

**I AM  
TAKING  
ON MS**



**I AM DISCOVERING  
WHAT WORKS FOR ME**



## Choosing your treatment

### Navigating and treating RMS

Whether you're newly diagnosed or experienced with relapsing multiple sclerosis (RMS), living with this disease can be unpredictable. Starting or staying with a treatment is a big decision, which is why it is crucial to research different treatment options. When you and your healthcare provider are discussing what you want out of treatment, you may want to keep these 3 important goals in mind:

1

**Slow  
Disability  
Progression**

2

**Reduce  
Rate of  
Flare-Ups**

3

**Reduce Number  
of New/Enlarging  
Brain Lesions**

### INDICATION

Rebif® (interferon beta-1a) is a prescription medicine used to treat relapsing forms of multiple sclerosis, to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults.

### IMPORTANT SAFETY INFORMATION

Before beginning treatment, you should discuss the potential benefits and risks associated with Rebif with your healthcare provider.

Please see Important Safety Information throughout and on pages 4-5, as well as Rebif® [Prescribing Information](#) and [Medication Guide](#).

**Rebif®**  
(interferon beta-1a)  
subcutaneous injection

## A balancing act

All RMS treatments have an effect on the immune system, your body's natural defense system against harmful substances such as viruses, fungi, bacteria, toxins, and foreign particles. Although treatment may help reduce the frequency of relapses, some may also make you more vulnerable to other illnesses or medical challenges from which your immune system usually protects you. That's why considering both safety and efficacy is essential.

## Consider the history

Rebif® has a well-established safety profile, with more than 20 years of combined clinical trial data and real-world patient experience. In fact, over 145,000 people have been prescribed Rebif® in the US since it was first approved by the FDA in 2002. Common side effects of Rebif® include flu-like symptoms, injection-site reactions (like redness, pain and swelling, color changes, and drainage of fluids), stomach pain, and changes in liver blood tests.



### **Rebif® did not result in increases in the incidence of viral, bacterial, or fungal infections**

Patients treated with Rebif® showed a similar incidence of infection compared to placebo.



Some people develop lower white blood cell counts which could increase the risk of infection. Your healthcare provider should monitor your white blood cell count during the course of your therapy with Rebif®.



### **Rebif® has not been associated with PML, a rare brain disease.**



### **The Rebif® Prescribing Information (PI) does not include any restrictions on vaccinations.**

For people with MS, getting vaccinated is a key part of medical care. Be sure to ask your healthcare provider about your ability to get vaccinated while taking Rebif®. He or she will use their clinical judgment and refer to the latest medical information to decide what is right for you.

## IMPORTANT SAFETY INFORMATION (cont'd)

**Rebif can cause serious side effects.** Tell your healthcare provider right away if you have any of the symptoms listed below while taking Rebif.

Please see Important Safety Information throughout and on pages 4-5, as well as Rebif® [Prescribing Information](#) and [Medication Guide](#).

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## Rebif® does not continuously suppress the immune system

Rebif® is an immunomodulator, a medication used to help regulate the immune system. It doesn't continuously suppress your immune system.

### Risk vs benefit

When discussing treatment options such as Rebif® with your healthcare provider, it is also important to consider the risks and benefits of each medication. Everyone living with RMS is different and may respond to treatment differently. Likewise, every RMS treatment has its own potential benefits and potential side effects that should be discussed with your provider.

Some treatment issues or side effects may not be immediately noticeable. Other issues may not happen right away or may not concern you at first but could become serious later on. Your healthcare provider should check your progress on treatment and monitor for side effects. For example, Rebif® patients will have regular blood tests to check blood cell counts and liver function.

Together, you and your healthcare provider can decide what the best option is for you, today and in the future.

**Now you know some important considerations to discuss with your healthcare provider when choosing a treatment.**

### IMPORTANT SAFETY INFORMATION (cont'd)

- **Behavioral health problems including depression and suicidal thoughts.**  
You may have mood problems including depression (feeling hopeless or feeling bad about yourself), and thoughts of hurting yourself or suicide
- **Liver problems or worsening of liver problems including liver failure.**  
**Symptoms may include** nausea, loss of appetite, tiredness, dark colored urine and pale stools, yellowing of your skin or the white part of your eye, bleeding more easily than normal, confusion, and sleepiness. During your treatment with Rebif you will need to see your healthcare provider regularly and have regular blood tests to check for side effects

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- **Behavioral health problems including depression and suicidal thoughts.** You may have mood problems including depression (feeling hopeless or feeling bad about yourself), and thoughts of hurting yourself or suicide
- **Liver problems or worsening of liver problems including liver failure. Symptoms may include** nausea, loss of appetite, tiredness, dark colored urine and pale stools, yellowing of your skin or the white part of your eye, bleeding more easily than normal, confusion, and sleepiness. During your treatment with Rebif you will need to see your healthcare provider regularly and have regular blood tests to check for side effects
- **Serious allergic and skin reactions. Symptoms may include** itching, swelling of your face, eyes, lips, tongue or throat, trouble breathing, anxiousness, feeling faint, skin rash, hives, sores in your mouth, or skin blisters and peels
- **Injection site problems. Symptoms at the injection site may include** redness, pain, swelling, color changes (blue or black), and drainage of fluid
- **Blood problems.** Rebif can affect your bone marrow and cause low red and white blood cell and platelet counts. In some people, these blood cell counts may fall to dangerously low levels. If your blood cell counts become very low, you can get infections and problems with bleeding and bruising. Your healthcare provider may ask you to have regular blood tests to check for blood problems
- **Seizures.** Some people have had seizures while taking Rebif

Rebif will not cure your MS but may decrease the number of flare-ups of the disease and slow the occurrence of some of the physical disability that is common in people with MS.

**Do not take Rebif if you** are allergic to interferon beta, human albumin, or any of the ingredients in Rebif.

**Before you take Rebif, tell your healthcare provider if you have or have had any of the following conditions:**

- mental illness, including depression and suicidal behavior
- liver problems, bleeding problems or blood clots, low blood cell counts, seizures (epilepsy), or thyroid problems
- you drink alcohol

continued on next page

## IMPORTANT SAFETY INFORMATION (cont'd)

- you are pregnant or plan to become pregnant. It is not known if Rebif will harm your unborn baby
- you are breastfeeding or plan to breastfeed. Rebif may pass into your breastmilk. Talk with your healthcare provider about the best way to feed your baby if you take Rebif

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

### **The most common side effects of Rebif include:**

- flu-like symptoms. You may have flu-like symptoms when you first start taking Rebif. You may be able to manage these flu-like symptoms by taking over-the-counter pain and fever reducers. For many people, these symptoms lessen or go away over time. Symptoms may include muscle aches, fever, tiredness, and chills
- stomach pain
- change in liver 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 Rebif. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to FDA.

Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please see accompanying Rebif® Prescribing Information and Medication Guide.



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