

From: Janssen Biotech Inc. [admin@info.janssenbiotech.com]

Subject: [First Name], wishing you healthy holidays;

Stay in control this holiday season; [First Name], eat right and stay active this holiday season

To ensure our STELARA® emails make it to your inbox,
add admin@info.janssenbiotech.com to your address book.

Having trouble? [View on Web](#) | [View on Mobile](#)

You have received this message because you agreed to receive information about STELARA® from Janssen Biotech, Inc.



PLEASE READ THE
IMPORTANT SAFETY INFORMATION

Tips For The Upcoming Holiday Season

The holidays are a joyful time of year spent celebrating with family and friends. Yet for some people, the hustle and bustle of the season can be stressful. If you have moderate or severe plaque psoriasis, research shows stress can be a contributing factor to flare-ups. That's why it's important to stay healthy and manage your stress levels.

If commitments stack up, remind yourself that you deserve a happy and relaxed holiday. Use these tips to stay healthy, hold off stress, and start the New Year feeling good.

And be sure to talk to your doctor before changing any of your eating, exercise, or stress-management habits.



Stay Healthy

- Eat a healthy meal before going to your holiday party so you can say no to snacking and avoid calories
- Bring a healthy dish to share with others and nibble on it yourself
- Keep portion control in mind when eating at restaurants or buffets



Stay Active

- Walking the mall in search of the perfect gifts can add up in miles and keep you moving in cold weather
- String lights outside and decorate inside to keep your blood flowing and your heart pumping
- Spend the day outside enjoying the brisk weather by taking a walk or jogging around your neighborhood

Stay Relaxed

- Make a to-do list so important things don't slip your mind and cause unneeded stress
- Buy your holiday gifts in advance so you aren't scrambling last minute to find the gifts you need
- It's OK to say no to certain holiday events to keep from feeling overwhelmed with commitments

We wish you a happy and healthy holiday season.

For an extra holiday treat, be sure to download our FREE e-book, [Your Journey To Healthier Living](#).

STELARA® support

What Is STELARA®?

STELARA® (ustekinumab) is a prescription medicine approved to treat adults 18 years and older with moderate or severe plaque psoriasis that involves large areas or many areas of their body, who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

IMPORTANT SAFETY INFORMATION

STELARA® is a prescription medicine that affects your immune system. STELARA® can increase your chance of having serious side effects including:

Serious Infections

STELARA® may lower your ability to fight infections and may increase your risk of infections. While taking STELARA®, some people have serious infections, which may require hospitalization, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses.

- Your doctor should check you for TB before starting STELARA® and watch you closely for signs and symptoms of TB during treatment with STELARA®.
- If your doctor feels that you are at risk for TB, you may be treated for TB before and during treatment with STELARA®.

You should not start taking STELARA® if you have any kind of infection unless your doctor says it is okay.

Before starting STELARA®, tell your doctor if you think you have an infection or have symptoms of an infection such as:

- fever, sweats, or chills
- muscle aches
- cough
- shortness of breath
- blood in your phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more often than normal
- feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have TB, or have been in close contact with someone who has TB

After starting STELARA®, call your doctor right away if you have any symptoms of an infection (see above).

STELARA® can make you more likely to get infections or make an infection that you have worse. People who have a genetic problem where the body does not make any of the proteins interleukin 12 (IL-12) and interleukin 23 (IL-23) are at a higher risk for certain serious infections that can spread throughout the body and cause death. It is not known if people who take STELARA® will get any of these infections because of the effects of STELARA® on these proteins.

Cancer

STELARA® may decrease the activity of your immune system and increase your risk for certain types of cancer. Tell your doctor if you have ever had any type of cancer.

Reversible posterior leukoencephalopathy syndrome (RPLS)

RPLS is a rare condition that affects the brain and can cause death. The cause of RPLS is not known. If RPLS is found early and treated, most people recover. Tell your doctor right away if you have any new or worsening medical problems including: headache, seizures, confusion, and vision problems.

Serious Allergic Reactions

Serious allergic reactions can occur. Get medical help right away if you have any symptoms such as: feeling faint, swelling of your face, eyelids, tongue, or throat, trouble breathing, throat or chest tightness, or skin rash.

Before receiving STELARA®, tell your doctor if you:

- have any of the conditions or symptoms listed above for serious infections, cancer, or RPLS
- have recently received or are scheduled to receive an immunization (vaccine). People who take STELARA® should not receive live vaccines. Tell your doctor if anyone in your house needs a vaccine. The viruses used in some types of vaccines can spread to people with a weakened immune system, and can cause serious problems. **You should not receive the BCG vaccine during the one year before taking STELARA® or one year after you stop taking STELARA®.** Non-live vaccinations received while taking STELARA® may not fully protect you from disease.
- are receiving or have received allergy shots, especially for serious allergic reactions
- ever had an allergic reaction to STELARA®
- receive phototherapy for your psoriasis
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if STELARA® will harm your unborn baby. You and your doctor should decide if you will take STELARA®.
- are breast-feeding or plan to breast-feed. It is thought that STELARA® passes into your breast milk. You should not breast-feed while taking STELARA® without first talking to your doctor.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your doctor if you take:

- other medicines that affect your immune system
- certain medicines that can affect how your liver breaks down other medicines

Common side effects of STELARA® include: upper respiratory infections, headache, and tiredness.

These are not all of the side effects with STELARA®. Tell your doctor about any side effect that bothers you or does not go away. Ask your doctor or pharmacist for more information.

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.

Please read the [Medication Guide](#) and [Full Prescribing Information](#) for STELARA® and discuss any questions you have with your doctor.

25ST10212

Requires Adobe® Acrobat® Reader®. [Click here to download.](#)



If you want to stop receiving information about STELARA® from Janssen Biotech, Inc., you may ask us to remove you from our contact list by calling 1-888-808-9462 or [click here](#) to unsubscribe.

This is an automated message from Janssen Biotech, Inc. Please do not reply to this e-mail address, as it is not set up to process any responses.

Please read our [Privacy Policy](#).

Janssen Biotech, Inc.
800 Ridgeview Drive
Horsham, PA 19044
USA

© Janssen Biotech, Inc. 2012 8/12 25ST12205