


FOR LOVED ONES AND FAMILY OF MEN WITH ADVANCED PROSTATE CANCER (APC)

Caregiver Guide



FIRMAGON® (degarelix for injection) is a prescription medicine used in the treatment of advanced prostate cancer.

Important Safety Information

- Do not take FIRMAGON if you are allergic to any of the ingredients in FIRMAGON. FIRMAGON can cause serious allergic reactions. Get medical help right away if you get any of these symptoms;
 - Trouble breathing or wheezing
 - Severe itching
 - Swelling of your face, lips, mouth, or tongue

Please see accompanying full Prescribing Information and additional Important Safety Information throughout this piece.



FIRMAGON®
(degarelix for injection)
120 mg, 80 mg

THIS JOURNEY IS ONE YOU TAKE TOGETHER



When you first hear your loved one has been diagnosed with advanced prostate cancer (APC), the news can be devastating. You may wonder how to approach him, what the first important steps should be, and how to move forward from here. This guide provides some suggestions and advice on how to support your loved one during his diagnosis and treatment.

Although now is a time when everyone is dedicated to and focused on his needs, this is also a time when you may need support, too. If you don't feel you can talk to the team treating your loved one, try talking with your own doctor. It's just as important to take care of yourself. The better you feel, the more you can take care of him and the more you can do to help him.

Important Safety Information (continued)

- Women who are pregnant or may become pregnant should not take FIRMAGON. FIRMAGON can harm an unborn baby when given to a pregnant woman.
- Before receiving FIRMAGON, tell your healthcare provider about all your medical conditions, including if you have any heart problems including a condition called long QT syndrome, have problems with blood levels such as sodium, potassium, calcium, and magnesium, have kidney or liver problems.



Support from the beginning

You may find it useful to learn some basic facts about APC. Understanding the disease more will help with the decisions you will need to make together in the future.

- Growth and function of the prostate gland depend on testosterone (**T**), a male hormone (or androgen) made mainly in the testicles¹
- Testosterone is a hormone that can stimulate prostate cancer growth¹
- Cancer of the prostate gland develops when prostate cells show uncontrolled growth—frequently fueled by high levels of testosterone²
- The goal of androgen deprivation therapy (ADT) is to stop the production or effects of testosterone in prostate cancer, which should then lower prostate-specific antigen, or PSA, levels¹
- FIRMAGON, unlike other ADTs, starts lowering **T** from day 1^{3,4}

“I wanted to make sure that I understood my husband’s treatment plan so that if something changed I could be there for him.”

A caregiver’s personal experience

Important Safety Information (continued)

- The common side effects of FIRMAGON include: hot flashes, injection site pain, redness and swelling, weight gain, increase in some liver enzymes, decreased sex drive, and erectile function problems.

Please see accompanying full Prescribing Information and additional Important Safety Information throughout this piece.

MEETING MONTHLY ON FIRMAGON® (degarelix for injection)



Important Safety Information (continued)

Tell your healthcare provider if you have any side effects that bother you or that does not go away. These are not all the possible side effects. You may report side effects to FDA at 1-800-FDA-1088.



Starting treatment with FIRMAGON³

There are important facts to know about FIRMAGON, the therapy his treatment team, including himself, has chosen.

- FIRMAGON is an ADT—also called a gonadotropin-releasing hormone (GnRH) antagonist
- FIRMAGON is the only hormone therapy that works to stop **T** at its main source starting on day 1 (the day he started therapy)

It's more than an appointment, it's an opportunity

FIRMAGON is a therapy that's given in the doctor's office—just once a month—with an injection below the skin of the abdomen.³ This once-monthly FIRMAGON schedule offers a great opportunity for you to connect with his treatment team. One way you can encourage this relationship is by keeping track of monthly appointment dates.

Write down all questions regarding his general health, specific questions about his APC, or any other questions you may have, and bring these with you to the doctor's office. The treatment journal in the patient brochure will help you keep your questions and answers to those questions organized and up-to-date.

Quality counts! It's part of your doctor's job to make sure you are satisfied with your quality of care.

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6 STEPS TO CAREGIVING

Caregivers play an important role before, during, and after treatment. Here are a few helpful tips to get you started.



1. Be open

A prostate cancer diagnosis brings many emotions. Be open to emotions and feelings. If he can't or won't share his feelings with you, remind him that talking with someone will help.



2. Take care of yourself

Balancing caregiving with other daily chores can be challenging. Know your own limitations and don't forget to take time to relax and recharge.



3. Think positive

Maintaining a positive attitude can impact everyone around you. Many studies show there is real power in positive thinking.



4. Find out

The more you know, the more empowered you will feel. Come to doctor's appointments with a list of questions and don't leave until you have the answers you need.



5. File it

Treating prostate cancer brings lots of logistics. Organize appointments, medicines, receipts, and insurance information for easy reference and access.



6. Seek help

Feel comfortable reaching out to family, friends, and support groups for help when you need it.

SUPPORT FOR YOU AND YOUR LOVED ONE

Many organizations and networks are available to give you valuable information and helpful tips.

Here are some organizations that you may find useful.*

Cancer education and research organizations

American Cancer Society

A nationwide voluntary health organization dedicated to eliminating cancer.

1-800-227-2345

www.cancer.org

National Cancer Institute

The nation's leader in cancer research.

1-800-4-CANCER (422-6237)

www.cancer.gov

Patient and caregiver support

Help for Cancer Caregivers

A resource geared toward cancer caregivers that offers solutions to daily struggles surrounding cancer.

www.helpforcancer caregivers.org

Cancer.Net

A website that offers advice on coping with cancer as a caregiver, patient, and loved one.

www.cancer.net

CancerCare

An online resource offering counseling, support groups, and a variety of other resources that help you on your journey.

1-800-813-HOPE (4673)

www.cancercare.org

The United States Department of Agriculture

A great resource for those looking to watch what they eat and exercise more.

www.cnpp.usda.gov

*These resources are provided solely for your information and convenience. This should not be considered an endorsement by Ferring of any of the organizations listed.

HE HAS A VOICE, AND SO DO YOU



Staying in touch with his treatment team, month by month, keeps you informed and feeling confident about his APC progress and treatment with FIRMAGON

References: 1. American Cancer Society. Hormone (androgen deprivation) therapy for prostate cancer. <http://www.cancer.org/cancer/prostatecancer/detailedguide/prostate-cancer-treating-hormone-therapy>. Accessed October 14, 2016. 2. American Cancer Society. Prostate cancer. <http://www.cancer.org/acs/groups/cid/documents/webcontent/003134-pdf.pdf>. Accessed January 5, 2017. 3. FIRMAGON [package insert]. Parsippany, NJ: Ferring Pharmaceuticals Inc. 4. Data on file. Ferring Pharmaceuticals Inc.

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