

# *Juvenile idiopathic arthritis*

**CONDITION GUIDE**



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## How to use this guide

*We know the diagnosis of juvenile idiopathic arthritis (JIA) can be overwhelming. This guide can help answer concerns, while giving you or your child important information to share with family or friends.*

Your health care provider has suggested that you or your child start treatment. This means that he or she believes you or your child has a good chance of responding to medicine. We're here to help, every step of the way. Remember that taking your medicine as prescribed will help you or your child lead a healthy life. Please do not stop taking your medicine without checking with your health care provider.

Health care providers have learned how to individualize treatment so that each patient has the best chance of responding. The treatment you or your child receives may be different from the treatment of other patients with JIA. This is one of the reasons it is so important that you talk about any questions or concerns with your health care provider or with a Prime Therapeutics Specialty Pharmacy™ (Prime Specialty Pharmacy) nurse or pharmacist.

- *Personal support can help make a challenging journey easier*



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Visit us online

**MyPrime.com/Specialty**

A pharmacist is always available to answer questions  
**877.627.6337 (TTY 711)**

## *There are four parts to this guide*

### **1 Understanding your juvenile idiopathic arthritis**

We're here to help you or your child become a better informed member. In this chapter, we'll discuss how to live your best life with a diagnosis of JIA.

### **2 Taking care of your body**

Find ways to take charge of your health — both physically and mentally — with proactive changes.

### **3 JIA treatment approaches**

Want to learn more about what treatment approaches your health care provider or the Prime Specialty Pharmacy team might suggest? We'll go over possible treatment plans, including medicine and other ways to help manage JIA in a way that works best for your or your child's lifestyle.

### **4 Understanding side effects**

Learn when to call your health care provider and what tips can help reduce medicine side effects.



## *Understanding juvenile idiopathic arthritis*

Did you know that approximately 294,000 children (ages 0 to 17 years) in the United States have juvenile arthritis?<sup>1</sup>

Whether you or your child is newly diagnosed or has been living with JIA for a while, this guide is all about helping you become better informed about JIA and your options for staying healthy.

### What is juvenile idiopathic arthritis?

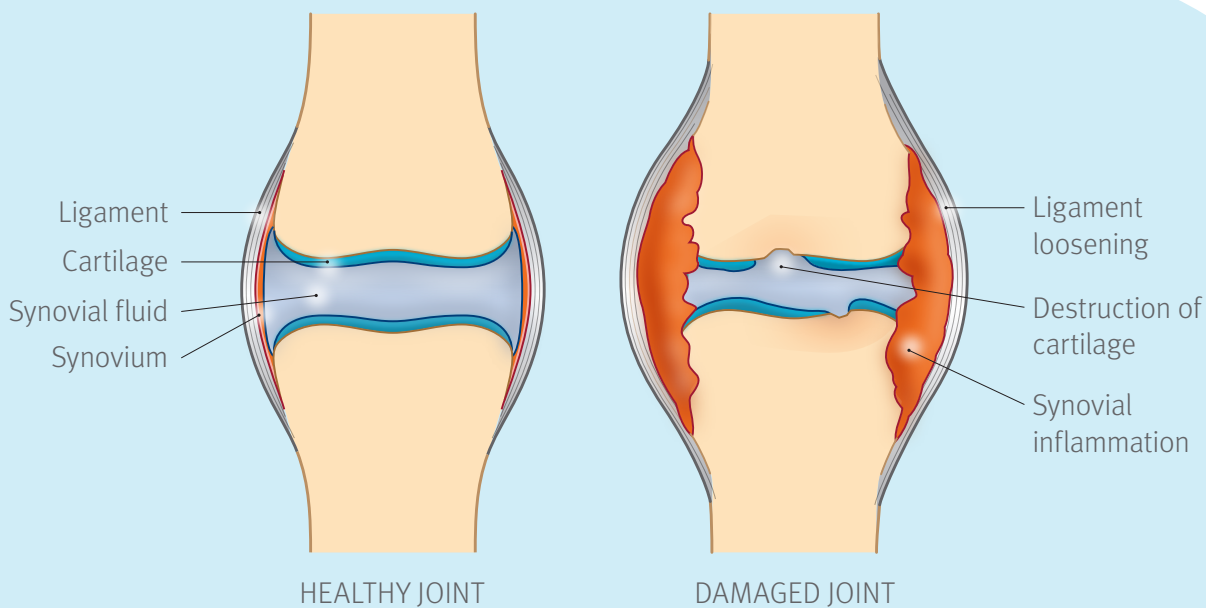
Juvenile idiopathic arthritis (JIA), formerly known as juvenile rheumatoid arthritis, is the most common type of arthritis in children. JIA causes persistent pain, stiffness and swelling in joints in any part of the body that lasts at least 6 weeks.<sup>2</sup> The cause of most forms of JIA is not known.<sup>3</sup>

JIA happens when the body attacks its own healthy cells and tissues. JIA is thought to be a disorder of the immune system, called autoimmune disease. It targets the lining of the joint, known as the synovial membrane. This causes inflammation of the joint.<sup>4</sup> A person's genetic makeup along with an environmental factor, such as a virus, triggers the development of JIA.<sup>2</sup>

Without treatment, JIA can affect growth and development. Fortunately, treatments can help manage and control symptoms and may prevent joint damage. Detecting and treating JIA early helps to improve outcomes and reduce disability.

### What is synovium?

The lining of the tissue in a joint is called synovium and it produces synovial fluid. In JIA, the inflamed synovium produces too much synovial fluid and this creates swelling.<sup>5</sup>



## Who is affected?

The onset of JIA can occur anytime between 6 months and 16 years of age.<sup>4</sup> Whether more girls than boys get JIA, depends on the type of JIA.<sup>6</sup>

## What are the symptoms?

Symptoms of JIA may vary from one individual to another. Most children experience joint swelling, redness, pain, warmth and tenderness.<sup>2,4</sup> Many children with JIA have periods of remission or no symptoms, alternating with periods of worsening symptoms called “flares.”<sup>2</sup>

### Other symptoms of JIA can include:

- ❖ Joint stiffness, especially in the morning or after a nap<sup>2,4</sup>
- ❖ Limited range of motion in joints<sup>2</sup>
- ❖ Limping or hesitating to use an affected joint<sup>2</sup>
- ❖ Fever<sup>2</sup>
- ❖ Difficulty with fine motor activities<sup>4</sup>
- ❖ Swollen lymph nodes<sup>2</sup>
- ❖ Skin rash<sup>2</sup>
- ❖ Weight loss<sup>3</sup>
- ❖ Fatigue<sup>3</sup>
- ❖ Sleep problems<sup>3</sup>
- ❖ Eye inflammation<sup>2</sup>
- ❖ Decreased physical activity<sup>3</sup>
- ❖ Some children also experience changes in growth patterns and may have an arm or leg grow to be longer than the other limb.<sup>2</sup>

### Untreated JIA can lead to:

- ❖ Vision changes (decreased or loss of vision)<sup>6</sup>
- ❖ Permanent damage to joints<sup>4</sup>
- ❖ Loss of function in joints<sup>2</sup>
- ❖ Slowed rate of growth or uneven growth of an arm or a leg<sup>2</sup>
- ❖ Chronic pain<sup>2</sup>

## What are the risk factors?

For some types of JIA, more girls than boys have the disease.<sup>6</sup> In cases where another family member has an autoimmune disease or in the rare case of a family member with JIA, children are at a slightly increased risk for developing JIA.<sup>2</sup>

## Types of juvenile idiopathic arthritis

There are several types of JIA. Even within types, JIA affects children differently. Some children may experience more severe symptoms than others.

### Types of juvenile idiopathic arthritis

TYPE OF JIA	DESCRIPTION
Oligoarthritis	<ul style="list-style-type: none"> <li>• Most common type of JIA, roughly half of JIA cases<sup>4</sup></li> <li>• Affects one to four joints in the first six months, most often knees, ankles, elbows and shoulders<sup>2,3</sup></li> <li>• Can also cause inflammation of the eye (uveitis)<sup>3</sup></li> <li>• More common in girls than boys<sup>4,6</sup></li> <li>• Peak age of onset is 1–3 years old<sup>6</sup></li> <li>• Children diagnosed when younger than 7 years are more likely to outgrow this type by adulthood<sup>4</sup></li> </ul>
Polyarthritis	<ul style="list-style-type: none"> <li>• Accounts for 25% of JIA cases<sup>3</sup></li> <li>• Affects five or more joints in the first six months<sup>2</sup></li> <li>• May affect joints of the fingers, hands, and hips, knees and jaw<sup>3</sup></li> <li>• More common in girls than boys<sup>3</sup></li> </ul>
Systemic arthritis	<ul style="list-style-type: none"> <li>• Accounts for 10% of JIA cases<sup>3,4</sup></li> <li>• At least one joint is affected<sup>4</sup></li> <li>• Affects many parts of the body<sup>4</sup></li> <li>• Usually preceded by or occurs with a high fever and rash (flat, pale, pink) that appears on the trunk of the body, arms and legs<sup>2,3</sup></li> <li>• Can also involve enlarged lymph nodes, enlargement of liver or spleen, anemia and inflammation of the lining of heart or lungs<sup>2,3</sup></li> <li>• Peak age of onset is 2 years old<sup>6</sup></li> <li>• Affects boys and girls equally<sup>6</sup></li> </ul>



TYPE OF JIA	DESCRIPTION
Psoriatic arthritis	<ul style="list-style-type: none"> <li>● Usually involves arthritis and may also involve a dry, silvery, scaly rash (psoriasis)<sup>2</sup></li> <li>● Often occurs in patients with a family history of psoriasis<sup>2</sup></li> <li>● Can involve inflammation of an entire finger or toe<sup>2</sup></li> <li>● Nail changes (pitting or splitting) are common<sup>2</sup></li> <li>● Among children with older age of onset, affects boys and girls equally<sup>6</sup></li> </ul>
Enthesitis-related arthritis	<ul style="list-style-type: none"> <li>● Usually involves arthritis and inflammation at points of attachment between ligaments, tendons and bones, most commonly at the knee and Achilles tendon on the back of the ankle<sup>2</sup></li> <li>● Often affects the spine and lower back<sup>2</sup></li> <li>● Occurs mainly in boys older than 8 years of age<sup>3,6</sup></li> <li>● Often there is a history of arthritis of the back in first degree relatives<sup>2</sup></li> </ul>

● *You are not alone*

Symptoms vary from mild to severe in children with JIA. Some individuals have no symptoms at all (remission). One of the most important reasons for you or your child to continue treatments, even if you feel fine, is that JIA can continue to affect your body over time.





## *Taking care of your body*

Fortunately, there are ways you or your child can lessen the physical body and mental health stress by being proactive in a few areas. This includes lifestyle habits to cope with the symptoms of JIA and maintaining a healthy diet, regular exercise, a smart sleep schedule and a great support network.

## *Staying mobile with JIA*

JIA can cause changes in mobility, sometimes affecting balance and coordination. For our bodies to stay in balance, we need our eyes, ears, brain, sense of body position and perceptions. Ask your health care provider if physical or occupational therapy would be appropriate for you.

## *Lifestyle approaches*

There are many lifestyle modifications that can be used to help manage symptoms, including the following:

- ❖ Carefully record symptoms daily, including fever, rash, pain and stiffness.
- ❖ Record medicine side effects to help identify problems or concerns.
- ❖ Use splints or braces to protect joints during growth; consult with a health care provider or physical therapist about what devices are appropriate.
- ❖ Plan pain management strategies.
- ❖ Schedule regular eye health care provider appointments to check for uveitis.
- ❖ Schedule regular dental visits if the jaw or the hands are involved in the arthritis. Brushing and flossing may be difficult.

## *Sleeping well*

Your or your child's body needs rest to heal and recharge, especially during treatment for JIA. One of the best things you can do is to make sure you or your child is getting eight or more hours of sleep each night. If your body is telling you that you're tired and you are having trouble falling asleep, make sure to mention it to your health care provider.

### **• *Helping your family and friends understand JIA***

Taking the time to educate family and friends about JIA can help alleviate their concerns or fears. Consider talking to your family, friends or loved ones about lifestyle modification and treatment plans for you or your child. Including those you care about can also give them a more realistic view of JIA. You can explain to loved ones when help is needed, or when you or your child prefers to be independent. Remember, you are not in this alone. Your support group may want to be more helpful than you realize.

### *Exercising regularly*

Some prescription medicines can make you feel tired. As strange as it may seem, exercising may actually boost your energy levels. It may also help you cope with your condition and manage your weight. Try to exercise regularly. Always check with your doctor before starting to exercise.

#### **Tips for exercising with JIA include the following:**

- ❖ Warm up (light stretching) before exercise to help reduce joint pain.
- ❖ Participate, if able, in low-impact exercise and sports (swimming, walking and biking).
- ❖ Ask for special accommodations at school to help manage limitations (for example, a low-impact activity during gym class).
- ❖ Find the balance between rest and activity; find time for extra rest when it seems necessary.

### *Eating healthy*

Most children do not have specific dietary needs or restrictions and there is no specific diet that can cure JIA. Some children may experience weight loss due to difficulty chewing if they have an affected jaw, while other children may experience weight gain due to limitations on their mobility or side effects from certain medicines.<sup>3</sup> The most important things are to eat healthy and maintain a healthy weight. A balanced diet includes plenty of fruits, vegetables and whole grains. It also limits salt, sugar, and saturated fat.

Invest the time to learn how to improve your diet. A registered dietitian nutritionist (RDN) may also be helpful in developing a personalized eating plan.

#### **Good nutrition can:**

- ❖ Improve immune functions
- ❖ Reduce inflammation
- ❖ Increase muscle strength
- ❖ Increase energy
- ❖ Stabilize mood
- ❖ Manage fatigue



### Here are some tips for safe and healthy eating:

- Eat small meals or snacks every three to four hours instead of three large meals each day
- Drink at least eight glasses of water or clear, caffeine-free fluids every day
- Don't eat raw or undercooked fish or shellfish, since your immune system may not be working properly

## *Maintaining a healthy weight*

A healthy weight is one that allows your or your child's body to function at its best. To find out if you or your child's weight is at a healthy level, it may be best to estimate weight (body mass) on a growth chart. These growth charts measure body mass index as percentiles against average boys and girls of the same age.<sup>8</sup> An RDN can be helpful in calculating a healthy weight. Achieving a healthy weight may also help your or your child's symptoms and condition of JIA.

Practice good self-care by eating healthy portions and exercising regularly. Here are four important factors to consider when maintaining your weight:

- 1 Choose healthy options** to keep your body functioning at its best. A website like **ChooseMyPlate.gov** can help you choose better meals.
- 2 Listening to your body** is an important step in maintaining a healthy weight. If you experience cravings or notice that you are drawn to certain foods, try and work them into your daily meal plan. Additionally, creating a meal-time plan that allows you to focus on your food with little distraction can help you feel satisfied, full and nurtured.
- 3 Accountability partners** can be a great way to keep your goals on track. It may seem hard to eat healthier or lose weight on your own. Pair up with a workout buddy or an accountability partner you can talk about challenges and share celebrations with.
- 4 Create weight loss goals that are sustainable and realistic.** Discuss your weight goals with your doctor. A RDN may also help you to change habits blocking your path to success. In just as little as five minutes a day, you can be off to a great start.



## *Supporting your emotional health*

Managing your or your child's emotional health can help to maintain physical health. Some people become overwhelmed with their diagnosis and the life adjustments they need to make. This is normal. Managing stress and emotions and seeking help from friends, family or professionals are important aspects of staying healthy. Many children also benefit from in-person or online support groups, and interaction with other children who have arthritis.

Children who have JIA need ongoing support — they need to know that their condition is not their fault.

### **Stress**

Whether you or your child are newly diagnosed or have been living with JIA for some time, stress may be experienced at some point during treatment. Stress may make the challenges of life difficult to handle — especially when it comes to your or your child's body. Here are three ways to manage stress:



**Write it down:** Record your thoughts in a journal and read through it often. Celebrate daily successes and share opportunities and challenges to help your brain recognize the many sides of your life.



**Take a break:** When you're in the midst of a particularly difficult moment, take a step back and take a deep breath. Even taking a small nap or watching something you enjoy on TV may help brighten your mood.



**Find a support group:** Every individual needs a healthy balance of people that are able to help in stressful situations. Keep phone numbers handy for family or friends you trust. Reach out to them as often as needed.

### **Depression**

Depression is not a character flaw or weakness. It's a health problem that starts from a chemical imbalance in the brain. If you have thoughts of suicide or of harming yourself or others, call 911 or go to the emergency room.



 FOR SUPPORT

**National Suicide  
Prevention Hotline**

1.800.273.8255  
TTY 1.800.799.4889

**Crisis Textline**

Text “GO” to 741-741

**American College of  
Rheumatology**

rheumatology.org  
404.633.3777

**Arthritis Foundation**

arthritis.org  
844.571.HELP (Toll-free)

**National Institute of Arthritis  
and Musculoskeletal and Skin  
Diseases (NIAMS)**

niams.nih.gov/health\_info/  
psoriasis  
877.22.NIAMS (877.226.4267)

● *A note on depression*

Everyone feels sad now and then. Sometimes a deep sadness or loss of interest in activities you or your child usually enjoy can actually be a medical illness called depression. Depression causes deep sadness or high anxiety around everyday activities, and may make it hard to live your life the way you want.





If you think you or your child may be depressed, talk with your health care provider. The health care provider may prescribe an antidepressant medicine to help with symptoms. Please note that it may take several weeks to feel the full benefit of antidepressants. The health care provider may also recommend counseling with a mental health professional. It can be helpful to speak to someone about the impact JIA has had on your or your child’s life.



# *JIA treatment approaches*



Taking an active role in your or your child's health care includes paying careful attention to both symptoms and treatment. It also means talking openly with your or your child's health care provider. This part of the guide can help you:

-  Track your or your child's symptoms and medicine side effects
-  Understand more about how this condition might affect your quality of life
-  Understand more about how to get the most from your or your child's medicine therapy
-  Write down questions or concerns to discuss with your health care provider



## Staying on track with your medicines

Here is what you can do to help get good results from medicine therapy:

### DO

- ❖ Call your doctor or pharmacist with any questions you may have about your or your child's medicines.
- ❖ Educate yourself about medicines for JIA, especially risks and warnings.
- ❖ Keep a list of the names and prescribed amounts for each medicine you or your child are taking.
- ❖ Stick to the medicine schedule your health care provider has prescribed.
- ❖ Add taking your medicines into your normal routine.
- ❖ Check with your health care provider before starting any new medicines, including vitamins, supplements, herbal remedies, prescription medicines and over-the-counter products.

### DON'T

- ❖ Skip or change doses. By taking medicine as prescribed, you will improve the chances for a positive treatment outcome.



### ASK YOUR HEALTH CARE PROVIDER

Remember to talk with your or your child's health care provider about lab test results. Make sure you understand what they mean. Don't be afraid to ask questions if you need further clarification.

### *Treatment strategies and goals*

Health care providers use several different approaches to treat JIA. Treatment approaches consist of medicines, lifestyle approaches such as the use of exercise and rarely surgery. Keep in mind that a child with JIA can live a quality life with management of the disease.

#### **The goals of treatment are to:**

- ❖ Relieve pain<sup>2</sup>
- ❖ Maintain full movement in the affected joints<sup>2</sup>
- ❖ Reduce swelling<sup>2</sup>
- ❖ Prevent, identify and treat complications<sup>2</sup>
- ❖ Improve quality of life<sup>2</sup>

No medicine can cure JIA. Rather, medicines can reduce symptoms and improve your quality of life.

### *Administering your medicine*

Some medicines for JIA cannot be taken by mouth. Instead, they must be injected under the skin, into a muscle or into the vein. If you or your child are worried about giving an injection, your health care provider can help. Your health care provider will take the time to demonstrate how to inject your or your child's medicine properly and in many cases, provide a device that will help.

### *Injection-site reactions*

When you inject a medicine, a reaction may occur at the injection site. Reactions may include:

- ❖ Redness
- ❖ Rash
- ❖ Stinging
- ❖ Tingling
- ❖ Swelling
- ❖ Itching
- ❖ Pain
- ❖ Discomfort

**The following steps may help reduce or prevent these reactions:**

STEP	EXPLANATION
Preparation	<ul style="list-style-type: none"><li>• Make sure the medicine is at room temperature before injection. Applying ice to the site before and after injection may lessen injection-site reactions.</li></ul>
Method	<ul style="list-style-type: none"><li>• Ensure that you are using the correct injection method for your medicine.</li></ul>
Placement	<ul style="list-style-type: none"><li>• Rotate each new injection site at least 1 inch apart.</li><li>• Avoid injecting into areas that are swollen, red or hard.</li><li>• Record when and where you inject each time to help keep track.</li></ul>
Supplies	<ul style="list-style-type: none"><li>• Use a new needle for each injection.</li></ul>

## Overview of medicines to treat JIA

Health care providers use different types of medicines to help manage symptoms of JIA. The choice depends on the type of arthritis and severity of the symptoms.

### Nonsteroidal anti-inflammatory drugs (NSAIDs)

NSAIDs are often the first type of medicine used to manage the symptoms of JIA. Some NSAIDs are available over the counter, while others are available only with a prescription. Both medicines work to reduce inflammation and provide pain relief.

DRUG NAME	FORMS	POSSIBLE SIDE EFFECTS	IMPORTANT INFORMATION
ibuprofen (Advil, Motrin)	<ul style="list-style-type: none"><li>• Oral tablet</li></ul>	<ul style="list-style-type: none"><li>• Stomach irritation<sup>2</sup></li><li>• Skin rashes</li></ul>	<ul style="list-style-type: none"><li>• Must be taken with food.</li></ul>
Magnesium Salicylate (Doans, Pergogestic)		<ul style="list-style-type: none"><li>• High blood pressure</li><li>• Fluid retention</li></ul>	<ul style="list-style-type: none"><li>• Get emergency help if you have chest pain, weakness, shortness of breath, slurred speech or problems with vision or balance.</li></ul>
naproxen (Aleve, Naprosyn, Naprelan, Anaprox)		<ul style="list-style-type: none"><li>• Possible kidney, liver and heart problems</li></ul>	
celecoxib (Celebrex*)			
etodolac (Lodine)			
meloxicam (Mobic)			
oxaprozin (Daypro)			
piroxicam (Feldene)			
tolmetin			

\*COX-2 Inhibitor

*This guide is updated annually.*

*Additional drug information can be found on our website at [MyPrime.com/Specialty](http://MyPrime.com/Specialty).*

**Corticosteroids**

Corticosteroids are used to control serious symptoms such as inflammation of the sac around the heart (pericarditis). It can also be injected into a single, affected joint to provide quick relief.

<b>DRUG NAME</b>	<b>FORMS</b>	<b>POSSIBLE SIDE EFFECTS</b>	<b>IMPORTANT INFORMATION</b>
betamethasone (Celestone)	<ul style="list-style-type: none"> <li>• Oral tablet</li> </ul>	<ul style="list-style-type: none"> <li>• Weight gain</li> </ul>	<ul style="list-style-type: none"> <li>• Follow your health care provider’s advice in slowly reducing the dose. It can be dangerous to stop the medicine suddenly.</li> </ul>
cortisone	<ul style="list-style-type: none"> <li>• Intramuscular injection</li> </ul>	<ul style="list-style-type: none"> <li>• Thinning of bones</li> <li>• Cataracts</li> </ul>	
dexamethasone (Decadron)	<ul style="list-style-type: none"> <li>• Intravenous infusion</li> </ul>	<ul style="list-style-type: none"> <li>• Avascular necrosis</li> </ul>	
hydrocortisone (Cortef)		<ul style="list-style-type: none"> <li>• Hypertension</li> </ul>	
methylprednisolone (Medrol)		<ul style="list-style-type: none"> <li>• May interfere with growth</li> </ul>	
prednisone		<ul style="list-style-type: none"> <li>• Round face</li> </ul>	
prednisolone (Orapred)		<ul style="list-style-type: none"> <li>• Increased risk of infection</li> </ul>	

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**• A note on traveling with drugs used to treat JIA**

Have a successful trip by taking time to plan travel with your medicines. For security reasons, you may need to show a pre-printed label from your pharmacy to bring the medicine on an airplane. Contact the airline if you have any questions. Make sure to keep medicines away from heat and direct sunlight, and leave room in your bag for an ice pack or insulation.



## Disease-modifying antirheumatic drugs (DMARDs)

If NSAIDs do not relieve the symptoms, your health care provider may prescribe a DMARD to address the inflammation you may be experiencing. These medicines may also be prescribed along with NSAIDs because the DMARDs may take weeks or months to relieve symptoms.

DRUG NAME	FORMS	POSSIBLE SIDE EFFECTS	IMPORTANT INFORMATION
Gold sodium thiomalate methotrexate (Otrexup, Rasuvo, Rheumatrex, Trexall) sulfasalazine (Azulfidine)	<ul style="list-style-type: none"><li>• Tablet</li><li>• Subcutaneous injection</li><li>• Intramuscular injection</li></ul>	<ul style="list-style-type: none"><li>• Diarrhea</li><li>• Nausea or stomach pain</li><li>• Headache</li><li>• Vomiting</li><li>• Rash</li><li>• Itching</li><li>• Flu-like symptoms</li><li>• Hair loss or growth</li><li>• Liver damage</li></ul>	<ul style="list-style-type: none"><li>• Requires careful monitoring for side effects.</li></ul>

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## Biological response modifiers (BRMs)

The newest class of medicines is called biologic agents and is used when the other medicines have failed to provide relief of the symptoms of JIA.

DRUG NAME	FORMS	POSSIBLE SIDE EFFECTS	IMPORTANT INFORMATION
abatacept (Orencia) adalimumab (Humira) etanercept (Enbrel) tocilizumab (Actemra)	<ul style="list-style-type: none"><li>• Subcutaneous injection</li><li>• Intravenous injections</li></ul>	<ul style="list-style-type: none"><li>• Upper respiratory tract infection</li><li>• Rash</li><li>• Headache</li><li>• Nausea</li><li>• Flu-like symptoms</li><li>• Increased risk of serious infection and certain types of cancer</li></ul>	<ul style="list-style-type: none"><li>• Test for tuberculosis (TB) prior to first dose.</li><li>• Children should not receive “live” vaccines, e.g., MMR (measles, mumps, rubella) and varicella (chicken pox).</li></ul>

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### *Complementary and alternative medicine (CAM)*

You or your child may be curious about complementary medicine. This refers to treatments such as herbal treatments or acupuncture. While some people benefit from CAM, these treatments can also worsen JIA.

Check with your health care provider before starting any new medicines, including vitamins, supplements, herbal remedies, prescription medicines and over-the-counter products.

### *The future is bright*

Studies on patients diagnosed with JIA are happening every day. While health care providers prefer not to use the word “cure” when talking about JIA, new treatments and clinical trials are ongoing to combat this disease. With new and valuable studies continuing to help health care providers make progress with treating JIA, there is hope for the future. You never know when the next study will offer an incredible discovery. Remember that your or your child’s body functions best with the right lifestyle choices, good communication with your health care providers and by taking medicines as prescribed.

You can review the clinical trials that are in progress at **ClinicalTrials.gov** and searching “juvenile idiopathic arthritis.” You can decide if a clinical trial is right for you or your child by discussing it with your health care provider or pharmacist.



## *Understanding side effects*

Some people do not experience any discomfort from their JIA medicine. Others may struggle when dealing with side effects. Taking JIA medicine at bedtime may allow you to sleep through the strongest side effects. JIA medicine may affect your or your child's mental health and physical body as a whole. If any side effects have changed the overall quality of life for you or your child, it's time to talk to your health care provider.

### *Possible side effects*

- 1 For trouble with sleeping,** consider avoiding large meals or caffeine too close to bedtime. You or your child may also consider developing peaceful bedtime routines that can help your body and mind better relax in the evening. Many people have found that relaxation techniques such as yoga, meditation or deep breathing can help alleviate sleep problems.
- 2 If headaches are becoming more regular,** consider drinking more fluids — especially water. Some patients have also found that dark rooms or warm baths can alleviate some headache symptoms. Make sure to speak to your health care provider or a pharmacist at Prime Specialty Pharmacy about using an over-the-counter pain reliever.
- 3 If you or your child has a fever,** make sure to drink plenty of fluids. It's important to talk with your health care provider if you or your child is taking acetaminophen before or after injections.
- 4 If you or your child lacks an appetite,** consider eating smaller and more frequent meals. Taking a walk before and after meals may also help stimulate your or your child's appetite and aid digestion. Practice good self-care, indulge in a few favorite meals and try taking supplements or drinking meal-replacement shakes to help provide the nutrition your or your child's body needs.
- 6 If you or your child is experiencing a dry mouth or bad taste,** it's recommended to start each day with a glass of water. Make sure to go for regular dental check-ups and let the dentist know about any medicines you or your child are taking.

### *Nausea and diarrhea*

Some medicines may cause digestive issues including nausea and diarrhea. When either occur, it's important you or your child stay hydrated and well-rested. For nausea, consider taking small bites of a cracker, or try eating foods at room temperature. For diarrhea, consider limiting foods that contain caffeine and taking dairy out of your or your child's diet. Also avoid foods that cause cramping, such as cabbage, beans, onions, green peppers and carbonated drinks.





## • *A note on pregnancy and breastfeeding*

Let your health care provider know if you or your child is pregnant or planning to become pregnant. Some medicines for JIA are not recommended for pregnant women or may pass into breast milk. Your health care provider may advise you or your child to stop taking certain medicines during pregnancy or when breastfeeding your infant.

## *When it's time to call your health care provider*

### **Chest pain**

This includes discomfort in the chest, esophagus (throat) or lungs. This may feel like a burning or aching chest pain. Seek emergency treatment immediately if you or your child develop chest pain while taking medicines for arthritis, especially if the pain is:

- Very severe
- Different from pain you or your child have had before
- Occurs when doing a strenuous activity, such as climbing stairs

### **Shortness of breath**

If you or your child feels short of breath, call your health care provider. Your health care provider will determine if it is related to arthritis medicines or another medical problem that requires prompt attention.

### **Vision changes**

Although it is uncommon, some people have sudden changes in vision while taking their medicine for arthritis. Call your health care provider right away if you or your child develop:

- Blurry vision
- Double vision
- Sensitivity to light

### **Also call your doctor right away if you experience:**

- Swelling in your legs, feet or ankles
- Severe diarrhea lasting for more than 48 hours
- Blood in your stool
- Skin rash or unusual skin reaction in the area of an injection
- Body temperature higher than 100.5°F at any time, or you have a fever lasting longer than 72 hours or 3 days<sup>8</sup>
- Extreme fatigue
- Allergic-type reactions such as trouble breathing, hives, etc.
- An injection site does not heal within a few days



## Resources

ORGANIZATION	DESCRIPTION
<p><b>American College of Rheumatology</b>  <a href="http://rheumatology.org">rheumatology.org</a>            404.633.3777</p>	<ul style="list-style-type: none"> <li>The American College of Rheumatology (ACR) is an ethically-driven, professional membership organization committed to improving the care of patients with rheumatic disease and advancing the rheumatology subspecialty. Founded in 1934, we are a not-for-profit, global medical society that serves over 9,500 physicians, health professionals and scientists worldwide. The ACR supports its members by providing meaningful education, research, advocacy and practice support.</li> </ul>
<p><b>Arthritis Foundation</b>  <a href="http://arthritis.org">arthritis.org</a>            844.571.HELP (Toll-free)</p>	<ul style="list-style-type: none"> <li>The Arthritis Foundation is the Champion of Yes. Leading the fight for the arthritis community, the Arthritis Foundation helps conquer everyday battles through life-changing information and resources, access to optimal care, advancements in science and community connections. Our goal is to chart a winning course, guiding families in developing personalized plans for living a full life — and making each day another stride towards a cure.</li> </ul>
<p><b>Kids Get Arthritis, Too</b>  <a href="http://kidsgetarthritisoo.org">kidsgetarthritisoo.org</a></p>	<ul style="list-style-type: none"> <li>The Arthritis Foundation is the Champion of Yes. Leading the fight for the arthritis community, the Arthritis Foundation helps conquer everyday battles through life-changing information and resources, access to optimal care, advancements in science and community connections. Our goal is to chart a winning course, guiding families in developing personalized plans for living a full life — and making each day another stride towards a cure.</li> </ul>
<p><b>ClinicalTrials.gov</b>  <a href="http://clinicaltrials.gov">clinicaltrials.gov</a></p>	<ul style="list-style-type: none"> <li>A database of publicly and privately supported clinical studies of human participants conducted around the world. This is a service of the U.S. National Institutes of Health (NIH).</li> </ul>
<p><b>EatRight Academy of Nutrition and Dietetics</b>  <a href="http://eatright.org">eatright.org</a></p>	<ul style="list-style-type: none"> <li>National organization of food and nutrition professionals, who play a key role in treating persons with illnesses offering medical nutrition therapy in a variety of settings.</li> </ul>

ORGANIZATION	DESCRIPTION
<b>Juvenile Arthritis Association</b> juvenlearthritis.org	<ul style="list-style-type: none"> <li>Juvenile Arthritis Association is a 501(c)3 nonprofit organization whose mission is to bring Community, Awareness, Research and Empowerment (CARE) to children and young adults diagnosed with pediatric rheumatic diseases, as well as to their families.</li> </ul>
<b>National Institute of Arthritis and Musculoskeletal and Skin Diseases</b> niams.nih.gov Toll free: 877.22.NIAMS (877.226.4267) TTY: 301.565.2966	<ul style="list-style-type: none"> <li>The National institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) is part of the NIH. Its main function is to support research on arthritis and other related diseases. This site has a searchable database of information related to rheumatoid arthritis, including research studies.</li> </ul>
<b>Mayo Clinic</b> mayoclinic.com	<ul style="list-style-type: none"> <li>The Mayo Clinic is a non-profit medical practice and medical research group based in Minnesota.</li> </ul>
<b>Patient Advocate Foundation</b> patientadvocate.org	<ul style="list-style-type: none"> <li>Patient Advocate Foundation (PAF) is a national 501 (c)(3) non-profit organization which provides professional case management services to Americans with chronic, life threatening and debilitating illnesses.</li> </ul>
<b>U.S. National Library of Medicine</b> nlm.nih.gov	<ul style="list-style-type: none"> <li>The U.S. National Library of Medicine offers visitors online materials for reading on medical issues, disorders and treatments.</li> </ul>

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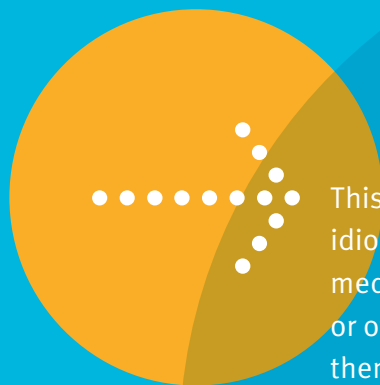
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Prime Therapeutics Specialty Pharmacy LLC (Prime Specialty Pharmacy) is a wholly owned subsidiary of Prime Therapeutics LLC (Prime). Prime Specialty Pharmacy works with your health plan to provide the specialty medicines you need. Prime Specialty Pharmacy wants to help you get the most from your medicine therapy by:

- Helping you get the medicines you need, when you need them
- Providing ongoing, personalized support from disease-specific experts
- Helping you manage the details so your condition does not manage you



This guide provides an overview of juvenile idiopathic arthritis. It is not meant to replace medical advice from your doctor, pharmacist or other health care provider. Please contact them for more information. This guide is intended to be accurate. However, Prime Therapeutics and Prime Specialty Pharmacy are not responsible for loss or damage due to reliance on this guide.

## ABOUT PRIME THERAPEUTICS SPECIALTY PHARMACY

We are trusted by your health plan to help you get the medicine you need to feel better and live well. Our pharmacy experts are working hard to make your medicine more affordable, and your experience easier.

We are fully accredited by URAC — Specialty Pharmacy Accreditation and ACHC (Accreditation Commission for Healthcare) — Specialty Pharmacy Accreditation.



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