MEDICATION SIDE EFFECTS

If you are randomized to receive a TNF inhibitor you will receive one of the following medications. These medications may sometimes cause the side effects listed below.

<table>
<thead>
<tr>
<th>TNF-α INHIBITORS</th>
<th>POSSIBLE SIDE EFFECTS</th>
</tr>
</thead>
</table>
| Humira (adalimumab)       | • Risk of infection. People with active infections, colds, or flu should avoid taking Humira  
                              • Headache                                                                          
                              • Flu-like symptoms. These include: headache, weakness, fever, shakes, aches, pains, and sweating. Mild pain medicine may help.  
                              • Irritation at injection site                                                          |
| Enbrel (etanercept)        | • Irritation at injection site                                                         
                              • Risk of infection. People with active infections, colds, or flu should avoid taking Enbrel  
                              • Headache                                                                          
                              • Stomach Pain                                                                      |

If you are randomized to receive triple therapy you will take both of the following medications. These medications may sometimes cause the side effects listed below.

<table>
<thead>
<tr>
<th>OTHER MEDICATIONS (non TNF-α inhibitors)</th>
<th>POSSIBLE SIDE EFFECTS</th>
</tr>
</thead>
</table>
| Azulfidine (sulfasalazine)              | • Headache                                                                          
                              • Stomach pain or heartburn                                                           
                              • Nausea or vomiting                                                                  
                              • Liver damage can rarely occur                                                      
                              • Rash or other allergic reaction                                                     |
| Plaquenil (hydroxychloroquine)          | • Anemia                                                                             
                              • Stomach pain                                                                       
                              • Eye damage can rarely occur                                                        |

If your RA does not respond to the randomized medications, you may be switched to the following medication: Arava

<table>
<thead>
<tr>
<th>Arava (leflunomide)</th>
<th>POSSIBLE SIDE EFFECTS</th>
</tr>
</thead>
</table>
|                                        | • Lung infection                                                                      
                              • Nausea, vomiting, and diarrhea                                                      
                              • Hair loss. Hair usually grows back when medicine is stopped                        
                              • Liver damage can rarely occur                                                      |
Minimizing Injection Site Reactions

If you're taking Enbrel or Humira, you may find that you experience swelling, itching, or redness at the site of injection. This type of reaction is normal and is not an allergic reaction. There are several ways that it can be reduced. The good news is most patients find that these reactions decrease the longer they take their medications. See below for more details.

If you experience swelling on your face, eyes, lips, or mouth, feel feverish, or have trouble breathing, you may be having an allergic reaction and should seek medical attention.

**Rotating the Injection Site** prevents injection site reactions. You can inject yourself: in the abdomen, at least 2 inches from your belly button; on the front of your upper thigh; or the back of your upper arm, near your triceps. Try to inject in altogether different places to minimize the risk of scarring and injection site reactions. For example, if you used your right thigh last time, use your abdomen or left arm this time.

**Icing** the swollen or red area for twenty minutes will help soothe it.

**Antihistamines** such as Benadryl prior to or soon after your injection will help to reduce itching. You can also apply a topical antihistamine such as Benadryl cream.

**NSAIDS**, anti-inflammatory pain relievers such as ibuprofen (Motrin or Advil) or acetaminophen (Tylenol), can also minimize this reaction.