A guide to managing your symptoms

This booklet provides a wealth of information, including:

- The causes and symptoms of carcinoid syndrome
- Getting tested
- Questions to ask your doctor
- Helpful ways to manage the severe diarrhea and flushing associated with carcinoid syndrome, including treatment with Sandostatin® LAR Depot (octreotide acetate for injectable suspension)
- Resources and support programs to help you take action against carcinoid syndrome

Simply call 1-888-NOW-NOVA (669-6682), or visit www.sandostatin.com to learn more about Sandostatin® for carcinoid syndrome.

Sandostatin® LAR Depot (octreotide acetate for injectable suspension) is indicated for long-term treatment of the severe diarrhea and flushing episodes associated with metastatic carcinoid tumors and long-term treatment of the profuse watery diarrhea associated with Vasoactive Intestinal Peptide (VIP)-secreting tumors in patients in whom initial treatment with immediate release Sandostatin® (octreotide acetate) Injection has been shown to be effective and tolerated. In patients with carcinoid syndrome and VIPomas, the effect of Sandostatin Injection and Sandostatin LAR Depot on tumor size, rate of growth and development of metastases has not been determined.

HIGHLIGHTS OF IMPORTANT SAFETY INFORMATION

- Warnings and Precautions
  Treatment with Sandostatin LAR Depot may affect gallbladder function, sugar metabolism, thyroid and heart function, and nutritional absorption, which may require monitoring by your doctor.
  Please see additional Sandostatin® Immediate-release Injection Important Safety Information on page 14 and Sandostatin® LAR Depot Important Safety Information on page 15.
  Please see enclosed full Prescribing Information in the pocket in the back cover.
**Understanding Carcinoid Syndrome**

*If you or someone you know has been diagnosed with carcinoid syndrome, chances are you have many questions. Dealing with carcinoid syndrome can be challenging, but knowledge combined with action is a powerful tool. This booklet provides you with information you need to help manage the severe diarrhea and flushing associated with carcinoid syndrome caused by metastatic carcinoid tumors.1,2 This booklet will guide you in understanding carcinoid syndrome, the severe diarrhea and flushing that can be associated with it, and a treatment option that can help. It includes information about programs that offer ongoing support.*

Together we can take action against carcinoid syndrome. Reaching out for information and support is the first step.

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**IMPORTANT SAFETY INFORMATION**

- **Warnings and Precautions**
  Treatment with Sandostatin® LAR Depot may affect gallbladder function, sugar metabolism, thyroid and heart function, and nutritional absorption, which may require monitoring by your doctor.

- **Before taking Sandostatin LAR Depot**
  Tell your doctor if you have a history of heart disease or are taking other medications, including: cyclosporine, insulin, oral hypoglycemic agents, beta-blockers, and bromocriptine.

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**Why do you feel this way?**

“Carcinoid syndrome” refers to the group of symptoms that result from active carcinoid tumors.3 When carcinoid tumors start to spread or metastasize, they can cause sudden and severe symptoms.3 These symptoms result from the increased release of hormones by the carcinoid tumors.4

**Carcinoid tumors are a type of neuroendocrine tumor**

Neuroendocrine cells are found in many parts of the body. When they start to produce increased amounts of hormones, they can lead to serious medical complications. One kind of complication is the development of carcinoid tumors.6 Carcinoid tumors can occur in different organs in the body, including the rectum, lungs, pancreas, colon, and liver.4 However, these tumors are more commonly found in the gastrointestinal (GI) tract, which includes the stomach and the small and large intestines.4

Sixty-seven percent of carcinoid tumors, which are malignant (cancerous), occur in the GI tract.6 It is estimated that about 8000 neuroendocrine tumors and cancers that start in the GI tract are diagnosed in the United States every year.7 So, if you were recently diagnosed, you should not feel alone.

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**IMPORTANT SAFETY INFORMATION (cont’d)**

- **Common side effects**
  Most patients experience side effects at some time. Some common side effects you may experience include: back pain, fatigue, headache, abdominal pain, nausea, and dizziness.

- **Other information**
  Patients with carcinoid tumors and VIPomas should adhere closely to their scheduled return visits for reinjection in order to minimize exacerbation of symptoms.

Please see additional Sandostatin® Immediate-release Injection Important Safety Information on page 14 and Sandostatin® LAR Depot Important Safety Information on page 15. Please see enclosed full Prescribing Information.
Tests for carcinoid syndrome

You may be asked by your doctor to be tested to measure the release of hormones in your body. One of the hormones overproduced by carcinoid tumors is serotonin. In the body, serotonin is broken down into a substance called 5-hydroxyindoleacetic acid (5-HIAA). Doctors are able to measure the level of 5-HIAA in urine and blood as a means of diagnosing carcinoid syndrome. Your doctor or nurse will probably advise you not to eat certain foods for 24 hours before your 5-HIAA test. This is because some foods can affect the results of your test.

Do not eat these foods before 5-HIAA testing

- Avocados
- Bananas
- Pecans
- Pineapples
- Tomatoes
- Walnuts/Hickory nuts

Discuss these medications with your doctor before 5-HIAA testing

- Acetaminophen (such as Tylenol®)
- Salicylates (such as aspirin)
- Guaifenesin (found in some cough medicines)
- L-dopa (used to treat Parkinson’s disease)

* Tylenol is a registered trademark of McNeil Consumer Products Company.

Carcinoid syndrome is the set of symptoms that may occur in patients who have carcinoid tumors. The symptoms can range in their level of severity. Two of the most common symptoms of carcinoid syndrome are severe diarrhea and flushing. These symptoms can occur at the same time, or you can experience one without the other.

<table>
<thead>
<tr>
<th>Diarrhea (loose, watery stools)</th>
<th>Flushing (red or purplish skin)</th>
</tr>
</thead>
<tbody>
<tr>
<td>The diarrhea can be mild to severe</td>
<td>Appears suddenly</td>
</tr>
<tr>
<td>Diarrhea occurs during the night</td>
<td>Temporary (minutes to hours) or constant</td>
</tr>
<tr>
<td>Can occur several times a day</td>
<td>Primarily on the face or neck</td>
</tr>
<tr>
<td>May interfere with daily activities</td>
<td>May be accompanied by warmth and/or a rapid heartbeat</td>
</tr>
</tbody>
</table>

Having excessive diarrhea can drain your body of water, causing dehydration and loss of electrolytes or nutrients and minerals. Diarrhea can affect your digestion, body weight, and nutrition absorption, leaving you feeling weak and tired.

Other symptoms may be associated with carcinoid syndrome. Talk to your doctor to learn more.

*Note: Sandostatin® is only indicated to treat severe diarrhea and flushing associated with carcinoid syndrome.

Please see Sandostatin® Immediate-release Injection Important Safety Information on page 14 and Sandostatin® LAR Depot Important Safety Information on page 15. Please see enclosed full Prescribing Information.
The Benefits of Sandostatin® Therapy

What is Sandostatin?1,13

➤ A medicine that helps decrease the production of hormones that lead to the symptoms of severe diarrhea and flushing associated with carcinoid syndrome

Two formulations, one therapy1,2

➤ Sandostatin comes in 2 different formulations: Sandostatin® (octreotide acetate) Immediate-release Injection and Sandostatin® LAR Depot (octreotide acetate for injectable suspension)

➤ Both formulations contain the same active ingredient, octreotide acetate. The difference between them is how often a person receives their treatment and what type of injection he or she is given.

➤ Your doctor will identify if Sandostatin LAR Depot is right for you based on your response after 2 weeks of treatment with Sandostatin Immediate-release Injection.

Symptom control you can count on

Here are results from patients with carcinoid syndrome in a clinical study of 92 patients who were treated with Sandostatin LAR Depot.

- **42%** REDUCTION in frequency of severe diarrhea1,13
- **84%** REDUCTION in flushing frequency1,13

![Image of Sandostatin LAR Depot](image)

➤ Patients with liver disease and severe kidney failure should be started on a dose of 10 mg every 4 weeks.

➤ Patients with kidney damage should receive the same starting dose as those without (20 mg every 4 weeks)1

IMPORTANT SAFETY INFORMATION

Warnings and Precautions

Treatment with Sandostatin LAR Depot may affect gallbladder function, sugar metabolism, thyroid and heart function, and nutritional absorption, which may require monitoring by your doctor.

Before taking Sandostatin LAR Depot

Tell your doctor if you have a history of heart disease or are taking other medications, including: cyclosporine, insulin, oral hypoglycemic agents, beta-blockers, and bromocriptine.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

IMPORTANT SAFETY INFORMATION (cont’d)

Common side effects

Most patients experience side effects at some time. Some common side effects you may experience include: back pain, fatigue, headache, abdominal pain, nausea, and dizziness.

Other information

Patients with carcinoid tumors and VIPomas should adhere closely to their scheduled return visits for reinjection in order to minimize exacerbation of symptoms.

Please see additional Sandostatin® Immediate-release Injection Important Safety Information on page 14 and Sandostatin® LAR Depot Important Safety Information on page 15.

Please see enclosed full Prescribing Information.
Ways You Can Help Manage the Diarrhea and Flushing of Carcinoid Syndrome

Communication is key to successful treatment
Building strong relationships with your health care providers helps them understand how you’re doing and helps you get the answers and the confidence you need to ensure you are moving in the right direction.

Here is a list of important questions you can ask your doctor or nurse about treatment with Sandostatin®

› What are the goals of my treatment for severe diarrhea and flushing associated with carcinoid syndrome?
› How does my treatment with Sandostatin help me reach these goals?
› What will you monitor or test me for? Can you tell me what my current test results are?
› How does Sandostatin help to control the severe diarrhea and flushing associated with carcinoid syndrome?
› What do you think is the appropriate dose of therapy to achieve these goals?
› Can my dose be adjusted?
› What can I do if I have sudden, severe symptoms?
› Are there any side effects of treatment?
› How often do I need this treatment?

Questions to Ask Your Health Care Team

There are many practical steps you can take to better manage your illness and your day-to-day activities.

› Keeping a journal can help you identify foods and situations that trigger symptoms

› Dietary factors
  - Diarrhea can cause dehydration, so drink plenty of water
  - Avoid foods that are high in fat
  - Eat high-protein foods, like lean meats, fish, and eggs, to keep your energy level up
  - Cook or finely chop hard to digest fruits and vegetables
  - Try foods that are high in soluble fiber, like oatmeal, to help slow down digestion
  - Avoid foods rich in amines, like aged cheeses, pickled foods, or cured meats—which can trigger flushing
  - Avoid eating large or spicy meals
  - Always consult your health care provider before making any changes to your diet
  - Try to reduce stress in your daily life and maintain a positive attitude

There are many practical steps you can take to better manage your illness and your day-to-day activities.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Sandostatin® Immediate-release Injection Important Safety Information on page 14 and Sandostatin® LAR Depot Important Safety Information on page 15.
Please see enclosed full Prescribing Information.
Whether you are newly diagnosed, or receiving ongoing treatment, with Sandostatin® support programs you can feel confident you have the information and resources you need.

**Education**

www.sandostatin.com
- Gives 24-hour access to answers, the latest disease information, and details about how Sandostatin works as a medical therapy

Novartis Customer Interaction Center
- Get quick and accurate product information by calling 1-888-NOW-NOVA (669-6682)

**Treatment**

Novartis Pharmaceuticals Corporation is dedicated to ensuring you receive the treatment support you need.

Patient Injection Guide
- A detailed instructional guide is available for eligible patients on how to self-administer Sandostatin® (octreotide acetate) Immediate-release Injection for optimal therapy management. You can ask your doctor for a copy of this guide or download it from www.Sandostatin.com

**Patient Support**

RealSupport™

RealSupport™ is a comprehensive support program designed to help you manage your carcinoid syndrome symptoms. This free program provides a range of resources, including:
- Audio programs featuring support group discussions
- Inspirational stories from people living with carcinoid syndrome
- Nutritional information and healthy recipes prepared by an Oncology Nutritionist


**Mobile Administration Program (MAP)**

*At your home, office, or destination—our nurses are there* for you

After your doctor determines the right dose of Sandostatin® LAR Depot (octreotide acetate for injectable suspension) for you, you may be able to receive your injections at a location convenient for you through MAP.

- No need to go to a clinic or specialist’s office to receive Sandostatin LAR Depot
  - This should not replace regularly scheduled appointments with your doctor
- Your injections can be scheduled at a time convenient for you, including outside normal office hours
- All MAP Nurses are registered nurses affiliated with United BioSource Corporation® (UBC)—specially trained in the mixing and administration of Sandostatin LAR Depot
- Participation in MAP is free
- Talk to your doctor to find out if MAP is right for you

For more information about MAP, please visit www.MobileCarcinoidPatient.com or scan this code

United BioSource Corporation and UBC are trademarks of Express Scripts Holding Company and/or its subsidiaries.

*Some restrictions apply.

† Patients with government-provided insurance (such as Medicare Part B and D or Medicaid) are not eligible at this time. Patients who reside in Massachusetts, Michigan, Minnesota, or Rhode Island are not eligible for this program.

Please see additional Sandostatin® Immediate-release Injection Important Safety Information on page 14 and Sandostatin® LAR Depot Important Safety Information on page 15.

Please see enclosed full Prescribing Information.
Access

Helping to make access to the therapies you need easier

Novartis Oncology is committed to helping patients living with cancer receive the medicines they need. Patient Assistance NOW Oncology offers quick and easy access to information about the broad array of support and reimbursement programs available. You can get information about our Patient Assistance NOW Oncology support programs in two ways:

- Call 1-800-282-7630 to speak to one of our knowledgeable staff dedicated to making access to our programs as simple and convenient as possible, or
- Visit our Web site at: www.PatientAssistanceNow.com/oncology

Support for patients includes:

- Insurance verification
- Medicare education
- Assistance with denials/appeals
- Therapy-specific support programs for out-of-pocket costs
- Assistance searching for other sources of coverage/funding that could alleviate or reduce costs for patients
- Referrals to Independent Charitable Foundations for assistance with co-pay costs
- Patient assistance for low-income and uninsured patients
- Patients pre-qualified via phone screening for the Patient Assistance Program (PAP) will be sent a 30-day supply of their needed medication while completing the application

The following websites* provide additional information, resources, and support for carcinoid syndrome.

Information about carcinoid syndrome

Carcinoid Cancer Awareness Network  
http://www.carcinoidawareness.org, or call 1-866-850-9555

Carcinoid Cancer Foundation™  
http://www.carcinoid.org, or call 1-888-722-3132

Caring for Carcinoid Foundation  
http://www.caringforcarcinoid.org, or call 1-617-948-2514

General resources

CancerCare  
http://www.cancercare.org, or call 1-800-813-HOPE (4673) for free counseling for those touched by cancer

National Coalition for Cancer Survivorship  
http://www.canceradvocacy.org, or call 1-888-650-9127 (toll-free) or 1-301-650-9127

National Organization for Rare Disorders (NORD)  
http://www.rarediseases.org, or call 1-203-744-0100

Patient Advocate Foundation  
http://www.patientadvocate.org, or call 1-800-532-5274

For additional locally based support groups, visit the Carcinoid Cancer Foundation website.

*These websites and the organizations they represent are independently operated and are not managed by Novartis Pharmaceuticals Corporation. Novartis Pharmaceuticals Corporation assumes no responsibility for any information they may provide.

Please see Sandostatin® Immediate-release Injection Important Safety Information on page 14 and Sandostatin® LAR Depot Important Safety Information on page 15. Please see enclosed full Prescribing Information.

TO LEARN MORE CALL 1-888-NOW-NOVA (669-6682) OR VISIT WWW.SANDOSTATIN.COM
Sandostatin® Immediate-release (octreotide acetate) Injection

IMPORTANT SAFETY INFORMATION

Warnings and Precautions: Treatment with Sandostatin® (octreotide acetate) Injection may affect gallbladder function, sugar metabolism, thyroid and heart function, and nutritional absorption, which may require monitoring by your doctor.

Before taking Sandostatin Injection: Tell your doctor if you have a history of heart disease or are taking other medications, including: cyclosporine, insulin, oral hypoglycemic agents, beta-blockers, calcium channel blockers, agents to control fluid and electrolyte balance, and bromocriptine.

Common side effects: Most patients experience side effects at some time. Some common side effects you may experience include gallstones, heart function changes, diarrhea, loose stools, nau"