

RHEUMATOID ARTHRITIS  
PSORIASIC ARTHRITIS

ANKYLOSING SPONDYLITIS  
PLAQUE PSORIASIS

Patient Support Program

**PfizerFlex**

Experienced, Dedicated Team

Understanding  
your treatment



Your guide to IXIFI<sup>®</sup> and PfizerFlex



*infliximab*

**ixifi.ca**



# The PfizerFlex Patient Support Program is here to support you

As you begin treatment with IXIFI, the PfizerFlex support team is here to offer advice and services to help with your treatment plan. Whether you have rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis or plaque psoriasis, you can always contact your PfizerFlex Care Coach – a qualified nurse – for any questions or concerns.

This booklet is a great resource for you to learn about your IXIFI treatment and the PfizerFlex program.

Full details about IXIFI can be found in your patient leaflet.

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## Your PfizerFlex Program

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## Facts About Your Condition

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## Why did your doctor choose IXIFI?

Your doctor has prescribed IXIFI for you because of your condition, age, and treatment history:

- **Rheumatoid arthritis (RA)** for adults with active, moderate to severe disease
- **Psoriatic arthritis (PsA)** for adults with active disease
- **Ankylosing spondylitis (AS)** for adults with active disease
- **Plaque psoriasis (PsO)** for adults with active, moderate to severe disease

## What type of medicine is IXIFI?

IXIFI is a biosimilar biologic drug, and is part of a class of medications called biologic response modifiers.

## What is a biosimilar?

A biosimilar is a biologic drug product that is authorized based on its likeness to a reference biologic drug product already authorized for sale in Canada.

IXIFI is a biosimilar of the reference biologic drug Remicade®.

# Mechanism of disease

Your immune system works to protect your body from bacteria, viruses, and other foreign agents. In rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis and plaque psoriasis, the immune system mistakenly recognizes the body as foreign and attacks healthy body cells.



When you have one of these conditions, your immune system overproduces a substance called tumour necrosis factor alpha (or TNF-alpha), which stimulates inflammation.

## How IXIFI works

IXIFI works by binding to and neutralizing TNF-alpha. The active substance in IXIFI, infliximab, is a monoclonal antibody. A monoclonal antibody is a type of protein that recognizes and binds to other unique proteins.



However, IXIFI can also lower the body's ability to fight infections and taking it can make you more prone to getting infections, or make any infection worse.

# How IXIFI is given

IXIFI will be given to you by a healthcare professional as an infusion.

## What is an infusion?

The medicine will be given to you through a needle placed in a vein in your arm. This is called an intravenous (IV) infusion.

During the infusion, you will be monitored for side effects. You must stay for 1 to 2 hours after the infusion so that you can continue to be watched for any reactions to the medicine.



# What is the usual dose?

If you have ankylosing spondylitis, psoriatic arthritis, or plaque psoriasis, the infusion will take about 2 hours. For rheumatoid arthritis, the first 3 infusions will be given to you over a period of about 2 hours. After the third infusion, your doctor may decide to give you the infusion over a 1-hour period.



## RHEUMATOID ARTHRITIS (RA)

The recommended dose of IXIFI is 3 mg/kg given as an IV infusion.



Infusion 1



Infusion 2



Infusion 3

In RA:



for all following infusions

IXIFI is given in combination with methotrexate for RA.

## PSORIATIC ARTHRITIS (PsA)\*, ANKYLOSING SPONDYLITIS (AS) & PLAQUE PSORIASIS (PsO)<sup>†</sup>

The recommended dose of IXIFI is 5 mg/kg given as an IV infusion.



Infusion 1



Infusion 2



Infusion 3

In AS:



for all following infusions

In PsA & PsO:



for all following infusions

\* PsA: If you show no response at 24 weeks, no additional treatment with IXIFI should be given.

† PsO: If you do not show an adequate response at Week 14, after infusions at Weeks 0, 2, and 6, no additional treatment with IXIFI should be given.

# What should you tell your doctor before starting treatment?

Tell all doctors involved in your care that you take IXIFI.

Before you start taking IXIFI, you should inform your doctor if you have any of the following:

- **Congestive heart failure:** If you have mild heart failure, your heart failure status must be closely monitored by your doctor.
- **Other heart problems:** Some patients have experienced a heart attack (some of which led to death), low blood flow to the heart, or abnormal heart rhythm within 24 hours of beginning their infusion. Symptoms may include chest discomfort or pain, arm pain, stomach pain, shortness of breath, anxiety, lightheadedness, dizziness, fainting, sweating, nausea, vomiting, fluttering or pounding in your chest, and/or a fast or a slow heartbeat.
- **Immediate allergic reactions:** Some patients developed allergic reactions, including anaphylaxis. Some reactions can happen while you are getting your infusion or shortly afterwards. Some of these reactions have been serious.
- **Delayed allergic reactions:** Some allergic reactions can occur 3 to 12 days after IXIFI retreatment.
- **Nervous system diseases:** If you have multiple sclerosis, neuropathies, Guillain-Barré syndrome, or seizures, or you have been diagnosed with optic neuritis, or if you experience painful and limited eye movements, loss of feeling in the forehead or vision loss (orbital apex syndrome), any numbness, tingling, or visual disturbances.
- **Autoimmune disease:** If you notice symptoms of lupus-like syndrome, such as prolonged chest discomfort or pain, shortness of breath, joint pain, or sun-sensitive rash on the cheeks or arms.
- **Liver injury:** Signs that you could be having liver problems include jaundice (skin and eyes turning yellow), dark brown-coloured urine, right-sided abdominal pain, fever, and severe fatigue (tiredness).



- **Previous phototherapy:** If you have had phototherapy (treatment with ultraviolet light or sunlight along with a medicine to make your skin sensitive to light) for psoriasis.
- **Blood problems:** In some instances, patients treated with TNF-blocking agents may develop low blood counts, including a severely decreased number of white blood cells. Symptoms include persistent fever or infections, bleeding, or bruising.
- **Stroke:** Some patients have experienced a stroke within approximately 24 hours of their infusion. Symptoms may include numbness or weakness of the face, arm or leg, especially on one side of the body; sudden confusion, trouble speaking or understanding; sudden trouble seeing in one or both eyes, sudden trouble walking, dizziness, loss of balance or coordination, or a sudden, severe headache.
- **Hepatitis B:** Treatment with TNF-blocking agents may result in a reactivation of the hepatitis B virus in people who carry this virus.
- **Vaccination:** Tell your doctor you have received IXIFI if you need to get a vaccination. It's not known if IXIFI can interfere with vaccinations.
- **Therapeutic infectious agents:** If you have recently received or are scheduled to receive treatment with a therapeutic infectious agent (such as BCG instillation used for the treatment of cancer).
- **Pregnancy, breast-feeding and ability to have children:** If you are being treated with IXIFI, you must avoid becoming pregnant by using adequate contraception during your treatment and for 6 months after your last IXIFI injection. If you are breast-feeding, it is important that you tell your baby's doctors and other healthcare professionals about your IXIFI use before your baby is given any vaccine. Live vaccines should not be given to your baby while you are breast-feeding unless your baby's doctor recommends otherwise. Tell your doctor if you think you may be pregnant, are breast-feeding, or planning to conceive a child. If you have a baby and you were using IXIFI during your pregnancy, it is important to tell your baby's doctor and other healthcare professionals about your IXIFI use so they can decide when your baby should receive their vaccinations. It is not known if IXIFI can affect your ability to have children in the future.

Please refer to your patient leaflet for complete safety information.

# Track all of your medications

Tell your doctor about all medicines that you have recently taken or are taking during your treatment with IXIFI. These include any other medicines you're on to treat your condition.

Drugs that may interact with IXIFI include: prescription and non-prescription medicines, vitamins, and herbal supplements.

| Name | Description<br>(colour, shape, size) | Amount |
|------|--------------------------------------|--------|
|      |                                      |        |
|      |                                      |        |
|      |                                      |        |
|      |                                      |        |
|      |                                      |        |
|      |                                      |        |
|      |                                      |        |

Use this space to list all the medications you take, including your prescriptions, over-the-counter medicines, herbal products, vitamins, and supplements. Keep this list up to date and share it with your healthcare team at every visit.

| How often | How to take | What it is for |
|-----------|-------------|----------------|
|           |             |                |
|           |             |                |
|           |             |                |
|           |             |                |
|           |             |                |
|           |             |                |
|           |             |                |

# Possible side effects

Some patients had side effects that caused them to stop infliximab for injection treatment. The most common reasons were shortness of breath, rash, and headache.

Other common side effects include abdominal pain, back pain, coughing, diarrhea, dizziness, fatigue, itchiness, pain, upper respiratory infections (such as bronchitis, sinusitis, cold, sore throat), upset stomach, and urinary tract infections. IXIFI may have a minor influence on the ability to drive and use machines. Dizziness may occur following administration of IXIFI.

Children and teenagers who took infliximab for injection in studies for ulcerative colitis had similar side effects as adults with ulcerative colitis. The most common side effects observed in children with ulcerative colitis include: cough and cold symptoms including sore throat, stomach pain, fever, headache, and anemia (low red blood cell count). Among patients who took infliximab for injection for ulcerative colitis in clinical studies, more children had infections as compared with adults, including bladder infections, skin infections, and bronchitis.

Some of the side effects of IXIFI can be serious and may require treatment.

## Serious side effects

**Talk to your healthcare professional if you experience any of the following side effects.**

Common:

- **Serious infections:** symptoms of fever, feel very tired, have a cough or develop flu-like symptoms, or develop an abscess.
- **Allergic reactions:** while you are getting your IXIFI infusion or shortly afterwards, hives (red, raised, itchy patches of skin), difficulty breathing, chest pain and high or low blood pressure, or symptoms 3 to 12 days after receiving IXIFI including fever, rash, headache, and muscle or joint pain.

### Uncommon:

- **Liver injury:** signs that you could be having a problem include: jaundice (skin and eyes turning yellow), dark brown-coloured urine, right-sided abdominal pain, fever, and severe fatigue (tiredness).
- **Heart failure:** if you have been told that you have a heart problem called congestive heart failure, you will need to be closely monitored by your doctor. New or worse symptoms that are related to your heart condition, including shortness of breath or swelling of your ankles or feet.
- **Blood problems:** fever that doesn't go away, bruising or bleeding very easily, or looking very pale.
- **Nervous system disorders:** signs include changes in your vision (including blindness), seizures, weakness in your arms and/or legs, and numbness or tingling in any part of your body.
- **Malignancy:** if you have had or develop lymphoma or other cancers, including skin cancers, while you are taking IXIFI.
- **Lupus:** symptoms may include chest discomfort or pain that doesn't go away, shortness of breath, joint pain, or a rash on the cheeks or arms that gets worse in the sun.

### Rare:

- **Skin problems:** skin rashes including redness, itching, skin peeling and blistering; small pus-filled bumps that can spread over the body, sometimes with a fever (acute generalized exanthematous pustulosis); itchy reddish-purple skin rash and/or threadlike white-grey lines on mucous membranes (lichenoid reactions).
- **Lung problems:** symptoms of new or worsening shortness of breath.

**These are not all the possible side effects you may have when taking IXIFI. If you experience any side effects not listed here, tell your healthcare professional.**

Please refer to your patient leaflet for complete safety information.

# Exploring your PfizerFlex Program

## Focused on you

Designed with patients like you in mind, the PfizerFlex Program gives you access to important treatment information and assistance to support you in getting the most out of your IXIFI treatment plan.

### Support for every step of your treatment plan

**Live support** from our dedicated team and your Care Coach (nurse) about the program or your treatment



**Reimbursement expertise** to help you find and secure coverage for your treatment



**Experienced team members** to help you access your medication as quickly as possible



**Access to a reliable infusion clinic network** staffed with qualified healthcare professionals



**Practical tools** to help you navigate your treatment plan







**To access [ixifi.ca](https://ixifi.ca), use the DIN 02523191**

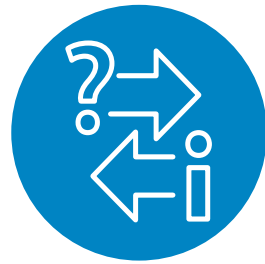


## Coaches who care

**Your dedicated PfizerFlex Care Coach** is a nurse and an important member of your support team. The PfizerFlex program has a lot of personalized support and advice to offer, and your Care Coach will be the one who guides you through this process.

Your Care Coach will:

- Assist you in exploring your financial assistance options
- Help you begin your treatment with IXIFI
- Help empower you to understand and manage elements of your treatment plan



Your Care Coach is a nurse who will help you organize your infusion time and place. You can also use the **Clinic Locator** section of the [ixifi.ca](https://ixifi.ca) website to help you find a clinic most convenient for you. The PfizerFlex program clinics are staffed by qualified healthcare professionals specially trained in the administration of IXIFI infusions and are available across Canada, for both first-time users and people switching treatment.

### Meeting your Care Coach

Within one business day of enrolment, you'll receive a phone call from a Care Coach — a registered nurse — to help you discover how the program can best support you.

**For more information or to reach your Care Coach, call 1-855-935-FLEX (3539).**

# Preparing for your appointment

## Taking advantage of your support teams

It is essential in any treatment to follow your prescription and to let your healthcare professional know what other medications you are taking before starting a new treatment.



Your treatment support team can help you manage your treatment day to day, and discuss and help you with any of your concerns regarding your condition and your treatment.

If you are feeling anxious or uncertain, talk to your doctor or Care Coach for support. They will also be able to provide you with details for where to access infusion clinic services near you. It can also be helpful to discuss the possible treatment outcomes you wish to achieve, which ones are most important to you and why.



Bring this list to your next appointment with your healthcare professional.

1. Use the table below to list and prioritize your desired possible treatment outcomes.

| Priority | Outcomes |
|----------|----------|
| 1.       |          |
| 2.       |          |
| 3.       |          |
| 4.       |          |
| 5.       |          |
| 6.       |          |
| 7.       |          |
| 8.       |          |
| 9.       |          |
| 10.      |          |

2. Consider your top priority (priority 1) from the list and answer the following questions:

a. Why is this important to me?

b. How will this benefit me?

c. How would I feel if I couldn't achieve this outcome?

## Before your infusion

Before leaving the house for the clinic, it might be helpful to remember to:

- Wear comfortable loose-fitting clothes
- Bring layers (like a sweater)
- Be mindful of others and not wear any fragrance or perfume
- Bring a neck pillow for comfort



## During your infusion

During your infusion, you will not be able to stand up and walk around. Consider reading a book or filling out a crossword puzzle, knitting or listening to music with your headphones on, or even chatting with your neighbour.



During the infusion, you will be monitored for side effects.

## After your infusion

You must stay for 1 to 2 hours after the infusion so that you can continue to be watched for any reactions to the medicine.

Ask any questions to the staff you may not have thought of before and make a note of when your next appointment is scheduled in order to keep track.



# Basic facts about rheumatoid arthritis

## What is rheumatoid arthritis (RA)?

Rheumatoid arthritis is a common chronic autoimmune disease causing inflammation (swelling) of the joints. The inflammation can also affect other organs, such as the eyes, skin, lungs or heart.

It is estimated that about 374,000 Canadians have it, with it occurring more often in women compared to men.

## What are the symptoms?

Symptoms of RA may come and go.

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### **Common symptoms:**

- Joint pain, tenderness, swelling or stiffness
  - Joint stiffness in the morning or after inactivity
  - Small joints in the hands and feet are typically affected first
  - The same joints on both sides of the body are affected
-

## What causes it?

RA is an autoimmune disease. It is caused by an immune response that mistakenly attacks tissues in the joints. This leads to inflammation (swelling) and pain, and most commonly affects the joints of the hands, feet, and wrists.

## Does family history matter?

If a member of your family has rheumatoid arthritis, you may have an increased risk of the disease.

## Are there any environmental factors?

Cigarette smoking increases your risk of developing rheumatoid arthritis, particularly if you have a genetic predisposition for developing the disease. Smoking also appears to be associated with greater disease severity.

The information provided here is on the condition and may not reflect benefits of the product.



# Basic facts about psoriatic arthritis

## What is psoriatic arthritis (PsA)?

Psoriatic arthritis is a form of arthritis that causes swelling and pain in the joints. It is linked to psoriasis, which is a skin disease that causes scaly red or white plaques.

PsA affects both men and women equally and is estimated to affect about 1 to 2 people for every 1000 people.

## What are the symptoms?

PsA most often affects the joints in the fingers closest to the fingertips, as well as the spine.

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### **Common symptoms:**

- Joint pain and stiffness
  - Joint pain lasting for over 30 minutes in the morning
  - Feeling worse when you've been immobile
  - Joint deformity
-



## What causes it?

The cause for PsA is not clear, but doctors and researchers think it's a combination of genetics, environment, and each person's immune system.

## Does family history matter?

Research shows that PsA can be passed down in families and is related to certain genes.

The information provided here is on the condition and may not reflect benefits of the product.



# Basic facts about ankylosing spondylitis

## What is ankylosing spondylitis (AS)?

Ankylosing spondylitis is an inflammatory autoimmune disease that affects the spine and joints that connect the pelvis to the spine. The bones in the spine begin to fuse together, which causes stiffness and pain.

Signs and symptoms typically begin in adolescence or early adulthood between ages 15 to 30. An estimated 300,000 Canadians have AS.

## What are the symptoms?

Over time, symptoms might worsen, improve, or stop for no apparent reason.

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### **Commonly affected areas:**

- Base of the spine and joints around the pelvis
  - Other parts of the spine and spreading to the entire spine
  - Hips and shoulders
  - Back of the heels
  - Bottom of the feet
  - Along the breastbone
-

## What causes it?

AS has no known specific cause, although genetic factors seem to be involved. In particular, people who have a gene called HLA-B27 are more likely to have AS. However, even if you have this gene, it doesn't mean you will develop AS.

The information provided here is on the condition and may not reflect benefits of the product.



# Basic facts about plaque psoriasis

## What is psoriasis?

Psoriasis is a common chronic skin condition that causes areas of the skin to become thickened and often covered in silvery scales. In people with darker skin, affected areas can look purple, dark brown, dark grey, or red. In people with lighter skin, the skin tends to look red.

Plaque psoriasis (PsO) is the most common type of psoriasis, affecting about 80 to 90% of people with psoriasis. PsO can develop at any age, but tends to start in young or middle-aged adults.

## What are the symptoms?

PsO can appear in small areas or cover a large part of the body, and it may or may not be itchy.

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### **Commonly affected areas:**

- Back of the elbows
  - Front of the knees
  - Lower back
  - Scalp
-

## What causes it?

It is not known what causes psoriasis. However, a combination of genetic, immune, and environmental factors may be involved.

## Does family history matter?

Having one parent or both parents with psoriasis increases your risk for getting the disease.

## Are there any environmental factors?

Some factors that have been linked to psoriasis include getting an infection, drinking alcohol, taking certain medications, smoking, or experiencing trauma.

The information provided here is on the condition and may not reflect benefits of the product.



# What can your friends and family do to help?

## Your support system

Sharing what you are going through with family and friends can help you feel understood and supported.

People often say that it is helpful to go to their medical appointments with someone they trust. That person can take notes, ask questions you may forget, and support you in making decisions with your physician.

**Some people find that getting in touch with others going through the same experience can be helpful.**



# How can you help yourself with lifestyle changes?

## Live a healthy lifestyle

Following a healthy and balanced diet, exercising regularly, getting enough rest, and minimizing stress can all help your body cope with your condition.

- **Follow a healthy and balanced diet:**

Although no diet has been shown to cure or fight these conditions, patients are encouraged to follow a healthy and balanced diet and get regular exercise

- Eat a variety of healthy foods.
- Limit saturated fats, trans fats, cholesterol, salt, and added sugar.

- **Exercise regularly:**

Get regular exercise, but be careful not to overdo it.

- Gradual and gentle physical activity can help people with muscle and joint pain.
- Yoga or tai chi may be helpful.
- Ask your doctor which types of physical activity you should try.

- **Find ways to relax:**

You can help cope with pain by reducing stress on yourself.

- You can try various techniques such as guided imagery, distraction, and muscle relaxation to control the feeling of pain.

Additionally in RA and AS, you can try applying heat or cold:

- Heat can help relieve pain and relax tense muscles. You can try applying a warm compress or taking a warm bath.
- Cold can reduce inflammation, swelling, and pain related to arthritis.

For psoriasis, take care of your skin with daily baths in lukewarm water and applying moisturizer afterwards.

# Additional resources

## Websites

In addition to the various resources offered by the IXIFI website [ixifi.ca](http://ixifi.ca), like the Clinic Locator, you can also find links to other certified websites that may be useful. Please note that this is not a complete list of the available resources you may find.

- Arthritis Research Centre of Canada  
[www.arthritisresearch.ca](http://www.arthritisresearch.ca)
- The Arthritis Foundation  
[www.arthritis.org](http://www.arthritis.org)
- Canadian Spondyloarthritis Association  
[www.sparthritis.ca](http://www.sparthritis.ca)
- Canadian Psoriasis Network –  
[www.canadianpsoriasisnetwork.com](http://www.canadianpsoriasisnetwork.com)
- Canadian Association of Psoriasis Patients –  
[www.canadianpsoriasis.ca](http://www.canadianpsoriasis.ca)

## Apps

Apps can modernize the way you track your treatment plan. Some of these apps are free and available on Google Play or the App Store.

Search for these apps using your phone's app store:

- Manage My Pain
- Health Log
- RA Healthline
- RA Monitor
- Psoriasis Monitor





To access [ixifi.ca](https://ixifi.ca), use the DIN 02523191

# Glossary

**Arthritis** – a disease that causes swelling and pain in the joints. The word actually means inflammation of the joints.

**Autoimmune disease** – a type of disease or medical condition where the immune system attacks your body's tissues by mistake.

**Chronic illness** – an illness that lasts a long time. Usually, it develops slowly and is rarely cured completely.

**Inflammation** – an immune response with signs such as redness, heat, pain, and swelling.

**Joint** – where two or more bones connect, such as the shoulder, elbow, or knee.

**Methotrexate (MTX)** – a disease-modifying anti-rheumatic drug (DMARD) used to help suppress the immune system and treat inflammation.

**Support team** – a support team that consists of healthcare providers as well as family and friends.

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## 1-855-935-FLEX (3539)

For more information or to contact your Care Coach  
(Monday – Friday, 8:00 AM – 8:00 PM EST)

You have access to a network of clinics located across Canada and staffed by qualified healthcare professionals specially trained in the administration of IXIFI.

We're here to provide you with treatment support from the first prescription and throughout your treatment journey.

**The PfizerFlex Patient Support Program will work with you to find the most convenient location for your treatment.**

Visit [ixifi.ca](https://ixifi.ca)

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Patient Support Program

**PfizerFlex**

Experienced, Dedicated Team

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PP-IFX-CAN-0004-EN

