

# ENSTILAR<sup>®</sup> and you

A resource for patients starting treatment



Pr **Enstilar<sup>®</sup>**  
calcipotriol / betamethasone dipropionate

# What is plaque psoriasis?

Psoriasis is a chronic skin condition usually characterized by red elevated patches and flaking silvery scales. While the exact cause has not yet been determined, researchers believe it may involve a malfunctioning of the immune system triggering **inflammation**, which then causes skin cells to rise to the surface and **shed at a very fast rate**.

Psoriasis comes in different forms—**psoriasis vulgaris**, also referred to as plaque psoriasis, is the most common form. Plaque psoriasis appears as **red, scaly, thick patches (plaques)** of skin.

What psoriasis looks like varies based on its severity (mild to severe), the area of the body affected, and other factors. While lesions can appear anywhere on the body, the most common sites include the elbows, knees, scalp, chest, and lower back.

## Psoriasis may look like this:



Images on file from LEO Pharma Inc.

## You are not alone—psoriasis affects:



Approximately **125 million** people worldwide

Approximately **1 million** Canadians

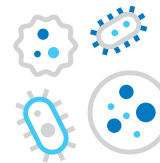
- About **90%** are affected by plaque psoriasis

People at different ages

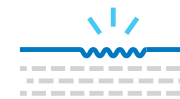
Various ethnic groups

- An American prevalence study of 6,218 adults (aged 20–59) showed that there was a higher rate of psoriasis in Caucasian populations (3.6%) vs. African American (1.9%), Hispanic (1.6%), and other ethnic groups (1.4%)

## Triggers for psoriasis flare-ups include:



Infections



Skin injuries



Certain medications



Stress



Dry, cold weather



Smoking

Your doctor has prescribed ENSTILAR® to help manage your psoriasis vulgaris. The next few pages will explain what it is and how you can use it.

# What is ENSTILAR®, how does it work, and what can you expect?

ENSTILAR® is used to treat adults with psoriasis vulgaris.



ENSTILAR® comes in an **aerosol foam**. After spraying, the foam will not expand—it will disintegrate gradually. ENSTILAR® is alcohol-free and has no odour.

ENSTILAR® contains two medicines that work together to control both features of psoriasis:

## Calcipotriol

A vitamin D-like substance that helps to bring the rate of skin-cell growth back to normal.



## Betamethasone

A corticosteroid that works to reduce inflammation (redness, swelling, and itching).

# How often and how much ENSTILAR® should I use?



## 1x daily

ENSTILAR® should be applied once daily at any time of day on affected areas for up to 4 weeks.



## 15 g/day

The maximum daily dose is 15 g.

- The maximum weekly dose (including other products containing calcipotriol) is 100 g



## 2 seconds

Spraying ENSTILAR® for about **2 seconds** is enough to cover an area of skin that is about the size of an adult palm.



## Missed dose

If you forget to use ENSTILAR®, use it as soon as you remember. Then go back to your usual routine. Don't use it more than once a day.



## Overdose

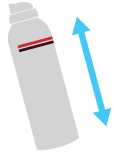
If you think you have used too much, contact your healthcare professional, hospital emergency department, or nearest poison control centre immediately, even if there are no symptoms.

If you are using the maximum daily dose, a 60 g can of ENSTILAR® will only last you 4 days. Ask your doctor to prescribe you the appropriate number of cans of ENSTILAR®—depending on the body surface affected by psoriasis—to ensure you have enough.



# How do I use ENSTILAR®?

Using ENSTILAR® correctly is key to making the most out of treatment. Be sure to follow these steps:



**1** Shake the can before each use.



**2** Hold the can at least 3 cm from the skin



**3** Spray holding the can at any orientation except horizontally.

- ENSTILAR® may feel cool when sprayed on the skin from the propellants evaporating

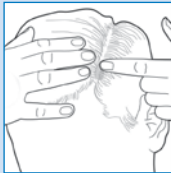


**4** Rub gently into affected area.

- After applying the medication, put the cap back on the can to prevent accidental spraying
- Leave the treated areas uncovered until fully absorbed



**5** Wash your hands after use (unless you are using it to treat your hands) and avoid spreading to other parts of the body.



## If you are applying ENSTILAR® to the scalp:

- Comb the hair to remove any loose scales
- Spray directly into the palm of your hand
- Apply directly to affected areas using your fingers



## When you wash your hair:

- Apply shampoo to **dry hair**
  - It is easier to remove ENSTILAR® when shampoo is applied to dry hair—water dilutes the cleansing effect of shampoo
- Massage into the **dry hair and scalp**
- Rinse thoroughly with water
- Repeat normal shampooing, if necessary

## Remember:

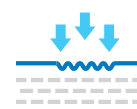


Only use ENSTILAR® on areas of skin affected by psoriasis.

- If you accidentally get ENSTILAR® on skin unaffected by psoriasis, wipe it off before it spreads too far



Wash or rinse off foam if applied to the eyes, mouth, genitals, or breasts (if you are breastfeeding) by accident.



Leave treated areas uncovered—do not bandage, cover, or wrap the skin.

- ENSTILAR® should be left on the body until fully absorbed



Do not shower or take a bath immediately after applying ENSTILAR®.



Use ENSTILAR® in a well-ventilated area and avoid inhalation.



Spraying ENSTILAR® for about 2 seconds is enough to cover an area of skin that is about the size of an adult palm.

Please see the complete administration steps outlined in the ENSTILAR® Patient Medication Information leaflet.

# How can I create a reminder routine for my ENSTILAR® treatment?

It's important to use ENSTILAR® as prescribed. To help you stay on track with ENSTILAR®, try to pair your dose with something you do every day.

## Pick something you do once a day



Wake up



Make your morning coffee



Brush your teeth before bed

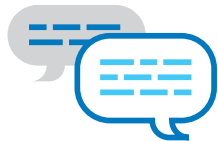


Go to bed at night

## ...and apply ENSTILAR® just before or after you do it.

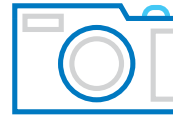


Setting a reminder on your smartphone at the same time every day is an easy way to remember to apply your daily dose.



Consider asking a family member or friend to remind you as well.

Once you find a method to help you remember to use ENSTILAR®, stick with it. Taking your treatment as recommended is an important part of your psoriasis care.



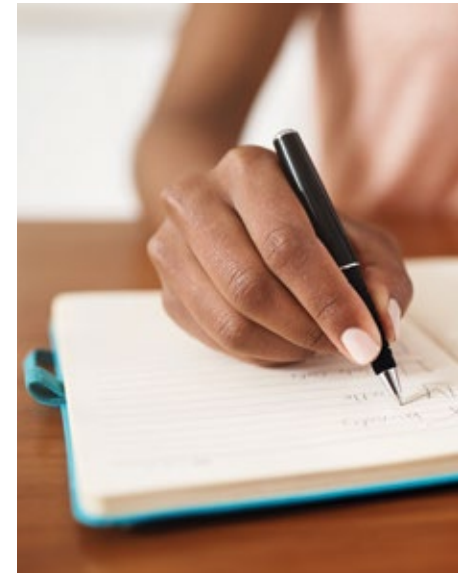
Take photographs of your affected areas before and after (4 weeks later) starting ENSTILAR® and show them to your healthcare professional.



Take ENSTILAR® exactly as instructed by your healthcare professional.

## Other important things to keep in mind while using ENSTILAR®:

- Do not use ENSTILAR® on your face, under the arms, in the groin area, in skin folds/creases, or on areas of broken skin
- Limit or avoid prolonged exposure to natural and artificial sunlight (such as phototherapy, tanning beds, and sun lamps) while using ENSTILAR®
- ENSTILAR® is not recommended for use in children





## What are possible side effects of ENSTILAR®?

**ENSTILAR® may cause side effects. Some of these side effects may include:**

- itching, irritation, or pain
- drying or reddening of the skin
- a burning or stinging sensation
- various types of skin rashes (dermatitis)
- acne
- small white spots
- thinning skin, stretch marks, or surface veins
- red and swollen hair follicles
- changes in hair growth
- skin infection
- lightening of skin colour
- facial rash and swelling



If you have a side effect that becomes bad enough to interfere with your daily activities, or if you experience one that is not listed here, contact your healthcare professional.

## Notes

[illegible]



Would you like more information on how to use ENSTILAR®?  
Visit [www.enstilar.ca](http://www.enstilar.ca) for an instructional administration video.

To log in, enter:

- The ENSTILAR® Drug Identification Number (DIN), or
- The password: **EnstilarVideo**

If you have any additional questions or concerns about  
**ENSTILAR®** or psoriasis vulgaris, talk to your doctor.

© 2020 LEO Pharma Inc. All rights reserved.

© Registered trademark of LEO Pharma A/S used under license and distributed by LEO Pharma Inc.  
[www.leo-pharma.ca](http://www.leo-pharma.ca)

