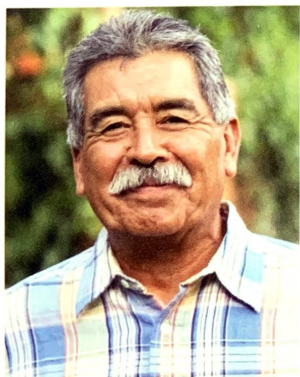




FLORIDA: Your Guide



Information and resources
for patients and their
caregivers from Florida

Please see the Important Safety Information on pages 12-15 and the accompanying Important Product Information.



Your Journey

Understanding your cancer

When first diagnosed with metastatic castration-resistant prostate cancer (mCRPC), it is natural to feel a range of emotions, including fear and frustration. Learning more about mCRPC can help reduce some of the confusion that can come with a new diagnosis. This can help you take a more active part in the choices you make about your own care.

In 2016, an estimated 13,310 men in Florida will be diagnosed with prostate cancer.¹

It can be a difficult journey, so don't hesitate to ask for help—or accept it—from friends, loved ones and members of your community. Consider this guide your ally as well.

Understanding your advanced prostate cancer

Metastatic castration-resistant prostate cancer (mCRPC) **is a type of advanced prostate cancer** that is resistant to medical (eg, hormonal) or surgical treatments that lower testosterone and has spread to other parts of the body.

In other words, your prostate cancer has progressed on androgen deprivation* therapy (ADT) and has spread to other parts of your body.

*Androgen deprivation – A treatment to suppress or block the production or action of male hormones. (National Cancer Institute: NCI Dictionary of Cancer Terms. Bethesda, MD: National Cancer Institute, 2013. www.cancer.gov/publications/dictionaries/cancer-terms?cdrid=559086. Accessed August 19, 2016.



Make Every Day Count[†]

Take a walk with your family and enjoy each other's company.

Here are a few ideas for places to visit together:

- **Big Cypress National Preserve** – Discover the culture of the western everglades and explore the diverse habitat of this area. 33100 Tamiami Trail East, Ochopee. www.nps.gov/bicy/index.htm



- **Fairchild Tropical Botanic Garden** – Enjoy 83 acres of tropical trees, flowering plants, water features, butterflies, and birds. Tour the garden on the tram or on the walking paths. Free admission to active military personnel and veterans. 10901 Old Cutler Rd., Coral Gables. www.fairchildgarden.org
- **Riverside Arts Market** – Take a stroll through this popular community gathering place and enjoy a variety of arts and entertainment. Located under the canopy of the Fuller Warren Bridge at 715 Riverside Ave., Jacksonville. www.riversideartsmarket.com

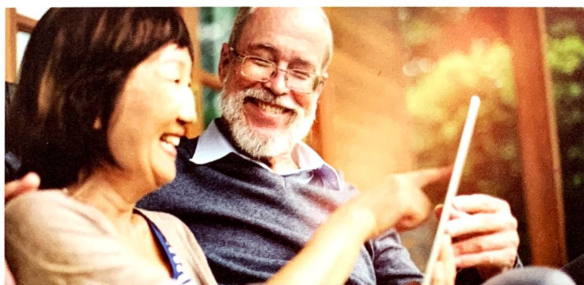
Understanding Your New Treatment

What can you expect on the road ahead?

Starting ZYTIGA® (abiraterone acetate) can come with many questions for your doctor. In order for you and your loved ones to feel more confident with your treatment choices, it's helpful to learn how your treatment works and what you can expect on the road ahead. Be sure to have conversations with your doctor about your goals—what you want to get from your treatment—and how you're doing.

Building your support team

It's important to establish a support network with your doctor, nurse, and loved ones, and with members of your community. If you find you need something beyond what your network can offer, you and your loved ones may consider reaching out to advocacy groups, which can connect you with helpful resources and information.



Local support and advocacy groups are available to you and your family.*

AdvocacyConnector.com – An online tool that connects you and your loved ones to groups that can offer resources based on your needs.

Prostate Health Education Network (PHEN) –

Educational resources, monthly support group meetings with medical professionals for you and your family, and educational programs with church partners. 617-481-4020, www.prostatehealthed.org

Gilda's Club South Florida – Offers support for cancer patients and their families through support groups, workshops, and community resources. 954-763-6776, www.gildasclubsouthflorida.org

Legal and financial assistance and counseling and support resources are also available to you and your family.*

Florida Cancer Specialists Foundation – Helps cancer patients in need with their living expenses while undergoing treatment. 941-677-7181, www.foundation.flcancer.com/apply-for-help/

Cancer Financial Assistance Coalition (CFAC) – Coalition of financial assistance organizations that aids cancer patients by limiting financial challenges. www.cancerfac.org

State Health Insurance Assistance Program (SHIP) – Provides free, in depth, one-on-one insurance counseling and assistance to Medicare beneficiaries, their families, friends, and caregivers. 1-800-963-5337, www.shiptacenter.org/allstate/fl/



Make Every Day Count[†]

Make special memories with your family by visiting these unique spots in Florida.

- **Lummus Park Beach** – Relax by clear turquoise water and tall beautiful palm trees on this beautiful beach. Handicap accessible. Ocean Drive, 5th - 15th Street, Miami Beach. www.miamibeachfl.gov/parksandrecreation/scroll.aspx?id=68237#_=_



- **Friendship Fountain** – See one of the largest self-contained fountains built and enjoy the colorful lights molding the water into a sparkling mist. This is a peaceful place for a picnic, or just to watch the river flow by. 835 Museum Circle, Jacksonville. www.downtownjacksonville.org/locations/l-93-friendship-fountain.aspx



- **Florida Botanical Gardens** – The gardens showcase flora, fauna and natural resources that promote environmentally friendly techniques. 12520 Ulmerton Rd., Largo. <http://www.flbg.org/>

How loved ones can help

The role of caregiver can be complex. Here are some ways you can help and show your support:



Offer to come to doctor appointments. Often another person listening to what the doctor is saying and taking notes can help with remembering what was discussed during the visit.



Ask if any help is needed with remembering to take medications or when to request a refill.



Keep your own journal of what you notice about how he's doing. Don't be afraid to share your observations, which may help give a sense of how he's really feeling.

It isn't always easy for him to talk about how he's feeling. Encouraging open conversations about his and your journey can help support both of you.

For more caregiver tips, visit: APCcaregivers.com.

Local advocacy and or support groups for loved ones include:[†]

Cancer Support Community – Educational presentations and support, and networking groups for people with cancer and their families and friends. 305-668-5900, www.cancersupportcommunitymiami.org

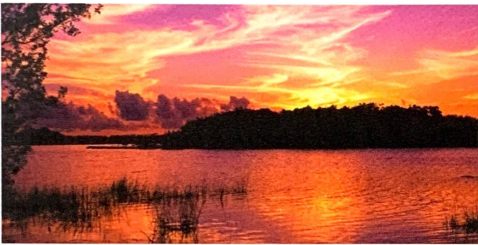
Us TOO International – Helps men and their families make informed decisions about prostate cancer detection and treatment through support, education, and advocacy. 800-808-7866, www.ustoo.org



Make Every Day Count[†]

Spend time with your loved ones and enjoy what your state has to offer.

- **Everglades** – Take a drive or a hike to enjoy the sights of nature such as birds, reptiles, animals, and plants.
www.florida-everglades.com



- **Scenic Drives** – Relax and enjoy one of the scenic drives in Southern Florida such as the Martin Grade Scenic Highway, Florida Keys Scenic Highway, Broward AIA, or Tamiami Trail.
www.floridascenichighways.com/
- **Bird and Wildlife Viewing** – Stop at one of the 510 viewing spots along the The Great Florida Birding and Wildlife Trail in the state.
www.floridabirdingtrail.com



About ZYTIGA® (abiraterone acetate)

ZYTIGA® (zy-tee-ga) is an oral, once-daily prescription medication used in combination with prednisone. ZYTIGA® is used to treat men with a type of prostate cancer called mCRPC (metastatic castration-resistant prostate cancer). This type of advanced prostate cancer is resistant to medical or surgical treatments that lower testosterone and has spread to other parts of the body.

ZYTIGA® is the **first oral, once-daily medication** for metastatic castration-resistant prostate cancer.

By choosing ZYTIGA®, you are joining 5,459 men in Florida and more than 80,000 men in the United States who have been prescribed ZYTIGA®.^{2*}



In Florida, ZYTIGA® was the #1 prescribed oral medication for metastatic castration-resistant prostate cancer in 2015²

Who should not take ZYTIGA® (abiraterone acetate)?

Do not take ZYTIGA® if you are pregnant or may become pregnant. ZYTIGA® may harm your unborn baby. Women who are pregnant or who may become pregnant should not touch ZYTIGA® without protection, such as gloves.

ZYTIGA® is not for use in women or children.

Keep ZYTIGA® and all medicines out of the reach of children.

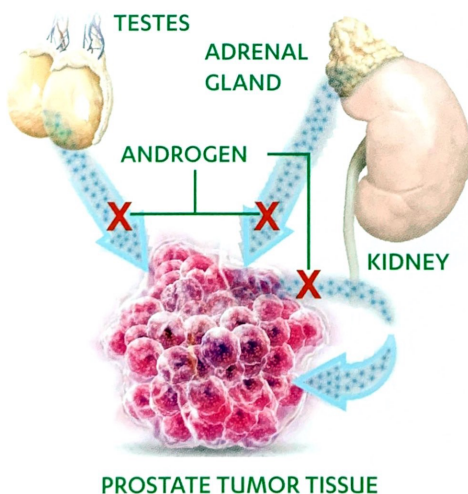
*Estimate based on sales and use data from April 2011 to December 2015.

How ZYTIGA® (abiraterone acetate) Works

Androgens like testosterone are male hormones the body produces naturally, but when you have metastatic castration-resistant prostate cancer (mCRPC), androgens can help fuel the tumor. Reducing the production of androgen is important in helping you and your doctor manage your illness.

ZYTIGA® works by interrupting the androgen-making process at an important step. It inhibits androgen at the following three sources:

- The testes
- The adrenal glands
- The prostate tumor tissue



ZYTIGA® is different from some medicines that decrease androgen production in the testes and do not affect the adrenal glands or prostate tumor tissue.

The Role of Prednisone with ZYTIGA®

ZYTIGA® is used along with prednisone. Because of the way ZYTIGA® works, certain side effects may occur. Prednisone may help decrease the occurrence and severity of these side effects. For more information, talk to your doctor.

Take your prednisone exactly as your healthcare provider tells you. Do not stop taking your prescribed dose of ZYTIGA® or prednisone without talking to your healthcare provider first.

ZYTIGA® may cause serious side effects including:

- **High blood pressure (hypertension), low blood potassium levels (hypokalemia), and fluid retention (edema).**

Tell your healthcare provider if you get any of the following symptoms:

- Dizziness
- Fast heartbeats
- Feel faint or lightheaded
- Headache
- Confusion
- Muscle weakness
- Pain in your legs
- Swelling in your legs or feet
- **Adrenal problems** may happen if you stop taking prednisone, get an infection, or are under stress.

Please see the Important Safety Information on pages 12-15 and the accompanying Important Product Information.

Important Safety Information

Who should not take ZYTIGA® (abiraterone acetate)?

Do not take ZYTIGA® if you are pregnant or may become pregnant. ZYTIGA® may harm your unborn baby. Women who are pregnant or who may become pregnant should not touch ZYTIGA® without protection, such as gloves.

ZYTIGA® is not for use in women or children. **Keep ZYTIGA® and all medicines out of the reach of children.**

Before you take ZYTIGA® (abiraterone acetate), tell your healthcare provider if you:

- Have heart problems
- Have liver problems
- Have a history of adrenal problems
- Have a history of pituitary problems
- Have any other medical conditions
- Plan to become pregnant (**See “Who should not take ZYTIGA®?”**)
- Are breastfeeding or plan to breastfeed. It is not known if ZYTIGA® passes into your breast milk. You and your healthcare provider should decide if you will take ZYTIGA® or breastfeed. You should not do both (**See “Who should not take ZYTIGA®?”**)
- Take any other medicines, including prescription and over-the-counter medicines, vitamins, and herbal supplements. ZYTIGA® can interact with many other medicines.

If you are taking ZYTIGA®:

- Take ZYTIGA® and prednisone exactly as your healthcare provider tells you.
- Take your prescribed dose of ZYTIGA® one time a day. Your healthcare provider may change your dose if needed.
- Do not stop taking your prescribed dose of ZYTIGA® or prednisone without talking to your healthcare provider first.
- Take ZYTIGA® on an empty stomach. **Do not take ZYTIGA® with food.** Taking ZYTIGA® with food may cause more of the medicine to be absorbed by the body than is needed and this may cause side effects.
- No food should be eaten 2 hours before and 1 hour after taking ZYTIGA®.
- Swallow ZYTIGA® tablets whole. Do not crush or chew tablets.
- Take ZYTIGA® tablets with water.
- Your healthcare provider will do blood tests to check for side effects.
- Men who are sexually active with a pregnant woman must use a condom during and for one week after treatment with ZYTIGA®. If their female partner may become pregnant, a condom and another form of birth control must be used during and for one week after treatment with ZYTIGA®. Talk with your healthcare provider if you have any questions about birth control.
- If you miss a dose of ZYTIGA® or prednisone, take your prescribed dose the following day. If you miss more than 1 dose, tell your healthcare provider right away.

Important Safety Information continued on next page

ZYTIGA® (abiraterone acetate) may cause serious side effects including:

- **High blood pressure (hypertension), low blood potassium levels (hypokalemia), and fluid retention (edema).**

Tell your healthcare provider if you get any of the following symptoms:

- Dizziness
- Fast heartbeats
- Feel faint or lightheaded
- Headache
- Confusion
- Muscle weakness
- Pain in your legs
- Swelling in your legs or feet
- **Adrenal problems** may happen if you stop taking prednisone, get an infection, or are under stress.
- **Liver problems.** You may develop changes in your liver function blood tests. Your healthcare provider will do blood tests to check your liver before treatment with ZYTIGA® and during treatment with ZYTIGA®. Liver failure may occur, which can lead to death. Tell your healthcare provider if you notice any of the following changes:
 - Yellowing of the skin or eyes
 - Darkening of the urine
 - Severe nausea or vomiting
- The most common side effects of ZYTIGA® include:
 - Weakness
 - Joint swelling or pain
 - Swelling in your legs or feet
 - Hot flashes
 - Diarrhea
 - Vomiting
 - Cough
 - High blood pressure
 - Shortness of breath
 - Urinary tract infection
 - Bruising
 - Low red blood cells (anemia) and low blood potassium levels
 - High blood sugar levels, high blood cholesterol and triglycerides
 - Certain other abnormal blood tests

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

THESE ARE NOT ALL THE POSSIBLE SIDE EFFECTS OF ZYTIGA®.

FOR MORE INFORMATION, ASK YOUR HEALTHCARE PROVIDER OR PHARMACIST.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

ZYTIGA® can interact with other medicines.

You should not start or stop any medicine before you talk with the healthcare provider that prescribed ZYTIGA®.

Know the medicines you take. Keep a list of them with you to show to your healthcare provider and pharmacist when you get a new medicine.

Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088 (1-800-332-1088).

Personalized Patient and Cost Support

With ZYTIGA® (abiraterone acetate), you don't have to go it alone

We know that cost support may be on your mind. If you have any questions about access or cost, Janssen CarePath is here to help you get started and stay on track with your ZYTIGA®.

Personalized complimentary support is available through our CarePath Care Coordinators, who can assist you with:

- **Affording ZYTIGA®:** Identifying cost support options that may help with managing your out-of-pocket costs for ZYTIGA® — whether you have commercial insurance or government insurance, such as Medicare or Medicare Part D
- **Getting ZYTIGA®:** Assisting with and coordinating with a specialty pharmacy to arrange shipment of your ZYTIGA®
- **Staying on ZYTIGA®:** Connecting you with additional support, such as monthly prescription reminders and educational materials delivered to your e-mail inbox or front door



There is a designated Care Coordinator for Florida.

Your prescribing doctor may request CarePath to call you, or you may call CarePath directly.

Janssen
CarePath

1-855-ZYTIGA-1 (998-4421)
Monday – Friday,
8:00 AM–8:00 PM ET

Additional support resources for assistance with concerns during your treatment include:†

Artbreakers – Provides a variety of services to assist cancer patients in and around St. Johns County with transportation, financial needs, or finding other services. 904-377-2431, www.artbreakers.org

LIVESTRONG – Free cancer support services to help you cope with the financial, emotional, and practical challenges that accompany the disease. 855-220-7777, www.livestrong.org

Team Tony Foundation – Provides personalized matches that enable 1-to-1 support among cancer fighters, survivors, and caregivers in Florida suncoast area. 941-227-4404, www.teamtony.org

CancerForward – The Foundation for Cancer Survivors - Digitally based information shared with cancer survivors from time of diagnosis through treatment and beyond. 855-233-6792, www.cancerforward.org

ZERO – The End of Prostate Cancer - A national nonprofit organization with the mission to end prostate cancer by advancing research, encouraging action, and providing education and support to men and their families. www.zerocancer.org

21st Century c.a.r.e. – Assists with many of out-of-pocket costs for patients while undergoing cancer treatment. Support groups in Fort Myers. 888-850-1622, www.21stcenturycare.org

How to Take

ZYTIGA[®] (abiraterone acetate)

ZYTIGA[®] is a once-daily, oral medication you can take at home. It's important to take ZYTIGA[®] and prednisone exactly as your healthcare provider tells you and to stay on the treatment schedule recommended by your doctor to give ZYTIGA[®] the best opportunity to work.



- It's important to **take your prescribed dose of ZYTIGA[®] tablets once daily**
- Swallow ZYTIGA[®] tablets whole.
Do not crush or chew tablets
- Take ZYTIGA[®] tablets with water



- No food should be eaten 2 hours before and 1 hour after taking ZYTIGA[®]
- Take ZYTIGA[®] on an empty stomach.
Do not take ZYTIGA[®] with food.
Taking ZYTIGA[®] with food may cause more of the medicine to be absorbed by the body than is needed and this may cause side effects



- **Take your prednisone exactly as your healthcare provider tells you. Do not stop taking your prescribed dose of ZYTIGA[®] or prednisone without talking to your healthcare provider first**

The Recommended Dose for ZYTIGA[®] (abiraterone acetate)

The recommended dose of ZYTIGA[®] is 1,000 mg (four 250-mg tablets) administered orally once daily in combination with prednisone 5 mg administered orally twice daily.

Take your prescribed dose of ZYTIGA[®] one time a day. Your healthcare provider can change your dose if needed.

If you miss a dose of ZYTIGA[®] or prednisone, take your prescribed dose the following day. If you miss more than 1 dose, tell your healthcare provider right away.