Caregiver’s guide to wet AMD

Learn more about wet AMD (wet age-related macular degeneration) and how to support someone with wet AMD.

Who is LUCENTIS for?
LUCENTIS® (ranibizumab injection) is a prescription medicine for the treatment of patients with wet age-related macular degeneration (wAMD).

What important safety information should I know about LUCENTIS?
You should not use LUCENTIS if you have an infection in or around the eye or are allergic to LUCENTIS or any of its ingredients.

For Important Safety Information, please see safety information throughout, on page 9, and the accompanying full Prescribing Information.
Someone I know has been diagnosed with wet AMD.

Now what?

If you’re reading this brochure, chances are that someone you care about has recently been diagnosed with wet AMD. You may not have ever heard of wet AMD until now, and that’s OK—this guide is here to help.

It’s natural to have a lot of questions. In the following pages, we hope to help you understand what it’s like to have wet AMD. This guide will also offer you tips for how to provide additional support.

Call to speak to one of our nurses at:
1-866-LUCENTIS
(1-866-582-3684)
Monday through Friday,
9 AM to 8 PM ET

This information is for general purposes only and is not a substitute for consulting your Retina Specialist. Only your Retina Specialist can make a diagnosis or treatment recommendation for you. Please discuss your individual symptoms and any questions about the use of LUCENTIS with them.

Select Important Safety Information
LUCENTIS® (ranibizumab injection) is a prescription medication given by injection into the eye, and it has side effects.

For Important Safety Information, please see safety information throughout, on page 9, and the accompanying full Prescribing Information.

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What exactly is wet AMD?

Before we explain what wet AMD is, it is important to have a basic understanding of the anatomy of a normal eye:

When a patient has wet AMD, the area at the back of the eye is affected, causing vision loss. Wet AMD exists when a protein called vascular endothelial growth factor (VEGF) causes abnormal blood vessel growth in a small area of the retina known as the macula.

The macula is responsible for processing color contrast and the ability to see fine details. In wet AMD, abnormal blood vessels push against the macula. Some may break, leaking blood and fluid, which can damage the eye.

If left untreated, wet AMD can eventually lead to vision loss and legal blindness. The earlier wet AMD is detected by a Retina Specialist, the better the chances are of preserving or improving vision.

Think of wet AMD in terms of a house: the eye is a house, and the blood vessels are pipes. If something pushes against the pipes, they can start to leak, which can cause cracks in the walls and foundation of a house. Sometimes the leak can be gradual, and sometimes the pipes can burst.
What is it like to have wet AMD?

The visual below shows what vision may be like for a person with wet AMD.

The progression of wet AMD

As you can see, the more that wet AMD progresses, the larger the loss of vision becomes. This is why it is important for you to encourage wet AMD patients to schedule regular visits to a Retina Specialist.

For more information about the Amsler Grid, please refer to page 8 of this brochure.
What is LUCENTIS® (ranibizumab injection)?

LUCENTIS is an FDA-approved wet AMD medication supported by over a decade of clinical research. Your patient’s Retina Specialist has prescribed LUCENTIS, an anti-VEGF.

Here are some important clinical trial facts about LUCENTIS:

**9 OUT OF 10**
About 95% of patients who received LUCENTIS once a month for 1 year maintained† their vision.

*Maintained is defined as losing fewer than 15 letters on the eye chart in clinical studies.

**31–37%**
After 1 year of treatment with LUCENTIS, 31% to 37% of people experienced a significant improvement† in their vision.

*Significant improvement is defined as gaining 15 or more letters on the eye chart in clinical studies.

The LUCENTIS injections are given over an extended period of time. Because every patient is different, the doctor will determine how often someone receives their injection. As treatment progresses, the doctor will monitor the patient’s progress and may alter the dosing schedule according to the response to treatment.

Some patients who receive the treatment may experience side effects immediately after injection.

The most common eye-related side effects are:
- Increased redness in the white of the eye
- Eye pain
- Small specks in vision
- Increased eye pressure

The most common non–eye-related side effects are:
- Nose and throat infections
- Decrease in red blood cells or “anemia”
- Nausea
- Cough

For Important Safety Information, please see safety information throughout, on page 9, and the accompanying full Prescribing Information.

Select Important Safety Information
Some LUCENTIS patients have had detached retinas and serious infections inside the eye.
What can I do to help at home?

When someone first finds out they have wet AMD, they may feel overwhelmed by the disease and scared about the treatment that is needed. You can play an important role in helping manage their vision challenges and the tasks of daily living.

Here are some things that you may hear someone with wet AMD say, as well as tips to help them get around more easily:

"I keep bumping into the table"

Create clear pathways across rooms, with easy access to doors and windows.

"It’s dark in here"

Sunlight and natural light are best. Consider replacing dark window coverings with lighter ones that are easy to pull back.

"This print is too small"

Illuminated reading devices, talking clocks, and high-contrast e-readers may help the person you’re providing care for live more independently. Also, by adjusting the font size on their cellular device, you can help them stay connected.

"I can’t find my keys"

Developing a system for storing and arranging commonly used items such as jackets, keys, shoes, toothbrushes, and reading glasses will make it easier for someone with wet AMD to find them.
You can also explore low-vision centers in your community (such as Lions Clubs or Lighthouse organizations) for additional support. A low-vision specialist can also help those with wet AMD to navigate their changing world more effectively.

Consult with the patient’s Retina Specialist to be sure that you understand all the symptoms of wet AMD and what to look out for. For easy reference, you can write down the doctor’s information here:
How can I help monitor vision changes?

A great way to help monitor the changes to a wet AMD patient’s vision is by using the Amsler Grid and keeping track of these changes in a journal. It is important to check vision in both the eye affected with wet AMD and the healthy one.

Be sure to encourage your patient or loved one to write down any changes in vision and report worsening vision to their doctor right away.

How can I help someone with wet AMD prepare for their next injection?

- **Suggest listening to relaxing music before their injection**
  Music is known to help calm us down and distract our minds in times of stress. Many doctors welcome this stress-reducing method, and some actually play calming background music to help reduce patients’ anxiety.

- **Encourage practicing deep-breathing techniques**
  Deep breathing increases the supply of oxygen to the brain and stimulates the part of the nervous system that promotes a state of calmness.

- **Schedule an early appointment**
  Scheduling an early appointment for treatment can help reduce anxiety that can build up during the day.

- **Have a transportation plan**
  Whether you are there to drive or if you arrange for a car service, having a ride to depend on can be of great help to your loved one on the day of treatment.

- **Consult with the doctor**
  Encourage your loved one or patient to report any discomfort they feel when receiving LUCENTIS.
What important safety information should I know about LUCENTIS?

You should not use LUCENTIS if you have an infection in or around the eye or are allergic to LUCENTIS or any of its ingredients. LUCENTIS is a prescription medication given by injection into the eye, and it has side effects. Some LUCENTIS patients have had detached retinas and serious infections inside the eye. If your eye becomes red, sensitive to light, or painful, or if you have a change in vision, call or visit your eye doctor right away. Some patients have had increased eye pressure before and within 1 hour of an injection.

Uncommonly, LUCENTIS patients have had serious, sometimes fatal, problems related to blood clots, such as heart attacks or strokes. Fatal events were seen more often in patients with DME and DR with LUCENTIS compared with patients who did not receive LUCENTIS. Although there were only few fatal events which included causes of death typical of patients with advanced diabetic complications, these events may be caused by LUCENTIS.

Some LUCENTIS patients have serious side effects related to the injection. These include serious infections inside the eye, detached retinas, and cataracts. The most common eye-related side effects are increased redness in the white of the eye, eye pain, small specks in vision, and increased eye pressure. The most common non–eye-related side effects are nose and throat infections, anemia, nausea and cough.

You may report side effects to the FDA at (800) FDA-1088 or www.fda.gov/medwatch. You may also report side effects to Genentech at (888) 835-2555.

For additional safety information, please talk to your doctor and see the accompanying LUCENTIS full Prescribing Information.
Where can I go for additional support?

As a member of the LUCENTIS Patient Support Program, the person that you’re providing care for has access to:

- Live one-on-one phone support with nurses
- Educational brochures and emails

For more information, call:
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What do all these medical terms mean?

Sometimes, medical terms can be hard to understand. To help you and your patient or loved one better understand the words and terms they may hear from an eye doctor, we have put together a glossary that should help.

**AMD**
Age-related macular degeneration (AMD) is a chronic condition that causes central vision loss. It occurs when the macula (the part of the retina that lets you see sharp detail) is damaged.

**Dry AMD**
Dry AMD is the most common form of macular degeneration, accounting for 90% of AMD diagnoses. Dry AMD is the result of a thinning macula. It can reduce central vision and impact the ability to see color.

**Wet AMD**
Wet AMD is caused by the growth of abnormal blood vessels in the retina. When these blood vessels grow, they can leak blood and fluid, which can damage the macula and cause vision loss, similar to a pipe leaking.

**Angiography**
Angiography [ann-gee-AH-ruh-fee] is a tool for seeing blood vessels following injection of a material that highlights them.

**Cornea**
The cornea is like the front window of the eye. It transmits and focuses light into the eye. It has a complex structure that is made up of 5 layers.

**Geographic Atrophy**
Geographic atrophy [A-truh-fee] (GA) is the term that describes late-stage dry AMD. GA progresses rapidly through the central macula and significantly damages vision.

**Iris**
The iris is the colored part of the eye that controls the amount of light that enters the eye.

**Lens**
The lens is the transparent structure of the eye behind the iris. It focuses light rays onto the retina.

**Macula**
The macula is a small area in the back of the eye, located in the retina. The macula is responsible for central vision. It allows people to see well enough to do things like reading and detailed work.

**OCT**
Optical coherence tomography [tuh-MOG-ruh-fee] (OCT) is a tool that Retina Specialists use to monitor the nature of the changes in the retina. It checks the activity of new blood vessels that grow under the retina and helps determine if treatment is necessary.

**Optometrist**
An optometrist [op-TOM-i-trist] is a person who is qualified to test the eyes to prescribe glasses and contact lenses.

**Pupil**
The pupil is the opening at the center of the iris. The iris controls the size of the pupil by contracting it in bright light and expanding it in dim light.

**Retina**
The light-sensitive layer that lines the back of the eye. The retina is important to vision since it changes the light that enters the eye into electrical impulses and sends them through the optic nerve to the brain.

**Retina Specialist**
An ophthalmologist [oph-thal-MOL-o-gist] who specializes in treating a variety of diseases in the back of the eye (or retina). Compared with an ophthalmologist, a Retina Specialist has completed 1 to 2 additional years of training about the retina.

**VEGF**
Vascular endothelial [VASS-que-ler end-oh-THEEL-e-all] growth factor (VEGF) is a protein in your body that helps grow new blood vessels. In people with wet AMD, VEGF causes abnormal growth of blood vessels in the back of the eye, under the macula.

**Visual Acuity**
The ability to see details clearly. A measurement of 20/20 is considered normal vision. In the United States, a person is considered legally blind if his or her vision is worse than 20/200 with corrective lenses.
Find out more

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