



Otezla (apremilast)

Otezla is the brand name for the oral treatment apremilast. It is a synthetic (man-made), small-molecule medicine. Otezla is used to treat psoriasis and psoriatic arthritis.

How effective is it?

Otezla helps to stop inflammation in the skin, joints and tendons and reduce psoriasis and psoriatic arthritis symptoms.

A clinical trial is a research study used to determine how safe and effective a new treatment is. This often is done to compare the new treatment with a placebo (an inactive pill, liquid or powder that has no treatment value).

In clinical trials:

- 33 percent of adults with psoriasis experienced at least a 75 percent improvement after 4 months
- 38 percent of adults with psoriatic arthritis experienced at least a 20 percent improvement after 4 months

Treating your psoriatic disease is important for disease management, reducing your risk for comorbidities (related health conditions) and improving your overall health and quality of life. Keep in mind that each person responds differently to treatments. Speak with your health care provider about what treatment may be most appropriate.

Fast facts about Otezla

- Was approved by the U.S. Food and Drug Administration for treating adults with moderate to severe plaque psoriasis and psoriatic arthritis in 2014
- Works by targeting an enzyme (a type of protein involved in the immune system) called phosphodiesterase 4 (PDE4)
- Is available by prescription and is taken orally as a pill
- Is meant to be taken long-term

Financial assistance

Celgene provides financial support and other resources for people taking Otezla. For more information, call 800-844-468-3952 or visit Otezla.com.

How does it work?

Some oral treatments for psoriatic disease act on part of your immune system, while others may act on your whole body. Otezla works by targeting a specific part of the immune system that is overactive.

Your immune system protects your body from illness and infections. With psoriatic disease, the immune system is overactive. This causes inflammation of the skin and speeds up skin cell growth. It also causes inflammation in joints, tendons and ligaments in psoriatic arthritis.

Who can take it?

People over the age of 18 with moderate to severe plaque psoriasis or psoriatic arthritis can take Otezla. Speak with your health care provider if you are pregnant or breastfeeding.

Who should not take it?

- Change in dosage should be made if you have severe renal (kidney) impairment.
- Speak with your health care provider if you have a history of depression and/or suicidal thoughts or behaviors.

What are the risks?

There have been rare reports of:

- Vomiting
- Depression
- Unexplained weight loss
- Loss of efficacy when used with certain medicines such as rifampin, phenobarbital, carbamazepine or phenytoin

Common side effects

In clinical trials, the most common side effects associated with Otezla are:

- **Diarrhea:** 17% of patients treated with Otezla reported diarrhea (compared to 6% of patients treated with a placebo)
- **Nausea:** 17% of patients treated with Otezla reported nausea (compared to 7% of patients treated with a placebo)
- **Infections such as the flu, sinus infections or upper respiratory infections:** 9% of patients treated with Otezla reported infections (compared to 6% of patients treated with a placebo)
- **Tension headache:** 8% of patients treated with Otezla reported tension headaches (compared to 4% of patients treated with a placebo)
- **Headache:** 6% of patients treated with Otezla reported headaches (compared to 4% of patients treated with a placebo)

These side effects happen most often after the first dose and may decrease after additional doses or over time. The side effects are generally mild and do not cause most people to stop taking Otezla. During clinical trials, 4.6% of patients stopped taking Otezla due to side effects.

Keep in mind that side effects observed in clinical trials may not predict actual rates of side effects.

What should I do next?

- Speak with your health care provider about whether Otezla is appropriate for you.
- Contact our Patient Navigation Center to find providers, prepare for appointments, discuss treatments and get help with accessing treatments (find contact information below).

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