

Do you have HIV and Excess Visceral Abdominal Fat?

Review this with your Healthcare Provider to start the conversation today!

YES

- I feel frustrated and/or upset by the changes in the size and shape of my abdomen/belly.
- My abdomen/belly feels hard, bloated, and/or uncomfortable.
- I have difficulties bending over and tying my shoes.
- I have noticed shortness of breath.
- I am having trouble sleeping at night.
- I have noticed changes in the way my clothes fit my abdomen/belly.
- I have tried diet and exercise, and it has not affected how my abdomen/belly feels and/or looks.

If you have HIV and checked yes to one or more statements, you may have a build-up of hard fat in your abdomen/belly called **excess visceral abdominal fat (EVAF)**.

Not sure?



If your waist circumference or waist-to-hip ratio is greater than or equal to these numbers, ask your Healthcare Provider about EVAF.

$$\text{Waist-to-hip ratio} = \frac{\text{Waist circumference (measure around the waist starting at the belly button) in (cm)}}{\text{Hip circumference (measure starting at the widest area of the hips around the buttocks) in (cm)}} = \boxed{}$$

EVAF can be difficult to control with diet and exercise and may require a different approach to treatment.

How much is too much?

Indicators differ for people assigned male or female at birth. If your waist circumference or waist-to-hip ratio is greater than or equal to these numbers, you may be at risk for EVAF.*

	Assigned Male at Birth	Assigned Female at Birth
Waist circumference	37.4 in (95 cm)	37 in (94 cm)
Waist-to-hip ratio	0.94	0.88

* Based on inclusion criteria for clinical trials.

Notes:

This tool is for informational purposes only. It is not intended as a medical assessment and should not be interpreted as medical advice.

How *EGRIFTA WR*[™] Can Help



- 1** The **ONLY** FDA-approved treatment for reducing EVAF in people with HIV and lipodystrophy.
- ↑** Stimulates **growth hormone** production, which helps **reduce EVAF**.
- 10+** More than **10 years** of established safety.

· THERA patient support[®]

A comprehensive support program that offers personalized support throughout your *EGRIFTA WR*[™] journey.

EGRIFTA WR[™] is a prescription medicine used to reduce the excess stomach-area (abdominal) fat in adults with HIV and lipodystrophy.[†] It is taken once a day as a subcutaneous injection (under the skin) in your abdomen/belly.

[†] *EGRIFTA WR*[™] is not for weight loss management. The long-term safety of *EGRIFTA WR*[™] on the heart and blood vessels (cardiovascular) is not known. It is not known whether taking *EGRIFTA WR*[™] helps improve how well you take your antiretroviral medications. It is not known if *EGRIFTA WR*[™] is safe and effective in children; do not use *EGRIFTA WR*[™] in children.



Ask your Healthcare Provider about *EGRIFTA WR*[™] and whether it would be right for you.

Important information for patients about *EGRIFTA WR*[™] (tesamorelin) for injection

What is *EGRIFTA WR*[™] (tesamorelin) for injection?

- *EGRIFTA WR*[™] is a prescription medicine used to reduce the excess stomach-area (abdominal) fat in adults with HIV and lipodystrophy.
- *EGRIFTA WR*[™] is a growth hormone-releasing factor (GHRF) analog.
- *EGRIFTA WR*[™] is not for weight loss management.
- The long-term safety of *EGRIFTA WR*[™] on the heart and blood vessels (cardiovascular) is not known.
- It is not known whether taking *EGRIFTA WR*[™] helps improve how well you take your antiretroviral medications.
- It is not known if *EGRIFTA WR*[™] is safe and effective in children; do not use *EGRIFTA WR*[™] in children.

You should not use *EGRIFTA WR*[™] if you:

- Have a pituitary gland tumor, surgery, or other problems related to your pituitary gland, or have had radiation treatment to your head or a head injury.
- Have active cancer.
- Are allergic to tesamorelin or any of the ingredients in *EGRIFTA WR*[™].
- Are pregnant or become pregnant. If you become pregnant, stop using *EGRIFTA WR*[™] and talk with your healthcare provider.
- Are less than 18 years of age.

Before using *EGRIFTA WR*[™], tell your healthcare provider about all of your medical conditions, including if you:

- Have or have had cancer.
- Have problems with blood sugar or diabetes.
- Have scheduled heart or stomach surgery.
- Have breathing problems.
- Are breastfeeding or plan to breastfeed.
- Are taking any other prescription and non-prescription medicines, vitamins, and herbal supplements.

EGRIFTA WR[™] may cause serious side effects including:

- **Increased risk of new cancer in adults with HIV or your cancer coming back (reactivation).** Stop using *EGRIFTA WR*[™] and inform your healthcare provider if any cancer symptoms come back.
- **Increased levels of your insulin-like growth factor-1 (IGF-1).** Your healthcare provider will do blood tests to check your IGF-1 levels while you are taking *EGRIFTA WR*[™].

- **Serious allergic reaction** such as rash or hives anywhere over the body or on the skin, swelling of the face or throat, shortness of breath or trouble breathing, fast heartbeat feeling of faintness or fainting, itching and reddening or flushing of the skin. **If you have any of these symptoms, stop using *EGRIFTA WR*[™] and get emergency medical help right away.**
- **Swelling or fluid retention.** Call your healthcare provider if you have swelling, an increase in joint pain, or pain or numbness in your hands or wrists.
- **Increase in blood sugar (glucose) or diabetes.**
- **Injection site reactions.** Injection site reactions are a common side effect of *EGRIFTA WR*[™] but may sometimes be serious.
- **Increased risk of death in people who have critical illness because of heart or stomach surgery, trauma, or serious breathing (respiratory) problems** has been reported after treatment with therapeutic doses of growth hormone.

The most common side effects of *EGRIFTA WR*[™] include:

- Pain in legs and arms
- Muscle pain

These are not all the possible side effects of *EGRIFTA WR*[™]. For more information, ask your healthcare provider or pharmacist. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. You may also report side effects to · THERA patient support[®] toll-free at 1-833-23THERA (1-833-238-4372).

This information is not intended to replace discussions with your doctor. For additional information about *EGRIFTA WR*[™], go to: www.egriftawr.com for the Patient Information and Patient Instructions for Use, and talk to your doctor. For more information about *EGRIFTA WR*[™], contact · THERA patient support[®] toll-free at 1-833-23THERA (1-833-238-4372).

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