

# TALKING WITH YOUR DOCTOR

## ABOUT ATRIAL FIBRILLATION (AFIB)

IF YOU'RE WORRIED ABOUT AFIB EPISODES, YOU'RE NOT ALONE. TALK TO YOUR DOCTOR ABOUT ANY SYMPTOMS.

AFib happens when irregular or extra electrical signals disrupt the heart's normal rhythm.

### MEET JAMES



I'm **James**, and I've been diagnosed with AFib. **I am on a blood thinner...but I still worry about future episodes, and have questions about my symptoms.**

### MEET DR. ROSS

I'm James's cardiologist. As a chronic disease, AFib can lead to more frequent episodes if left unchecked. **That's why I was glad that James told me about his symptoms.**



Have questions about how your AFib might be affecting you? **Use this discussion guide** to prepare for conversations with your doctor.



To hear that my symptoms were **important information to my doctor reinforced that I made the right choice** in starting a dialogue.

## KEEP TRACK OF YOUR AFIB SYMPTOMS

Everyone's AFib is different, and while not every person with AFib experiences symptoms, you should **talk to your doctor** about any symptoms that you experience.

**Use this checklist to record any of the symptoms you have had, and share it with your doctor.**



WHAT YOU FELT	DATE THAT IT HAPPENED	HOW LONG IT LASTED/ NOTES
<input type="radio"/> Racing heartbeat		
<input type="radio"/> Fluttering heartbeat		
<input type="radio"/> Irregular-feeling heartbeat		
<input type="radio"/> Pounding heartbeat		
<input type="radio"/> Lightheadedness		
<input type="radio"/> Extreme fatigue		
<input type="radio"/> Shortness of breath		
<input type="radio"/> Chest pain		
<input type="radio"/> Anxiety		

James was worried about seeming like he was complaining. **But the truth is, I encourage all my patients with AFib to speak up when they notice symptoms.**



# YOUR DOCTOR MAY ASK QUESTIONS ABOUT YOUR PHYSICAL ACTIVITY LEVEL



Information on symptoms and activity level are all important for me when I medically assess AFib. I ask my patients many questions, **including about their activity level.**

Some of the questions your doctor may ask include:



**QUESTION**

**NOTES**

Is there anything that you were doing 3-6 months ago, physically, that you can't do now?

Have your friends and family noticed a change in your normal activity level?

Do you notice any changes in symptoms during exercise or other activities?

When James came in, we talked about his symptoms, as well as **his treatment plan.**



# ASK YOUR DOCTOR ABOUT THE DIFFERENT TYPES OF AFIB MEDICATIONS

3 types of medication are commonly used to treat AFib, and are sometimes prescribed together:

①



**Blood thinners (anticoagulants)** are used to help prevent blood clots

②



**Heart rate medicines (rate control)** help slow down your heart rate

③



**Heart rhythm (antiarrhythmic) medications**, that help keep your heart beating in a normal rhythm



## QUESTION

## NOTES

What type of AFib do I have, and why is that important?

Does my AFib require more than 1 type of medication?

Am I a suitable candidate for heart rhythm medication?

Should I be concerned about the side effects of heart rhythm medications?



# HOW CAN MULTAQ® HELP?

MULTAQ® is a prescription medicine used to lower the chance of hospitalization for atrial fibrillation (AFib) in people who currently have a normal heart rhythm and have had certain types of AFib (paroxysmal or persistent AFib) in the past. It is not known if MULTAQ is safe and effective in children younger than age 18 years old.



**MULTAQ is an FDA-approved pill that your doctor could prescribe to help keep the heart beating in normal rhythm, which may help patients have more days without AFib episodes.**

As you talk with your doctor about how MULTAQ® can help, consider asking them the following:



QUESTION	NOTES
How is MULTAQ different from other AFib medications that I'm taking?	
What is the right way to take MULTAQ?	
What can I expect from taking MULTAQ?	
What are the serious risks associated with MULTAQ that I should know about?	

Dr. Ross and I talked about my overall AFib treatment plan, using my discussion guide for assistance. **Now that my heart is back in rhythm, we both decided on adding MULTAQ** to my treatment plan.



Tell your doctor about all the medicines you take.

## IMPORTANT SAFETY INFORMATION

What is the most important information I should know about MULTAQ?

**MULTAQ may cause serious side effects, including:**

- **Increased risk of death, stroke, and heart failure in people with:**
  - **A certain type of heart failure called decompensated heart failure.** Heart failure is when your heart does not pump blood through your body as well as it should. MULTAQ can cause new or worsening heart failure.

Please see Important Safety Information on following pages. For full Prescribing Information, including Risk of SERIOUS SIDE EFFECTS, please click [here](#) or visit [MULTAQ.com](#).



## IMPORTANT SAFETY INFORMATION (CONTINUED)

**Do not take MULTAQ** if you have symptoms of heart failure that recently worsened and you were hospitalized, or if you have severe heart failure.

Call your healthcare provider right away if you develop any of the following signs or symptoms of heart failure during treatment with MULTAQ: shortness of breath or wheezing at rest; wheezing, chest tightness, or coughing up frothy sputum at rest, nighttime, or after minor exercise; trouble sleeping or waking up at night because of breathing problems; using more pillows to prop yourself up at night so you can breathe more easily; gaining more than 5 pounds quickly; increasing swelling of feet or legs

- **A certain type of irregular heartbeat (rhythm) called permanent atrial fibrillation (AFib).** Permanent AFib is when you and your healthcare provider decide not to try to change your heart rhythm back to a normal heart rhythm or your heart rhythm cannot be changed back to a normal rhythm.

**Do not take MULTAQ** if you have permanent AFib. Your healthcare provider should check your heart rhythm regularly to make sure your heart keeps a normal rhythm.

Call your healthcare provider right away if you develop any of the following signs or symptoms of AFib during treatment with MULTAQ such as: fast or irregular heartbeat or pulse; chest pain; dizziness or lightheadedness; tiredness or weakness; reduced ability to exercise; shortness of breath

**MULTAQ doubles your risk of dying if you have these conditions.** Your healthcare provider may give you a medicine to help prevent blood clots and decrease your risk of stroke during treatment with MULTAQ. Tell your healthcare provider right away if you develop any of the following signs or symptoms of stroke during treatment with MULTAQ such as: numbness or weakness in the face, arms, or legs, especially on 1 side of the body; confusion, trouble speaking, or difficulty understanding things; trouble seeing in 1 or both eyes; trouble walking, dizziness, loss of balance, or lack of coordination.

- **Liver problems.** MULTAQ may cause severe liver problems, including life-threatening liver failure. **Do not take MULTAQ** if you have severe liver problems. Your healthcare provider may order blood tests to check your liver before you start taking MULTAQ and during treatment. Call your healthcare provider right away if you develop any of the following signs and symptoms of liver problems during treatment with MULTAQ: loss of appetite, nausea, vomiting; fever, feeling unwell, unusual tiredness; itching; yellowing of the skin or the whites of the eyes (jaundice); unusual darkening of the urine; right upper stomach area pain or discomfort

Please see additional Important Safety Information on following pages. For full Prescribing Information, including Risk of SERIOUS SIDE EFFECTS, please click [here](#) or visit [MULTAQ.com](http://MULTAQ.com).



# IMPORTANT SAFETY INFORMATION (CONTINUED)

## Who should not take MULTAQ?

See **“What is the most important information I should know about taking MULTAQ?” Do not take MULTAQ if:**

- you have a certain type of heart problem called heart block, and you do not have an implanted pacemaker
- your heart rate is less than 50 beats each minute
- you have had liver or lung problems after using amiodarone
- you have a certain type of electrocardiogram (ECG) abnormality including QTc or PR interval prolongation
- you take certain medicines that can change the amount of MULTAQ that gets into your body such as: nefazodone; ritonavir; ketoconazole; itraconazole; erythromycin; voriconazole; telithromycin; clarithromycin; cyclosporin
- you take certain medicines that can lead to a dangerous abnormal heart rhythm such as: phenothiazines; tricyclic antidepressants; macrolide antibiotics; certain medicines for abnormal heart rhythm or fast heartbeat (Class I and III antiarrhythmics)
- you are allergic to dronedarone or any of the other ingredients in MULTAQ

## What should I tell my healthcare provider before taking MULTAQ?

**Before taking MULTAQ, tell your healthcare provider about all of your medical conditions, including if you:**

- have any other heart problems, including heart rhythm problems, or have had a stroke
- have an implanted pacemaker
- have liver or kidney problems
- have lung problems
- have low levels of potassium or magnesium in your blood
- are pregnant or plan to become pregnant. MULTAQ may harm your unborn baby

### Females who can become pregnant

- Your healthcare provider will do a pregnancy test before you start treatment with MULTAQ
- Use effective birth control (contraception) during treatment and for 5 days after your final dose of MULTAQ
- Tell your healthcare provider right away if you think you are pregnant or become pregnant during treatment with MULTAQ

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## IMPORTANT SAFETY INFORMATION (CONTINUED)

- are breastfeeding or plan to breastfeed. It is not known if MULTAQ passes into your breast milk. Do not breastfeed during treatment and for 5 days after the final dose of MULTAQ

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Taking MULTAQ with certain other medicines may affect the amount of MULTAQ or other medicines in your blood and may increase your risk of side effects or affect how well MULTAQ or the other medicines work.

**Especially tell your healthcare provider if you take:** medicine for high blood pressure, chest pain, or other heart conditions; statin medicine to lower blood cholesterol; medicine for tuberculosis (TB); medicine for seizures; digoxin; warfarin or other blood thinner medicines; medicine for organ transplant; an herbal supplement called St. John's wort; water pills (diuretics).

Know the medicines you take. Keep a list of them to show to your healthcare provider and pharmacist when you get a new medicine.

### **What should I avoid while taking MULTAQ?**

Do not drink grapefruit juice during treatment with MULTAQ. Grapefruit juice can increase the amount of MULTAQ in your blood and can increase your chance of getting side effects.

### **What are the possible side effects of MULTAQ?**

#### **MULTAQ may cause serious side effects, including:**

- See **“What is the most important information I should know about MULTAQ?”**
- **Inflammation of the lungs, including scarring and thickening.** Call your healthcare provider if you develop shortness of breath or a dry cough during treatment with MULTAQ
- **Low potassium and magnesium levels in your blood.** This can happen if you take certain water pills (diuretics) during treatment with MULTAQ. Your healthcare provider may check you for this problem before and during treatment. Tell your healthcare provider if you develop any of the following symptoms of low potassium or low magnesium during treatment with MULTAQ: nausea or vomiting; weakness or sleepiness; muscle weakness, spasms, or tremors; loss of appetite; constipation; heart palpitations; tingling or numbness
- **Changes in the electrical activity in your heart called QT interval prolongation.** QT interval prolongation can increase your chance of getting dangerous abnormal heart rhythms

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## IMPORTANT SAFETY INFORMATION (CONTINUED)

- **Kidney problems and kidney failure.** MULTAQ can cause changes in kidney function that can be serious and lead to kidney failure, especially in people with heart failure or people with low body fluid levels. Your healthcare provider will check your blood for signs of kidney problems during treatment. Tell your healthcare provider if you develop any of the following symptoms of kidney problems during treatment with MULTAQ: loss of appetite; nausea and vomiting; muscle cramps; dry, itchy skin; swelling of the feet and ankles; shortness of breath; trouble sleeping; urinating too much or too little

**The most common side effects of MULTAQ include:** diarrhea; weakness, lack of energy, and feeling very tired or sleepy (asthenia); nausea; skin problems such as redness, rash, and itching; stomach area (abdominal) pain; slow heart rate (bradycardia); vomiting; indigestion.

Your healthcare provider may stop treatment with MULTAQ if you develop certain side effects. These are not all of the possible side effects of MULTAQ.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Please [click here](#) to see full Prescribing Information including Risk of SERIOUS SIDE EFFECTS

Please [click here](#) to see full MULTAQ Medication Guide (English)

If you are a patient experiencing problems with a Sanofi U.S. product, please contact Sanofi U.S. at 1-800-633-1610.

The health information contained herein is provided for general educational purposes only. Your healthcare professional is the single best source of information regarding your health. Please consult your healthcare professional if you have any questions about your health or treatment.

### DISCLAIMER

**Please note that neither patient nor doctor are actual people. Their character dialogues are based on individuals we have spoken with. We have created these characters to help guide a discussion between patient and doctor.**