



THE WORLD IS BEAUTIFUL > TO LOOK AT

Your guide to therapy with **LUCENTIS®** (ranibizumab) for wet (neovascular) age-related macular degeneration (AMD)



This booklet was created to help you better understand LUCENTIS®, a treatment for wet (neovascular) age-related macular degeneration (AMD).

What is LUCENTIS®?

- LUCENTIS® belongs to a group of treatments known as anti-vascular endothelial growth factor (VEGF) therapies
- LUCENTIS® prevents VEGF-A, a substance that can affect vision, from causing further damage to the eye and can even repair some of the damage that has occurred

How is LUCENTIS® treatment given?

- LUCENTIS® is an injection in the eye
 - It's normal to worry about such injections, but most patients say that the injection is painless and sounds worse than it really is



What will happen at my appointment?

- To help prevent any infection, your doctor may ask you to use eyedrops for a few days before the injection
- On the day of your treatment, care will be taken to make sure you are relaxed and comfortable
- A doctor or nurse will
 - Cover your face and the area around the eye with a special drape
 - Clean your eye and the skin around it
 - Hold your eye open so you don't blink
 - Numb your eye with an anaesthetic to prevent pain
- **The doctor will then give the injection into the white part of your eye. You may feel a little pressure with the injection**
- **It's important to tell your doctor if you**
 - Have an eye infection
 - Have any pain or redness in your eye
 - Think you may be allergic to LUCENTIS® or to povidone iodine

What happens after I receive my LUCENTIS® injection?

- Your doctor will do eye tests, including a measure of the pressure in your eye, to make sure the treatment went well
- You may need to use eyedrops for a few days to prevent any infections
- **The white area of the eye, where the injection was given, will likely be red**
 - This redness is normal and it will go away in a few days
 - Contact your doctor if it doesn't go away or gets worse
- **You may see a few spots or “floaters” in your vision**
 - These spots are normal and should go away in a few days
 - Contact your doctor if they don't go away or get worse
- **Your pupils will be dilated for the injection, and this can make it difficult for you to see for a few hours after the treatment**
 - If you usually drive, you should not drive until your vision has returned to normal



What happens after I receive my LUCENTIS® injection? (cont'd)

- It is important to monitor for changes in the condition of your eye and body in the week following your injection. Rarely, injections in the eye can cause infection
- Contact your doctor as soon as possible if you have any of the following signs and symptoms in your eye: pain; light sensitivity/tearing; swollen lids or other swelling; increasing redness; blurred, distorted, or sudden loss of vision; light flashes; seeing flies, black spots, or coloured halos; or drying of the surface of your eye
- Also, contact your doctor as soon as possible if you notice any of these other signs and symptoms: sudden pain or swelling in your muscles; headache; dizziness; shortness of breath; cough; nausea; vomiting; sweating; itchiness; skin rash; lip or facial swelling; limping that comes and goes; warmth/tenderness of the calf; numbness and pain of your skin, arms, or legs; nosebleed; bloody urine; bruising; slurred speech; or weakness or paralysis of muscles (especially to one side)

How long will I need to continue treatment with LUCENTIS®?

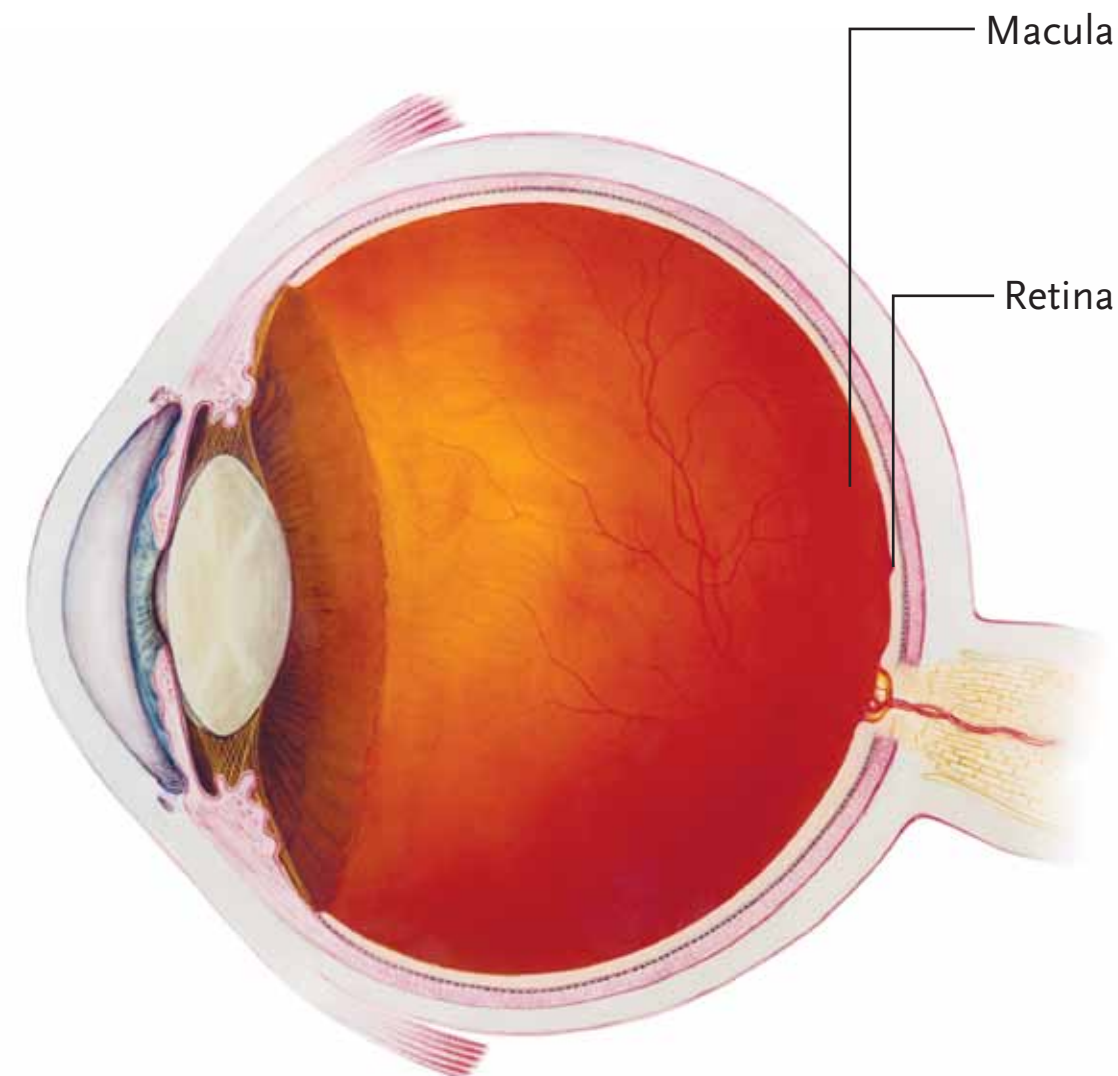
- Every patient is different. You will need ongoing treatment with LUCENTIS® depending on how your vision changes
- Talk with your doctor about your results and your feelings about your treatment
- If your vision doesn't get better immediately, it is important to keep attending your eye doctor appointments
 - The best way to protect your independent lifestyle and your vision is to visit your doctor on a regular basis
 - Be sure to discuss options with your doctor

Always go to every appointment that your doctor arranges for you. Since your condition requires regular treatment, you will need to be monitored frequently.



What is wet AMD and how does it affect my vision?

- Wet AMD is a condition that affects the macula, a part of the retina at the back of the eye
 - The macula is the area that lets you see sharply in the centre of your vision



National Eye Institute, National Institutes of Health



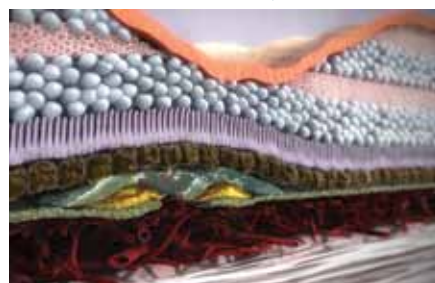
What is wet AMD and how does it affect my vision? (cont'd)

- One of the contributing factors for wet AMD is a substance called vascular endothelial growth factor A (VEGF-A), which causes new, weak blood vessels to grow and leak under the macula, damaging your central vision

Healthy retina



Retina affected by wet AMD



VEGF-A causes new, weak blood vessels to grow and leak, damaging the macula

- It may be that the vision loss from your wet AMD has already started to affect your ability to do everyday things like reading, shopping, and driving
- Most patients will need to see their doctor regularly for tests and treatment

What can I expect following treatment with LUCENTIS®?

- With LUCENTIS®, for almost all patients, vision at least stays the same, and for many, it gets better
- Following treatment, some patients notice a difference in their vision in as early as one week
 - You may not notice an improvement right away. But it's important that you continue with regular treatment because you may notice improvement with continued treatment
- With LUCENTIS®, you may find that you are able to do everyday activities that you have found difficult since being diagnosed with wet AMD, such as reading, shopping, and driving



What can I do to help my wet AMD?

- **Monitor your own vision regularly**
 - At home, take note of any changes in your vision
 - > Be proactive and tell your doctor or nurse if you notice any changes
- **Dealing with changes in your vision can be difficult—it's OK to ask for support**
 - Talk with family and friends about your vision, and let them know if you are having trouble reading, getting around, taking medication, or doing housework
 - If you don't have family or friends who can help, ask at your doctor's office about support services
- **Adjust your lifestyle**
 - You should eat a balanced diet because it is good for your body and overall health, which is in turn good for your eyes
 - > Try to eat more leafy vegetables and fish
- **Ask your doctor about nutritional supplements for your eyes**
- **If you smoke, try to quit**
 - Smoking can harm your eyes
- **Sunlight can damage your eyes, so wear sunglasses when you go out in bright sunlight**

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