



# SECUKINUMAB

## *Information leaflet*

### 1. What is secukinumab and how does it work?

Secukinumab (Cosentyx®, Fraizeron®) is a biologic medicine which blocks the activity of a chemical messenger known as a cytokine called interleukin-17A (IL-17A). IL-17A is one of the main causes of inflammation in psoriasis and psoriatic arthritis.

### 2. What skin conditions are treated with secukinumab?

- Psoriasis

### 3. How long will I need to take secukinumab before it has an effect?

You may need several weeks before your psoriasis improves, usually by 12 weeks.

### 4. How do I take secukinumab?

Secukinumab is given as an injection under your skin (subcutaneous) using a pre-filled pen device. Injections can be performed on the stomach, thighs or upper outer arms.

The recommended dose of secukinumab is 300 mg weekly for 5 weeks followed by monthly injections of 300 mg thereafter.

Secukinumab must be stored in a refrigerator between 2 to 8°C. If transporting your treatment, you need a cool box or cool bag with icepacks to maintain the recommended temperature.

### 5. What are the possible side effects of secukinumab?

#### a. Mild

- Reaction at the injection site: redness, rash, swelling, itching, bruising
- Cold symptoms
- Sore throat
- Stuffy nose
- Oral thrush (candidiasis)
- Hives (urticaria)
- Diarrhoea
- Headache
- Aching joints
- Cold sores

#### b. Serious or severe

- Serious infections
- Blood problems: inadequate blood cells that fight infections or stop bleeding
- Allergic reaction: severe rash, swollen face, difficulty breathing

### 6. What happens before starting treatment?

You will have a consultation with your dermatologist, including a clinical examination, blood tests (including screening for tuberculosis, hepatitis and HIV) and a chest X-ray. You will be asked about:

- Tuberculosis, or close contact with someone who has it
- Hepatitis or HIV infection, or if you think you are at risk
- Infection history e.g. prone to cold sores or urinary tract infections
- Vaccination history and plans
- Crohn's disease
- Cancer
- If you are scheduled to have major surgery
- Latex allergy

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### 7. How will I be monitored while I am taking secukinumab?

You will be asked about side effects and have blood tests from time to time (e.g. after 3 months then every 6 months) at your clinic appointments. At each visit, your skin will be examined and you will be asked questions to assess your response to treatment.

Inform your doctor about:

- Changes to medications
- Planned procedures and surgery
- Infection or symptom/sign of infection that does not go away: fever, lethargy, cough, influenza-like symptoms, burning on passing urine, dental problems, red and or painful skin, open sores on your body or night sweats. Your doctor may suggest stopping secukinumab temporarily.
- Bruising, easy bleeding, look pale
- Signs of severe allergic reaction (anaphylaxis): severe rash, swollen face/tongue, throat tightness, difficulty breathing. Please dial 999 for an ambulance immediately and go to the nearest hospital Accident and Emergency department. You should inform your dermatologist afterwards.

### 8. What precautions should I take?

- Avoid close contact with anyone who has a bad cold, influenza or chest infection.
- Wash hands frequently while on secukinumab.
- Avoid dairy foods that are not pasteurised, certain cheeses (cammbert, brie, blue cheese), pate or eggs, meat or poultry that are not adequately cooked and excessive alcohol.
- If you develop symptoms of tuberculosis (e.g. a persistent dry cough, weight loss, fever, night sweats), inform your doctor.
- Discuss with your doctor prior to surgery as you may be advised to stop secukinumab prior to the surgery due to the increased risk of infection afterwards.
- Avoid pregnancy and breastfeeding. Discuss with your doctor if you are pregnant or planning to become pregnant.
- Discuss with your doctor if you are planning to travel abroad. Depending on where you are travelling, precautions may be needed against infections.
- While on secukinumab, you should not be given any 'live' vaccines (e.g. polio, flu vaccine administered through the nose, rubella, yellow fever). If you require a live vaccine, secukinumab should be stopped at least 6 months before and until 4 weeks after the vaccination. Inactivated vaccines e.g. Pneumovax are safe but may be less effective.



# SECUKINUMAB (司库奇尤单抗)

## Information leaflet

### 1. 什么是司库奇尤单抗，它是如何起作用的？

司库奇尤单抗 (Cosentyx®, Fraizeron®) 是一种生物制剂药物，用于抑制一种名为白细胞介素-17A (IL-17A) 的细胞因子的活性。IL-17A是导致银屑病和银屑病关节炎的主要因素之一。

### 2. 司库奇尤单抗用于治疗哪些皮肤病？

- 银屑病

### 3. 在司库奇尤单抗开始起效之前需要多长时间？

通常需要几周时间，通常在12周内银屑病会有所改善。

### 4. 我该如何使用司库奇尤单抗？

司库奇尤单抗以预装式注射笔进行皮下药物注射。可注射的范围包括腹部、大腿或上臂外侧。

推荐的司库奇尤单抗剂量是每周300毫克，连续使用5周，然后每月注射300毫克。

司库奇尤单抗必须存放在2至8°C的冰箱中。如果需携带外出，您需要使用保冷箱或装有冰袋的保冷袋以保持司库奇尤单抗在推荐的温度。

### 5. 司库奇尤单抗可能导致的副作用是什么？

#### a. 轻度

- 注射部位的反应：发红、皮疹、肿胀、瘙痒、淤青
- 感冒症状
- 喉咙痛
- 鼻塞
- 口腔念珠菌感染/鹅口疮（念珠菌病）
- 荨麻疹
- 腹泻
- 头痛
- 关节疼痛
- 唇疱疹

#### b. 严重或重度

- 严重感染
- 血液问题：缺乏有效对抗感染或停止出血的血细胞
- 过敏反应：严重皮疹、面部肿胀、呼吸困难

### 6. 开始治疗前会发生什么？

您将与您的皮肤科医生进行面诊，包括临床检查、血液测试（包括结核病、肝炎和艾滋病毒的筛查）和胸部X光检查。医生会询问您以下内容：

- 结核病，或与患有结核病的人有密切接触
- 肝炎或艾滋病毒感染，或者您认为自己有风险
- 感染史，例如容易患唇疱疹或尿路感染
- 疫苗接种历史和计划
- 克罗恩病
- 癌症
- 如果您有重大手术的计划
- 乳胶过敏

### 7. 在使用司库奇尤单抗期间，我将如何被监测？

您将在诊所预约时被询问有关副作用和接受定期的血液测试（例如在开始治疗后3个月，然后每6个月一次）。每次看诊时，您的皮肤将被检查，医生也会询问您一些问题以评估您的治疗效果。



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请告知您的医生有关：

- 药物变化
- 计划的医疗程序和手术
- 感染或持续存在的感染症状或体征：发烧、乏力、咳嗽、类似流感的症状、排尿时的灼热感、牙科问题、皮肤发红或疼痛、身体上的开放性溃疡或夜间盗汗。您的医生可能会建议暂时停止使用司库奇尤单抗。
- 淤青、易出血、看起来苍白
- 严重过敏反应的征兆：严重皮疹、面部/舌头肿胀、喉咙紧绷、呼吸困难。请立即拨打999呼叫救护车，并前往最近的医院急诊科。事后您需告知您的皮肤科医生。

8. 我应该采取哪些预防措施？

- a. 避免与患有重感冒、流感或胸腔感染的人密切接触。
- b. 在使用司库奇尤单抗期间频繁洗手。
- c. 避免食用未经巴氏消毒的乳制品，某些奶酪（卡門貝爾、布里、蓝纹奶酪）、肉酱或生鸡蛋，未充分烹煮的肉类，以及过量饮酒。
- d. 如果出现结核病的症状（如持续干咳、体重减轻、发烧、夜间盗汗），请告知您的医生。
- e. 在进行手术前与您的医生讨论，因为您可能会被建议在手术前停止使用司库奇尤单抗，以减少术后感染的风险。
- f. 在怀孕和哺乳期间应避免使用司库奇尤单抗。如果您正怀孕或计划怀孕，请与您的医生讨论。
- g. 计划出国旅行前，请与您的医生讨论。根据您的旅行地点，您可能需要采取措施预防感染。
- h. 在使用司库奇尤单抗期间，您不应接种任何“活”疫苗（例如小儿麻痹症、鼻喷流感疫苗、风疹、黄热病）。如果您需要接种活疫苗，应停用司库奇尤单抗至少6个月及直到接种后4周。灭活疫苗如肺炎疫苗是安全的，但在使用司库奇尤单抗后可能效果会较差。