

Lucentis® (ranibizumab) in the treatment of visual impairment due to choroidal neovascularization (CNV) secondary to pathologic myopia (PM)

[Introduction]

Welcome to your audio guide to therapy with Lucentis®!

You have been given this leaflet and CD because your doctor has prescribed you with Lucentis®. Your doctor believes you should receive Lucentis® as a treatment for your visual impairment due to choroidal neovascularization (CNV) secondary to pathologic myopia (PM). First, you'll learn about Lucentis®, followed by information on CNV secondary to PM.

[About Lucentis®]

To start off, let's talk about Lucentis®.

Lucentis® belongs to a group of treatments known as anti-vascular endothelial growth factor, or VEGF, therapies.

Lucentis® prevents VEGF-A, a substance that affects vision, from causing further damage to the eye and can even repair some of the damage that has occurred.

Next, let's talk about what you can expect when you receive your Lucentis® injection.

Lucentis® is administered to patients through an injection in the eye. It is normal to worry about injections but most patients say that the injection is painless and sounds worse than it really is.

To help prevent infection, your doctor may ask you to use eye drops 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, and clean your eye and the surrounding skin. Your eye will then be held open so that you don't blink, and numbed with an anesthetic to prevent pain.

The doctor will then inject the treatment 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, pain and redness in your eye, or if you think you may be allergic to Lucentis®, Betadine® or iodine.

After you receive your Lucentis® injection, your doctor will test your eyes to ensure that the treatment went well: this will include a measure of the pressure in your eye. You may need to use eye drops for a few days to prevent infection. The white area of the eye, where the injection was given, will likely be red. This redness is normal and it will disappear in a few days. However, please contact your doctor immediately 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 disappear after a few days. Again, 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. You should not drive until your vision returns to normal. You may wish to ask a friend or family member to accompany you home.

It is important to monitor changes in the condition of your eye in the week following your injection. Although rare, injections in the eye can cause infection. Contact your doctor as soon as possible if you have any of the following symptoms: pain; light sensitivity or tearing; swollen lids or other swelling; increasing redness; blurred or distorted

vision, or sudden vision loss; flashes of light; seeing flies, black spots, colored halos; or drying of the surface of your eye.

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; sporadic limping; warmth or tenderness of the calf; numbness and pain of your skin, arms or legs; nosebleeds; blood in your urine; bruising; slurred speech; or weakness or paralysis of the muscles (especially to one side).

Now, let's talk about how long you will need to continue treatment with Lucentis®.

Every patient is different – you may need ongoing treatment with Lucentis® depending on how your vision changes. Talk to your doctor about your results and your feelings about your treatment.

If your vision is not maintained or doesn't immediately improve, 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 available options with your doctor, and ensure you attend every scheduled appointment. Your condition will require regular treatment and frequent monitoring.

[Visual impairment due to CNV secondary to PM]

Now that you know about Lucentis®, let's talk about visual impairment due to CNV secondary to PM.

Myopia, also known as near- or short-sightedness, is a common condition in which light entering the eye is focused in front of the retina instead of directly onto it, causing distant objects to appear blurred.

Myopia can be divided into two distinct groups based on its severity: low-to-modest degree of myopia, which is sometimes referred to as simple myopia, and secondly, high myopia.

Eyes with high myopia become elongated compared with normal eyes. Many of these have signs of structural damage where the tissue in the eye has deteriorated – this is called pathologic myopia or PM.

Eyes with pathologic myopia can have invasive blood vessels growing in the layers of tissue on the retina; this process is called choroidal neovascularization or CNV. CNV is a common cause of vision loss in patients with PM and is a serious threat to vision if left untreated.

One of the contributing factors for CNV secondary to PM is a substance called VEGF-A. VEGF-A can cause leakage and thickening in the layers of the retina, which damage vision.

It may be that visual impairment due to CNV secondary to PM 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.

It is also important for you to know how CNV secondary to PM is diagnosed.

A technique called fluorescein angiography, which visualizes the blood vessels at the back of the eye, is commonly used for the diagnosis of CNV secondary to PM.

For this test, the doctor will dilate your pupils by administering eye drops. A yellow dye will then be injected into your arm and a series of photographs will be taken.

Now we'll talk about what you can expect after treatment with Lucentis®.

For the majority of patients who receive Lucentis®, vision will remain at least the same, and for many patients, it will improve.

After treatment, patients may notice a difference in their vision within as little as 1 week. You may not notice an improvement immediately, but it is important that you undergo regular treatment because you may notice improvement with continued treatment.

With Lucentis®, you may find that you are able to perform everyday activities that you have found difficult since being diagnosed with visual impairment due to CNV secondary to PM, such as reading, shopping and driving.

Finally, let's talk about the ways you can help your visual impairment due to CNV secondary to PM.

Monitor your own vision regularly. At home, take note of any changes in your vision. Be proactive and contact your doctor or nurse if you notice any changes: the earlier you begin PM treatment, the better.

Dealing with changes in your vision can be difficult – it is 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 do not 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, limiting fatty and high-cholesterol foods that could narrow your blood vessels and cause plaque build-up. Exercise regularly, because that can help you to maintain an ideal weight and keep your blood vessels healthy. If you smoke, try to quit. Smoking can damage blood vessels and harm your eyes. Finally, stress can increase blood pressure and the risk of vascular disease, so build relaxation time into your daily routine.

We hope that this information has helped you to better understand Lucentis® and how it can help treat visual impairment due to CNV secondary to PM. If you have further questions, please ask your doctor.