



START TALKING ABOUT HIV-ASSOCIATED WASTING

People with HIV-associated wasting may have less energy than they used to have and will lose weight without trying. HIV-associated wasting is treatable. Use these questions and the weight and activity tracker on the next page to start a conversation with your healthcare provider (HCP).

COULD I HAVE HIV-ASSOCIATED WASTING?

- I have lost weight recently without trying. Could I have HIV-associated wasting?
- My friends and family have noticed my weight has decreased and there are changes in the way I look. Could I have HIV-associated wasting? How can I know for sure?
- I have less energy than I used to have and I've lost weight. 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 my treatment options with you.
- You've recommended other treatments to help me with my loss of weight, and I haven't seen results. What other options are available?

INDICATION AND IMPORTANT RISK INFORMATION

WHAT IS SEROSTIM® (SOMATROPIN) FOR INJECTION?

Serostim® is an injectable prescription medicine used for the treatment of HIV-positive 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:

- A critical illness from surgery, serious injuries, or a severe breathing problem
- Cancer or undergoing treatment for cancer
- Eye problems caused by diabetes
- Allergies to growth hormone or other ingredients in Serostim vials

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 allergic to growth hormone, benzyl alcohol, sucrose, phosphoric acid or sodium hydroxide.
- If you are taking any other medicines (both prescription or over the counter), vitamins, or supplements because these medicines may affect each other. Your doctor may need to adjust the dose of Serostim® or other medicines you are taking.
- 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, numbness and pain in the fingers, thumb or wrist
- Unusual skin sensations
- Breast enlargement in men
- Nausea
- Extreme tiredness

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



MY WEIGHT AND ACTIVITIES TRACKER

If you have been experiencing unintentional weight loss and a decrease in energy, 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

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Date						
Weight						
Appetite Note any changes in your appetite and food intake						
Energy For example: Do you have the ability to complete your daily tasks? Are you exercising less? Do you need to rest more frequently?						

Notes for your HCP: write down anything else you want to bring up at your next appointment. _____

IMPORTANT RISK INFORMATION (cont'd)

OTHER LESS COMMON BUT SERIOUS SIDE EFFECTS OF SEROSTIM® (SOMATROPIN) FOR INJECTION ARE:

- High blood sugar (hyperglycemia/diabetes) which can include symptoms of increased thirst and urination, tiredness and trouble concentrating
- Headaches, changes in vision, nausea or vomiting, which requires immediate medical attention
- Serious allergic reactions that require immediate medical attention
- Pain and tenderness in the abdomen

These are not all of the possible side effects. Let your doctor know about any side effects you experience. Your doctor may prescribe a pain reliever or may decrease your dose of Serostim to help manage some 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. Injection sites can include arms, legs, abdomen and should be changed daily. Avoid injecting Serostim® in areas that are sore or bruised.

Please click [here](#) to see Full Prescribing Information and Important Serostim® Risk Information.

