (tofacitinib) <i>*Psoriatic Arthritis Only</i>	Taken by mouth	<ul style="list-style-type: none"> • Infection • Sore throat • Rash • Headache 	<ul style="list-style-type: none"> • Practice good hygiene: make sure to wash your hands often, and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.

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Other Systemic Medications

These medications work by either blocking the action of the immune system or blocking chemicals in the body that are released when the immune system attacks healthy cells in the body. These chemicals lead to the inflammation and swelling that cause damage to the skin in psoriasis and joints in psoriatic arthritis.

Medication Name	How Med Is Given	Common Side Effects	Ways To Lessen Side Effects
Acitretin (Soriatane)	Taken by mouth	<ul style="list-style-type: none"> • Dry, cracked lips • High cholesterol • Hair loss 	<ul style="list-style-type: none"> • Make sure that you are staying hydrated by making water the drink of choice, and use a moisturizing lip balm frequently. • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing cholesterol problems.
Cyclosporine (Gengraf®, Neoral®, Sandimmune®)	Taken by mouth	<ul style="list-style-type: none"> • High blood pressure • Headache • Infection • Nausea • High cholesterol 	<ul style="list-style-type: none"> • Try to avoid eating foods that are very sugary or very salty (see how to read a nutrition facts label in the tools and resources). • Practice good hygiene: make sure to wash your hands often, and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick. • Eating small, frequent meals throughout the day can help limit nausea. • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing cholesterol problems.
Methotrexate (Rasuvo®, Trexall®, Otrexup®)	Taken by mouth	<ul style="list-style-type: none"> • Elevated liver enzymes • Low platelets • Nausea/diarrhea 	<ul style="list-style-type: none"> • Make sure to keep all of your appointments for lab tests – these will check to make sure that the medication isn't causing liver or blood problems. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset.
Mycophenolate mofetil (CellCept)	Taken by mouth	<ul style="list-style-type: none"> • High blood pressure • Swelling in the arms or legs • Nausea • Headache 	<ul style="list-style-type: none"> • Try to avoid eating foods that are very sugary or very salty (see how to read a nutrition facts label in the tools and resources). • Eating small, frequent meals throughout the day can help limit nausea. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.