

MY TREATMENT: **MYFEMBREE**



GETTING STARTED WITH MYFEMBREE

To help manage your heavy menstrual bleeding
related to your uterine fibroids



MYFEMBREE

About MYFEMBREE	4
Frequently asked dosing questions	5
Possible side effects	6
Important safety information	9
Other warnings you should know about	12
MYFEMBREE resources	14

Uterine Fibroids

What are uterine fibroids?	18
What are the symptoms of uterine fibroids?	19
Lifestyle tips to help you manage uterine fibroids	21
Online resources	22

Throughout this booklet, the term “women” is used to mean cisgender women and individuals with female biology. Pfizer acknowledges the importance and need for more research into the challenges facing the transgender, genderfluid, and non-binary communities.





MYFEMBREE

What is MYFEMBREE used for?

MYFEMBREE is used in premenopausal adult women (over 18 years of age but prior to reaching menopause) to manage heavy menstrual bleeding related to uterine fibroids (commonly known as myomas).

How does MYFEMBREE work?

MYFEMBREE contains three medications:

RELUGOLIX:

acts by lowering the amount of hormones called estrogen and progesterone. This lowers the bleeding associated with uterine fibroids.

ESTRADIOL (an estrogen):

lowers the risk of bone loss.

NORETHINDRONE ACETATE (a progestin):

lowers the risk of irregular thickening of the womb lining and is necessary when women with a uterus (womb) take estrogen.



**Actual
size**

What is the dosage form of MYFEMBREE?

MYFEMBREE comes as a pill. One pill contains 40 mg of relugolix, 1 mg of estradiol, and 0.5 mg of norethindrone acetate.

How do I take MYFEMBREE?



Take MYFEMBREE as soon as possible after your period begins, or within the first 5 days after the start of menstrual bleeding.

- If you start at another time of your menstrual cycle, your period may become heavy or irregular.



Take one pill once a day, at about the same time each day, with or without food.

- Take it with a little liquid, as needed.
- Avoid taking with oral P-glycoprotein (P-gp) inhibitors. If you have to take an oral P-gp inhibitor, take MYFEMBREE first and wait at least 6 hours before taking the P-gp inhibitor. If you are not sure whether you are taking this type of medicine, check with your healthcare professional.



What if I forget a dose of MYFEMBREE?

- Take the missed dose as soon as you remember on that day, and then take MYFEMBREE at the usual time the next day. Do not take a double dose to make up for a forgotten dose.

If you would like to stop taking MYFEMBREE, talk to your healthcare professional first. Your healthcare professional will explain the effects of stopping treatment and discuss other possibilities with you.

What are the possible side effects from using MYFEMBREE?

These are not all the possible side effects you may have when taking MYFEMBREE. If you experience any side effects not listed here, tell your healthcare professional.

Side effects may include:

- Back pain
- Being irritable
- Decreased interest in sex
- Hair loss or hair thinning
- Headache
- Hot flushes
- Increased sweating
- Indigestion
- Joint pain
- Night sweats

MYFEMBREE can cause abnormal blood test results.



Uncommon serious side effects and what to do about them



Talk to your healthcare professional in all cases of the following uncommon side effects:

- **New or worsening depression, anxiety, or other mood changes**
- **High blood pressure**
- **Breast changes such as breast lumps or breast cancer:** pain and tenderness, lumps, nipple discharge
- **Uterine myoma expulsion or prolapse (fibroid comes out either completely or partially through the vagina):** usually with cramping and increased bleeding from the vagina
- **Cholestasis (gallbladder problems):** jaundice (yellowing of the skin or whites of the eyes), dark urine, light-coloured stools

Talk to your healthcare professional only if you have a severe case of the following uncommon side effect:

- **Too much bleeding from the womb:** abnormal vaginal bleeding, bleeding that lasts too long, that is too much, or is unexpected



Stop taking MYFEMBREE and get immediate medical help for the following uncommon side effects:

- **Thought of ending one's life (suicidal ideation)**
- **Pulmonary embolism (blood clot in the lung):** sharp pain in the chest, coughing blood, sudden shortness of breath
- **Deep vein thrombosis (blood clot in the leg):** pain in the calf, swelling, redness, skin feeling "warm to the touch"
- **Myocardial infarction (heart attack):** crushing chest pain or heaviness, heartburn, shortness of breath, nausea, cold sweat, dizziness
- **Stroke:** sudden, severe, or worsening headache, vomiting, dizziness, fainting, vision or speech problems, weakness or numbness in the arm or leg
- **Blood clot on the eye:** sudden unexplained partial or complete loss of vision or double vision
- **Liver problems:** yellowing of the skin or eyes, dark urine, feeling tired, nausea, vomiting, generalized swelling, right upper stomach pain or bruising
- **Allergic reactions:** difficulty swallowing or breathing, wheezing, drop in blood pressure, feeling sick to your stomach and throwing up, hives or rash, swelling of the face, lips, tongue, or throat



If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, tell your healthcare professional.

Important safety information



Do not use MYFEMBREE if:

- you are allergic to relugolix, estradiol, norethindrone acetate, or any of the other ingredients of this medicine or container
- you have or have had blood clots in your legs (deep vein thrombosis), lungs (pulmonary embolism)
- you have or have previously had a disease caused by blood clots in the arteries (such as a heart attack, stroke, or angina)
- you have a blood clotting disorder (such as protein C deficiency, protein S deficiency, antithrombin-III deficiency, or Factor V Leiden)
- you are 35 years of age or above and suffer from:
 - headaches with symptoms such as paralysis or loss of muscle control, or
 - migraines with visual disturbance
- you have uncontrolled high blood pressure
- you smoke and are over 35 years of age
- you have osteoporosis
- you have or suspect you have a history of breast cancer
- you have, suspect you have, or had any type of hormone-sensitive cancer (e.g. endometrial cancer) or you have a higher risk developing a hormone-sensitive cancer

- you have or ever had liver tumours
- you have or ever had a liver disease and your liver function tests have not returned to normal
- you are pregnant or think you might be pregnant. MYFEMBREE can cause early pregnancy loss
- you are breastfeeding. Talk to your healthcare professional about the best way to feed your baby if you take MYFEMBREE
- you are using hormonal birth control
- you have any genital bleeding of unknown origin
- you have partial or complete loss of vision from vascular eye disease
- you have endometrial hyperplasia, which is when there is an irregular thickening of the uterine lining





To help avoid side effects and ensure proper use, talk to your healthcare professional before you take MYFEMBREE. Talk about any health conditions or problems you may have, including if you:

- have prediabetes or diabetes
- have high triglycerides (fats) levels in blood
- are scheduled for surgery or will be on bed rest.
MYFEMBREE may increase your risk of blood clots after surgery. Your healthcare professional may advise you to stop taking MYFEMBREE 4 to 6 weeks before you have surgery. Talk to your healthcare professional about when to stop MYFEMBREE before surgery and when to restart MYFEMBREE after surgery
- had gallbladder problems related to estrogen use or pregnancy
- have or have had broken bones or other conditions that may cause bone problems, including taking any medications that may weaken your bones
- have or have had depression, mood swings, or suicidal thoughts or behaviour
- need a blood or urine test, because MYFEMBREE can affect the results of some tests, including thyroid, steroid, hormone, cholesterol, and blood clotting

Other warnings you should know about



Taking MYFEMBREE can cause bone loss. Your healthcare professional may conduct an x-ray to monitor your bone health.



Taking MYFEMBREE may cause high blood pressure. See your healthcare professional to check your blood pressure regularly.



Taking MYFEMBREE can cause high blood sugar and cholesterol. Your healthcare professional will monitor your blood sugar and fat levels. They may stop your treatment if your fat levels are high. You may be at a great risk of developing pancreatitis if you already have high fat (triglyceride) levels in the blood.



Your healthcare professional may conduct a breast examination and mammography.



MYFEMBREE can decrease your menstrual bleeding or result in no menstrual bleeding at all, making it hard to know if you are pregnant. Watch for other signs of pregnancy such as breast tenderness, weight gain, and nausea.



Use non-hormonal birth control during your treatment and for one week after you end your treatment. Using an estrogen hormonal birth control may affect how MYFEMBREE works.



Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements, or alternative medicines.

The following may interact with MYFEMBREE:

- erythromycin
- rifampin

MYFEMBREE resources



myfembree.ca

Scan the QR code to direct you to the patient website, which contains useful information about MYFEMBREE.*

Introducing the MYFEMBREE Financial Assistance Program, here to help reduce the cost of treatment

Pfizer is here to help support you on your treatment journey. MYFEMBREE Financial Assistance Program is a program that offers supplementary financial assistance dependent on your drug coverage plan.



Financial Assistance Program

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Group 37752

How does it work?



Go to myfembree.ca by scanning the QR code.



Access your own Financial Assistance Card by choosing your province or territory.



Download and print your card or use the QR code to save it to your phone.



Show it to your pharmacist when filling or refilling your prescription.

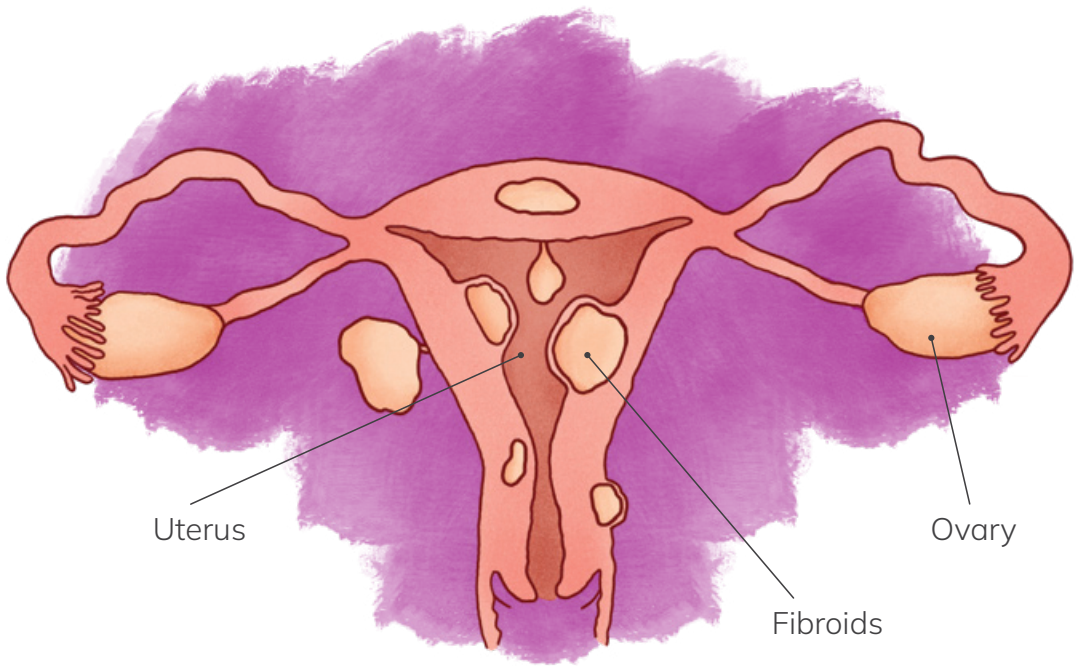


A person wearing a pink suit is standing in front of a large window. The window shows a blurred view of a city skyline with various buildings. The entire image is covered with a semi-transparent pink gradient overlay.

Uterine fibroids

What are uterine fibroids?

Uterine fibroids (myomas) are non-cancerous tumours of the uterus (womb).



Fibroids can range in size from several millimetres to about the size of a grapefruit.

If there are many fibroids, they will cause the uterus to increase in size, sometimes to the size of a full-term pregnancy.



You're not alone.

Uterine fibroids affect 70-80% of women who have reached the age of 50

Many women are unaware they have fibroids because they don't have any symptoms. They are sometimes diagnosed by chance during a routine gynaecological exam.

What are symptoms of uterine fibroids?

In many women, fibroids may not cause symptoms. Up to half of uterine fibroids can cause symptoms. These symptoms can include:

- abnormal periods (like heavy or irregular bleeding, or lengthy periods)
- iron deficiency anemia (a lower-than-normal amount of healthy red blood cells in the blood)
- enlarged uterus

These are not all the symptoms of uterine fibroids. Talk to your doctor to learn more about the symptoms of uterine fibroids.

What causes uterine fibroids?

The exact cause of fibroids is not known, but the growth of fibroids is dependent on the hormones estrogen and progesterone. There are several other factors that may contribute to fibroid growth. Talk to your doctor to learn more about these factors.



Lifestyle tips to promote good health



Eat plenty of fruits and vegetables

Try to eat a balanced, healthy diet. Maintaining a healthy weight will improve your overall health. Eat plenty of fruits like apples, oranges, and tomatoes, and green vegetables like broccoli and cabbage.



Get enough vitamin D

Vitamin D supports immune health, muscle function, bone health, and brain cell activity. Consider eating more foods high in vitamin D (like fortified milk or salmon), spending more time in direct sunlight, or talking to your healthcare professional about taking a vitamin D supplement.



Monitor your blood pressure

High blood pressure can lead to a number of health problems. Talk to your healthcare professional about the best ways to manage your blood pressure.



Exercise

Regular daily exercise can help improve your overall health. The benefits are many: it can help control your weight, improve your mood, boost energy, promote better sleep, and control your blood pressure to name a few.

Additional resources

Looking for more information?

Check out the resources below for some useful knowledge!

The Society of Obstetricians and Gynaecologists of Canada
yourperiod.ca

CANFib (Canadian Women with Fibroids)
canfib.com

Vivre 100 Fibromes
vivre100fibromes.ca/en


Gynaecology Collaboration Quality Improvement
gynqi.com

Notes

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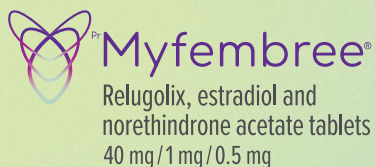
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- you are 35 years of age or above and suffer from:
 - headaches with symptoms such as paralysis or loss of muscle control, or
 - migraines with visual disturbance
- you have uncontrolled high blood pressure
- you smoke and are over 35 years of age
- you have osteoporosis
- you have or suspect you have a history of breast cancer
- you have, suspect you have, or had any type of hormone-sensitive cancer (e.g. endometrial cancer) or you have a higher risk developing a hormone-sensitive cancer

- you have or ever had liver tumours
- you have or ever had a liver disease and your liver function tests have not returned to normal
- you are pregnant or think you might be pregnant. MYFEMBREE can cause early pregnancy loss
- you are breastfeeding. Talk to your healthcare professional about the best way to feed your baby if you take MYFEMBREE
- you are using hormonal birth control
- you have any genital bleeding of unknown origin
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- have or have had broken bones or other conditions that may cause bone problems, including taking any medications that may weaken your bones
- have or have had depression, mood swings, or suicidal thoughts or behaviour
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Other warnings you should know about



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Taking MYFEMBREE can cause high blood sugar and cholesterol. Your healthcare professional will monitor your blood sugar and fat levels. They may stop your treatment if your fat levels are high. You may be at a great risk of developing pancreatitis if you already have high fat (triglyceride) levels in the blood.



Your healthcare professional may conduct a breast examination and mammography.



MYFEMBREE can decrease your menstrual bleeding or result in no menstrual bleeding at all, making it hard to know if you are pregnant. Watch for other signs of pregnancy such as breast tenderness, weight gain, and nausea.



Use non-hormonal birth control during your treatment and for one week after you end your treatment. Using an estrogen hormonal birth control may affect how MYFEMBREE works.



Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements, or alternative medicines.

The following may interact with MYFEMBREE:

- erythromycin
- rifampin

MYFEMBREE resources



myfembree.ca

Scan the QR code to direct you to the patient website, which contains useful information about MYFEMBREE.*

Introducing the MYFEMBREE Financial Assistance Program, here to help reduce the cost of treatment

Pfizer is here to help support you on your treatment journey. MYFEMBREE Financial Assistance Program is a program that offers supplementary financial assistance dependent on your drug coverage plan.



Financial Assistance Program

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How does it work?



Go to myfembree.ca by scanning the QR code.



Access your own Financial Assistance Card by choosing your province or territory.



Download and print your card or use the QR code to save it to your phone.



Show it to your pharmacist when filling or refilling your prescription.

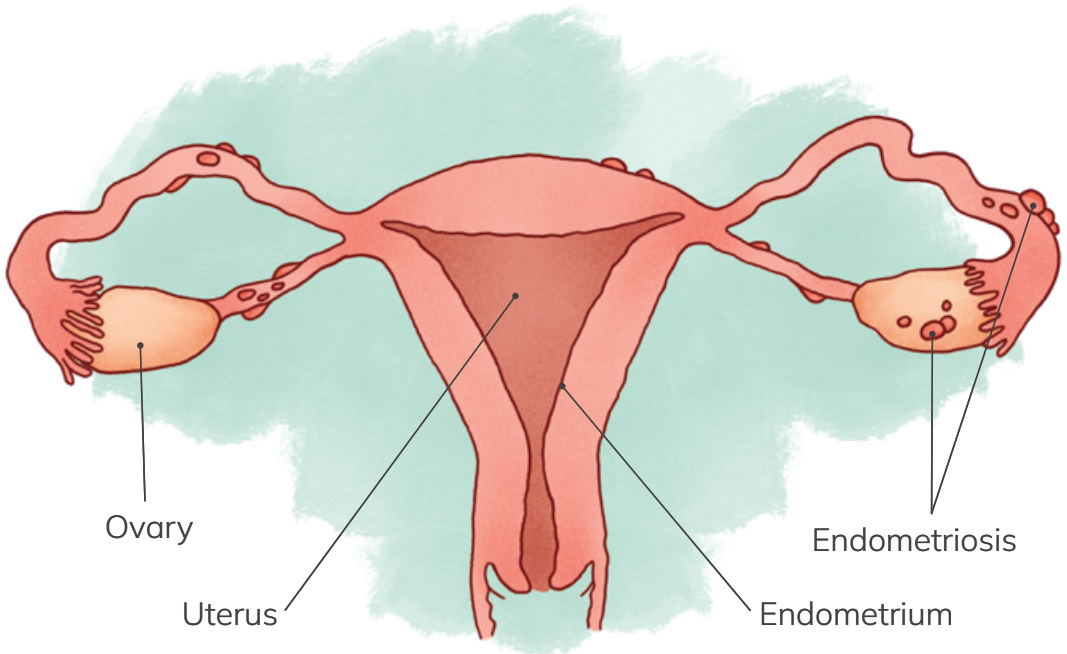




Endometriosis

What is endometriosis?

Endometriosis is a common condition where tissue similar to that lining the uterus grows outside the uterus, usually in the abdomen. Outside the uterus, the tissue thickens and bleeds during the menstrual cycle, but the resulting blood cannot leave the body as it normally does via the vagina. This causes inflammation and sometimes scarring (adhesions) which can cause painful symptoms.



Signs and symptoms of endometriosis

The main symptom of endometriosis is pelvic pain. Usually, this pelvic pain is linked with menstrual periods but sometimes it happens even when you are not on your period. While it's common to experience cramping during menstruation, people with endometriosis often experience more intense cramping, and the pain can increase over time. Some women also experience pain with sexual intercourse.

Pain caused by endometriosis may have a functional impact on day-to-day life, making it difficult to do things around the house, exercise, or attend social functions. Over-the-counter painkillers can help manage the pain, or doctors may prescribe medication for more severe pain if necessary.

Is there a cure for endometriosis?

Unfortunately, there is no cure for endometriosis. Your doctor has prescribed MYFEMBREE to you as a suitable treatment to help manage your pain due to your endometriosis.



You're not alone.

Endometriosis affects as many as:
1 in 10 women of reproductive age
5 in 10 women with chronic pelvic pain*

* Based on women who underwent laparoscopic assessment for pelvic pain

What causes endometriosis?

The exact cause of endometriosis is not known. There are several theories that may explain why it develops. Talk to your doctor to learn more.



Lifestyle tips to promote good health



Eat healthy

Try to eat a balanced, healthy diet with lots of plant-based foods high in fiber and antioxidants. Maintaining a healthy weight will improve your overall health, and eating plenty of fiber can help keep you regular so you don't have to strain during bowel movements.



Self-care

Self-care is a critical part of managing chronic conditions. If you are feeling fatigued, lie down and rest. Warm baths may also help relieve pain. Some women find meditation or yoga useful for helping with their pain-related symptoms.



Exercise

Exercise helps improve your overall health, and also triggers endorphins, which are your body's natural painkillers. Aerobic exercise (like brisk walking) also has anti-inflammatory effects. It helps reduce body fat (which contain inflammation-promoting substances) and it may increase the production of hormones that help keep inflammation in check.

Additional resources

Looking for more information?

Check out the resources below for some useful knowledge!

The Society of Obstetricians and Gynaecologists of Canada
yourperiod.ca

The Endometriosis Network Canada
endometriosisnetwork.com

World Endometriosis Society
endometriosis.ca

BC Women's Hospital and Health Centre
bcwomens.ca


Gynaecology Collaboration Quality Improvement
gynqi.com

Notes

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