

You can help the person you care for by explaining their episodes to their doctor. Describing what you see first-hand can increase their chances of being diagnosed and treated, especially if they have difficulty explaining their symptoms themselves.

Starting the conversation with their doctor may be uncomfortable, but doctors really do want to hear from you so they can help. Follow these steps to prepare yourself and the person you care for to talk to their doctor about PBA and treatment.

- 1 Remember their PBA Quiz results
- 2 Learn how to describe their crying and/or laughing symptoms
- 3 Understand their burden, and yours
- 4 Start the conversation with their doctor

Advocating for diagnosis and treatment is one of the most important things that you can do for your loved one—and for yourself.

1 Remember their PBA Quiz results

The score in their PBA Quiz results will help their doctor understand their crying and/or laughing episodes.

2 Learn how to describe their crying and/or laughing symptoms

If the person you care for has a neurologic condition or brain injury and you think they might have PBA, it's helpful to describe their symptoms the way doctors understand. Choose descriptions that match what you see.

Crying and/or laughing – They might experience either or both

Uncontrollable – They can't stop crying and/or laughing, even if they try

Episodic – Their symptoms aren't continuous

Sudden – Symptoms start quickly with little or no warning

Exaggerated – Crying and/or laughing is too intense for the situation or lasts longer than expected

Mismatched/Don't match how they feel – Crying when they're not sad or laughing when nothing's funny

If they have crying episodes, the descriptions above will help their doctor determine if their episodes are different from depression.

3 Understand their burden, and yours

Ask the person you care for how the symptoms are bothering them. Write down the answers.

- How do these episodes affect you emotionally? Physically?
- How have these episodes caused you to change your daily activities?
- What activities do you avoid because you're worried about having an episode?

Now ask yourself how their symptoms impact you and others.

Turn to the next page for Step 4

WHAT IS NUEDEXTA® APPROVED FOR?

- NUEDEXTA® is approved for the treatment of PseudoBulbar Affect (PBA). PBA is a medical condition that causes involuntary, sudden, and frequent episodes of crying and/or laughing in people living with certain neurologic conditions or brain injury. PBA episodes are typically exaggerated or don't match how the person feels. PBA is distinct and different from other types of emotional changes caused by neurologic disease or injury.
- NUEDEXTA is only available by prescription.

IMPORTANT SAFETY INFORMATION

Before you take NUEDEXTA, tell your doctor:

- If you are taking monoamine oxidase inhibitors (MAOIs), quinidine, or quinidine-related drugs. These can interact with NUEDEXTA causing serious side effects. MAOIs cannot be taken within 14 days before or after taking NUEDEXTA.
- If you have previously had an allergic reaction to dextromethorphan, quinidine or quinidine-like drugs.

Please see further Important Safety Information on the next page.

4 Start the conversation with their doctor

Take what you've learned in steps 1, 2, and 3 to their next appointment.

Ask their doctor these two questions:

1 Could the person I care for have PBA?

- Share their PBA Quiz results
- Explain how their unpredictable crying and/or laughing episodes are bothering them
- Explain how their episodes are impacting you and others
- Let their doctor know you understand PBA is a separate condition that can be treated

2 Could NUEDEXTA be the right treatment for them?

- Explain the ways reducing these episodes would help them and you
- Ask about possible side effects of NUEDEXTA

IMPORTANT SAFETY INFORMATION (CONTINUED)

Before you take NUEDEXTA, tell your doctor:

- About all medicines, herbal supplements, and vitamins you take as NUEDEXTA and certain other medicines can interact causing side effects.
- If you have had heart disease or have a family history of heart rhythm problems. NUEDEXTA may cause serious side effects, including changes in heart rhythm. If you have certain heart problems, NUEDEXTA may not be right for you. Your doctor may test your heart rhythm (heartbeats) before you start NUEDEXTA.
- If you have myasthenia gravis.

While taking NUEDEXTA, call your doctor right away:

- If you feel faint or lose consciousness.
- If you experience lightheadedness, chills, fever, nausea, or vomiting as these may be signs of an allergic reaction to NUEDEXTA. Hepatitis has been seen in patients taking quinidine, an ingredient in NUEDEXTA.
- If you have unexplained bleeding or bruising. Quinidine, an ingredient in NUEDEXTA, can cause a reduction in the number of platelets in your blood which can be severe and, if left untreated, can be fatal.
- If you feel dizzy, since it may increase your risk of falling.
- If you have muscle twitching, confusion, high blood pressure, fever, restlessness, sweating, or shivering, as these may be signs of a potential drug interaction called serotonin syndrome.

The most common side effects of NUEDEXTA are diarrhea, dizziness, cough, vomiting, weakness, and swelling of feet and ankles. This is not a complete list of side effects. Tell your doctor about any side effect that bothers you or does not go away.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch or call 800-FDA-1088.

Please read the NUEDEXTA Brief Summary of Important Facts on the next page.