



START TALKING ABOUT DECREASED PHYSICAL ENDURANCE AND UNINTENTIONAL WEIGHT LOSS

People with HIV-associated wasting may have less physical endurance than they used to have and lose weight without trying. HIV-associated wasting is treatable. But before you can start treating it, you need to talk about it. Use these questions and the weight and activity tracker on the next page to start a conversation with your healthcare professional.

COULD I HAVE HIV-ASSOCIATED WASTING?

- I have lost weight recently without trying. Could I have HIV-associated wasting?
- My family has noticed changes in my weight and in the way I look. Could I have HIV-associated wasting? How can I know for sure?
- I have less physical endurance than I used to have. Could this be a sign of HIV-associated wasting?
- The changes in my weight negatively affect my health and how I feel. Could I have HIV-associated wasting?

WHAT TREATMENT OPTIONS ARE AVAILABLE TO ME?

- My energy is still low. I've been experiencing unintentional weight loss. I've tried changing my diet, but I haven't seen results. Is there anything else I can try?
- Is there anything that can treat HIV-associated wasting? I would like to discuss this with you.
- You've prescribed other products to help me with my loss of weight, and I haven't seen results. Is there another medication you can prescribe?

IMPORTANT RISK INFORMATION

WHAT IS SEROSTIM® [somatropin (rDNA origin) for injection]?

Serostim® is an injectable prescription medicine used for the treatment of HIV patients with wasting or cachexia to increase lean body mass and body weight, and improve physical endurance. Treatment with antiretroviral therapy at the same time is necessary.

YOU SHOULD NOT TAKE SEROSTIM® IF YOU HAVE:

- Hospitalization or surgery due to a serious medical condition or critical illness
- Cancer or undergoing treatment for cancer
- Eye problems caused by diabetes
- Allergies to growth hormone or benzyl alcohol (an ingredient in the liquid used to mix Serostim®)

WHAT SHOULD I TELL MY DOCTOR BEFORE USING SEROSTIM®?

- If you have cancer or had cancer in the past.
- If you have diabetes, are at risk for getting diabetes, or have blood sugar levels that are higher than normal. New cases of type 2 diabetes have been reported in patients taking Serostim®.

- If you are taking any other medicines (both prescription or over the counter), vitamins, or supplements because these medicines may affect each other. Some medicines and hormones may need to be monitored or adjusted while taking Serostim®.
- If you have allergies. Serostim® should not be prescribed if you are allergic to any of the ingredients.
- If you are nursing, pregnant, or plan to become pregnant. It is not known if Serostim® passes into your breast milk or could harm your unborn baby.

WHAT ARE THE MOST COMMON SIDE EFFECTS OF SEROSTIM® REPORTED IN CLINICAL TRIALS IN PATIENTS TREATED FOR HIV-ASSOCIATED WASTING OR CACHEXIA?

- Swelling, especially in the hands or feet
- Bone, muscle, and joint pain or stiffness
- Tingling and numbness
- Unusual skin sensations
- Breast enlargement in men
- Nausea
- Extreme tiredness

Please see page 2 for additional Important Risk Information and the [Full Prescribing Information](#).

MY WEIGHT AND ACTIVITIES TRACKER

If you have been experiencing gradual, unintentional weight loss or a decrease in physical endurance, use this tracker to keep a weekly record of your weight, your level of physical activity and other important symptoms. This could be helpful information to supply to your healthcare provider at your next appointment.

NAME _____ INITIAL WEIGHT _____ INITIAL DATE ____/____/____

Keep a record of the weekly changes you experience and share it with your healthcare provider at your next visit.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Date						
Weight						
Physical endurance For example: Are any activities more difficult?						
Physical activity For example: Are you exercising less? Do you need to rest more frequently?						
Appetite/meals For example: Are you eating the same as you have before? Has your intake changed?						

IMPORTANT RISK INFORMATION (cont'd)

Other less common but serious side effects of Serostim[®] are:

- An increased amount of HIV virus, so it is important to continue taking antiretroviral therapy during treatment with Serostim[®]
- High blood sugar (hyperglycemia/diabetes) which can include symptoms of increased thirst and urination, tiredness, or trouble concentrating
- Headaches, changes in vision, nausea or vomiting, which requires immediate medical attention
- Numbness and tingling in the hand or arm caused by a pinched nerve in the wrist
- Injection site reactions (such as pain, numbness, redness, and swelling)

- Tumors or cancerous growths

- Pain and tenderness in the abdomen, which could be a sign of a problem with the pancreas

These are not all of the possible side effects. Let your doctor know about your side effects.

HOW SHOULD YOU ADMINISTER SEROSTIM[®]?

Patients and caregivers should be trained by a healthcare professional on how to mix and inject Serostim[®] prior to use. Never share Serostim[®] with another person, even if the needle is changed.

Please see the [Full Prescribing Information](#) for a complete list of Serostim[®] risk information.