

STARTING BRILINTA[®] AND MAKING LIFESTYLE CHANGES

What you need to know about cardiovascular disease,
your medication, healthy eating and getting active.

 **BRILINTA[®]**
ticagrelor tablets



Your BRILINTA Drug
Identification Number (DIN)

90 mg: 02368544

You may need your DIN for
insurance purposes or to
access [Brilinta.ca](https://www.Brilinta.ca)

TABLE OF CONTENTS

2

INTRODUCTION



4

CARDIOVASCULAR DISEASE, BRILINTA AND YOU



12

GET AHEAD WITH A HEALTHY DIET

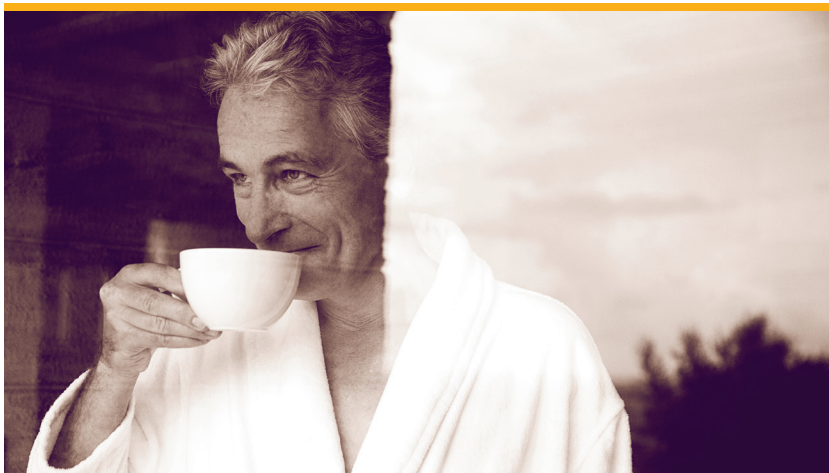


16

GET SERIOUS ABOUT GETTING ACTIVE



INTRODUCTION



Taking your BRILINTA as instructed is a responsibility you must take seriously.

Welcome Home and welcome to your BRILINTA treatment Journey.

Your doctor has prescribed BRILINTA, together with low dose acetylsalicylic acid (Aspirin), to help reduce your risk of a stroke, another heart attack or dying from a disease related to the heart or blood vessels (also known as cardiovascular disease). **However, BRILINTA can only work the way your doctor intends if you take it every day, for as long as you have been instructed to take it. Taking your medication as instructed is a responsibility you must take seriously. You must stay on your BRILINTA unless instructed otherwise by your doctor.**

Medication is only part of your treatment. There are other changes you must make to adopt a healthy lifestyle. This includes eating a balanced diet, getting exercise and reducing your stress levels.

Your doctor will tell you how long you should take BRILINTA. Stay on BRILINTA unless instructed otherwise from your doctor.

Adjusting to these changes can be easy with the support of your family, caregivers and doctors. This guide is a great way to start learning how to make those adjustments. Read this guide with your caregiver, and together you can begin making changes that are essential to your treatment journey. Try to remember: the commitment to a healthy lifestyle starts with you.



YOUR BRILINTA ACTION PLAN

Be sure to complete the checklist below. These 5 steps are key to your treatment journey.

- 1

Call your doctor ☐

If you haven't already, let your family doctor know that your hospital Cardiologist has prescribed BRILINTA for you to take after your heart attack or angina (chest pain).
- 2

Call your pharmacy ☐

Before you finish your current pack of BRILINTA, let your pharmacy know that you will need a refill, so they can make sure to have it in stock for you.
- 3

Refill your prescription ☐

You must take BRILINTA every day, so head to the pharmacy before you finish your current pack of BRILINTA.
- 4

Take BRILINTA every day ☐

It's very important to continue taking BRILINTA every day when you leave the hospital. Take one 90 mg tablet in the morning, and one 90 mg tablet in the evening; you must also take a low dose of Aspirin (75-150 mg, as instructed by your doctor) once a day. Complete the course of treatment as advised by your Cardiologist.

After one year your doctor may continue your treatment with a lower dose of one 60 mg tablet twice a day.
- 5

Follow up appointments ☐

Discuss with your doctor when you should have follow-up appointments and book these now so you don't forget.

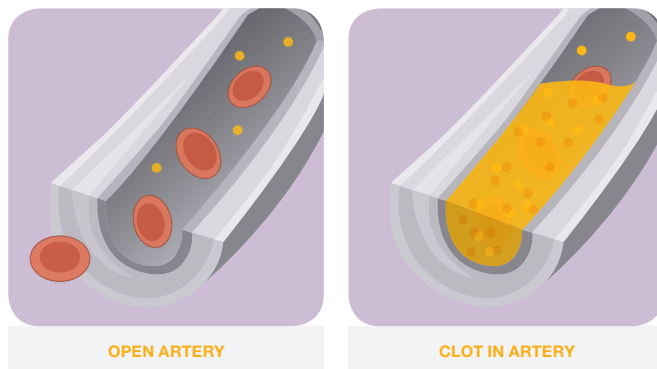
During follow-up visits with your Cardiologists you may want to discuss among other things (1) what happened, (2) your heart attack or angina, (3) your BRILINTA treatment, (4) your low dose aspirin therapy, (5) side effects of medications you are taking, (6) compliance with such medications, (7) rehabilitation programs and (8) the importance of managing your risk of another heart attack.

CHAPTER 1

CARDIOVASCULAR DISEASE, BRILINTA AND YOU



WHAT IS CARDIOVASCULAR DISEASE (CVD)?



The term “cardiovascular disease” refers to conditions where your blood vessels are narrowed or blocked. It can lead to angina (chest pain), a stroke or a heart attack. These sudden events are the result of damage caused over time by cardiovascular disease. Even though you were hospitalized and received treatment or surgery for your heart attack or angina, it does not necessarily mean you are “fixed.” It is a condition you must continue treating.

WHAT CAUSES CVD?

Narrowed or blocked blood vessels can lead to angina, a stroke or a heart attack.

Oxygen-rich blood is supplied to your heart muscle by coronary arteries. When these arteries are narrowed or blocked, your heart doesn’t get enough oxygen. This happens because plaques, or fatty deposits, build up over time in the arteries of your heart (coronary arteries), and can restrict the blood flow to your heart or other tissues. Cardiovascular disease is often caused by things like an unhealthy diet, lack of exercise, being overweight, stress or smoking.

WHY AM I TAKING BRILINTA?

You have been prescribed BRILINTA because you have had a heart attack or angina (chest pain).

BRILINTA, taken with low dose acetylsalicylic acid (Aspirin), reduces your risk of:

Having a stroke

Having another heart attack

Dying from
cardiovascular disease





HOW DOES BRILINTA WORK?

BRILINTA helps stop the clumping of platelets. This reduces your chance of a blood clot forming that can block a blood vessel. Keep taking BRILINTA unless instructed by your doctor.

BRILINTA contains a medicine called ticagrelor. This belongs to a group of medicines called antiplatelet agents. Platelets are small fragments circulating in your blood that help stop bleeding. When a blood vessel is damaged, they clump together to help form a blood clot, which stops bleeding. However, clots can also form inside a damaged blood vessel. This can be very dangerous because:

The clot can cut off your blood supply completely —

this can cause a heart attack or stroke

The clot can partly block the blood vessels to your heart —

this can cause chest pain that comes and goes (angina)

BRILINTA helps stop the clumping of platelets. This reduces your chance of a blood clot forming that can block a blood vessel.

HOW DO I TAKE BRILINTA PROPERLY?

If you had a recent heart attack or unstable angina, the usual dose is one 90 mg tablet twice a day.

BRILINTA comes in a blister pack with the time of day printed on the back of the blister to help you track your doses. There are 15 tablets in each blister: 14 are labelled AM or PM, and one is labelled as “Start Here AM/PM.” All 15 tablets are exactly the same. Take your BRILINTA with or without food, swallowed whole with water as follows:

- 1 Take the tablet labelled “Start here AM/PM” as your first dose
- 2 Take your second tablet about 12 hours later, matching the time of day (AM or PM)
- 3 Continue to take one tablet, alternating morning (AM) and evening (PM), until finished

Do not take a double dose (two tablets at the same time), even if you miss a dose. If you forget to take your scheduled dose of BRILINTA, take your next dose at its scheduled time. Do not take a double dose to make up for the forgotten tablet.

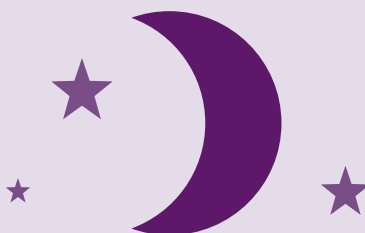


BRILINTA



AM

Take one BRILINTA tablet in the morning



PM

Take one BRILINTA tablet in the evening

Take BRILINTA with or without food, swallowed whole with water.

ASPIRIN



AM OR PM

Take one low dose aspirin tablet once a day (75-150 mg, as instructed by your doctor)

To reduce your risk of stroke, another heart attack or dying from a disease related to the heart or blood vessels, you must take BRILINTA as instructed by your doctor or pharmacist.

WHAT IF I DON'T TAKE BRILINTA EVERY DAY?

To get the full medical benefits your doctor wants for you, you must take BRILINTA as instructed. If you do not take BRILINTA consistently and responsibly, it cannot help reduce your risk of stroke, another heart attack or dying from a disease related to the heart or blood vessels.

Place reminders in spots you see often
(like your mirror, refrigerator or phone)

Take BRILINTA before or after regular events such as
breakfast, dinner, making coffee, feeding a pet

Have your caregiver or a family member remind you
to take BRILINTA

WHAT ARE THE SIDE EFFECTS OF BRILINTA?

If you experience side effects, contact your doctor or pharmacist.

Like all medicines, BRILINTA may have unwanted effects on some people.

BRILINTA affects blood clotting, so most side effects are related to bleeding. Bleeding may occur in any part of the body. Some bleeding is common (like bruising and nose bleeds). Severe bleeding is uncommon but can be life threatening.

The most common side effects are:

- Headache
- Feeling dizzy or like the room is spinning
- Abdominal pain
- Constipation
- Diarrhea or indigestion
- Nausea or vomiting
- Itching
- Confusion
- A tingling feeling
- Inflamed stomach lining
- Fatigue
- Muscle weakness
- Anxiety
- Cough
- Severe joint pain and swelling (signs of gout)
- Feeling dizzy or lightheaded, or having blurred vision (signs of low blood pressure)
- Bleeding from stomach lining (ulcer)
- Bleeding gums

There are other serious side effects, which are very commonly reported. This includes:

- Feeling short of breath
- Red, swollen, hot and painful joints
- Bleeding caused by blood disorder

If you experience these side effects, talk with your doctor or pharmacist, but keep taking BRILINTA unless instructed otherwise. If you do stop, you will not reduce your risk of a stroke, another heart attack or dying from a disease related to the heart or blood vessels. Your doctor will decide whether or not BRILINTA should be temporarily discontinued.

However, if you experience signs of stroke or an allergic reaction stop taking BRILINTA right away and seek immediate emergency help. See below for more information on signs of stroke and allergic reactions. *

Please consult the Consumer Information leaflet contained in your product package for complete information regarding possible side effects including additional serious effects.

* Signs of stroke: sudden numbness or weakness or your arm, leg or face, especially if only on one side of the body; sudden confusion, difficulty speaking or understanding others; sudden difficulty in walking or loss of balance or coordination; suddenly feeling dizzy or sudden severe headache with no known cause.

* Allergic reaction: rash, hives, itching, swelling of the face, lips, tongue or throat, difficulty swallowing or breathing.

WHEN SHOULD BRILINTA NOT BE USED?

BRILINTA should not be used if you: are allergic (hypersensitive) to ticagrelor or any of the ingredients of BRILINTA, have problems with active bleeding (such as bleeding in your stomach or gut from an ulcer) or bleeding in your brain, have moderate to severe liver disease, have had a stroke caused by bleeding in the brain or are taking medication known as strong CYP3A4 inhibitors (such as: ketoconazole, clarithromycin, nefazodone, ritonavir and atazanavir).

WHEN CAN I STOP TAKING BRILINTA?

In order to reduce your risk of stroke, another heart attack or dying from a disease related to the heart or blood vessels, you must complete your course of therapy as prescribed.

Your doctor will tell you how long you should take BRILINTA. Do not stop taking BRILINTA without first talking to your doctor— it's important to complete the course of your therapy. Your doctor knows how long you should take BRILINTA based on your personal medical history.

After one year your doctor may continue your BRILINTA treatment at a lower dose – 1, 60 mg tablet twice daily.

CHAPTER 2

GET AHEAD WITH A HEALTHY DIET





CAN A BALANCED DIET REDUCE MY RISK OF A STROKE OR ANOTHER HEART ATTACK?

Don't know which fats are “good” for you and which fats are “bad”? See Canada's Food Guide.

Your risk of cardiovascular disease and of having a stroke or another heart attack is tied closely to your weight, blood pressure and cholesterol levels. In addition to taking your medications as instructed by your doctor or pharmacist, you can reduce your risk through a healthy, balanced diet.

Eating a balanced diet can help you reach and maintain a healthy body weight. This can be beneficial to your overall health and will also help control other cardiovascular disease risk factors. Limiting your salt intake may help maintain your blood pressure. While balancing your intake of “good” fats and “bad” fats can help maintain cholesterol levels.

Better eating can not only improve your weight, blood pressure, cholesterol levels and blood sugar, it can also have a positive effect on your mood.

So, try your best to live a healthy lifestyle by eating a heart healthy diet and losing weight if you need to.

Tip: cardiovascular risk is also tied to alcohol consumption. So, if you choose to drink alcohol, drink only in moderation.



Substitute fat-free yogurt in recipes that call for sour cream.

MEAL-PLANNING TIPS FOR YOU AND YOUR CAREGIVER

It's never too early or too late to change your diet for the better. Here are some guidelines for healthy eating:

Eat small, frequent meals
(try 3 small meals per day with 3 small snacks)

Eat plenty of fruits and vegetables

Aim for high-fibre choices like breakfast cereals with psyllium fibre and whole grains such as bran, lentils, beans, nuts, seeds and wild rice

Eat fats and oils in small amounts; choose good fats like canola and olive oil while avoiding saturated and trans fats

Eat fewer processed or highly refined foods

Include fish and tofu, which are low-cholesterol sources of protein

Include legumes like lentils, chickpeas, kidney beans, lima beans and peanuts



CHAPTER 3

GET SERIOUS ABOUT GETTING ACTIVE



CAN GETTING ACTIVE REDUCE MY RISK OF A STROKE OR ANOTHER HEART ATTACK?



You may want to talk to your doctor about cardiac rehabilitation. In these programs, your heart rate, heart rhythm and blood pressure can be monitored while you exercise.

Regular physical activity will strengthen your cardiovascular system. By elevating your heart rate through exercise, you can improve your circulation, maintain a healthy weight and help prevent the onset of chronic disease.

It's important to remember that physical activity is not only good for your physical health, it's good for your mental health, too. Exercise can release endorphins, which elevate your mood and reduce stress. Since stress can negatively influence your cholesterol and blood pressure levels, taking time for physical activity can help manage stress and, in turn, help improve your heart health.

Tip: cardiovascular risk is also tied to smoking. If you smoke, try to quit — your heart and lungs will thank you!



TIPS ON GETTING ACTIVE, FOR YOU AND YOUR CAREGIVER

When returning to physical activity after a heart attack or angina it is important to remember to start slowly. Talk to your doctor about activities you should or shouldn't do at your stage of recovery.

Here are some guidelines for getting active:

Start with 10 minutes of activity at a time. When you're ready, increase it to 20 minutes, then 30 minutes, and so on.

Start with 4-5 days of physical activity per week. When you're ready, increase your frequency to every day.

Try to get a total of 30-60 minutes of activity in a day, for a minimum of 10 minutes at a time.

Eventually, your goal should be to accumulate 60 minutes a day, every day, of some sort of physical activity.

Remember, the best form of physical activity is one you enjoy!

ALWAYS CONSULT YOUR DOCTOR BEFORE STARTING A NEW EXERCISE ROUTINE.

GARDENING AND
YARD WORK COUNT AS
PHYSICAL ACTIVITY.



CHAPTER 4

AM I AT RISK OF ANOTHER HEART ATTACK?

HAVING HAD A RECENT HEART ATTACK PUTS YOU AT RISK FOR ANOTHER HEART ATTACK IN THE FUTURE. THAT'S WHY IT'S IMPORTANT TO KEEP TAKING YOUR MEDICATIONS AND FOLLOW A GOOD DIET AND EXERCISE PLAN.





**BE PROACTIVE AND ENSURE YOU ARE
SEEING YOUR PHYSICIANS WHEN YOU
ARE SUPPOSED TO. USE THE QUESTIONS
BELOW DURING THESE APPOINTMENTS
TO HELP GET THE INFORMATION YOU
NEED AT EACH VISIT.**

Potential questions for your Cardiologists

1. Am I still at risk for another heart attack?
2. If yes, what makes me “at risk”?
3. For how long will I need to take aspirin, BRILINTA and any of my cardiac medications?
4. What else can I do to lower my risk of another heart attack?

For more information or to sign up for appointment reminders go to Brilinta.ca.

ADDITIONAL INFORMATION ABOUT BRILINTA

BRILINTA 90 mg is given to patients who have had a heart attack or angina (chest pain).

BRILINTA 60 mg is given to patients who had a heart attack over a year ago.



NOTES









Reference: BRILINTA® Product Monograph. AstraZeneca Canada Inc. October 25, 2018.

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