



# spotlight on health

## A New Weapon In The Fight Against Crohn's Disease

(NAPSA)—For 13 years, 27-year-old Stephanie Kijak has been living with Crohn's disease, a chronic inflammatory bowel disorder that affects nearly a half-million Americans. In the months following her diagnosis, her gastrointestinal attacks became more frequent and overwhelming, ultimately forcing her to miss school and forgo the activities she enjoyed, including ballet and playing sports like soccer and field hockey.

"I wasn't happy. I went from being a very active person to doing nothing. I never left the house," said Stephanie. "I didn't want to be around anybody."

Stephanie is not alone. Crohn's disease commonly begins in late adolescence to early adulthood. It is a chronic condition that causes inflammation of the gastrointestinal tract—in the lower portion of the small intestine and the large intestine—typically resulting in symptoms such as diarrhea, fever, abdominal pain and weight loss. These painful and often debilitating symptoms can make everyday activities a challenge.

Stephanie and her doctor tried traditional steroid therapies but these did not provide sustained

relief from her symptoms. In addition, Stephanie was concerned about the potential side effects of prolonged steroid use, such as osteoporosis, fluid retention in the face, acne and cataracts.

Stephanie gained a new outlook on life when she began treatment with REMICADE three years ago. Originally approved as a short-term treatment in 1998, REMICADE is now the first and only biologic therapy approved by the U.S. Food and Drug Administration to induce and maintain remission-level control of the debilitating symptoms of Crohn's disease. REMICADE is used in patients with moderately to severely active Crohn's disease who have not responded well to conventional therapy. In addition, some patients may be able to reduce or eliminate the need for steroid use.

"The painful symptoms of Crohn's disease can have a substantial impact on a patient's daily life," said Gary Lichtenstein, M.D. "For the first time, we have a therapy that can both induce and maintain remission-level control of disease symptoms, in many cases, while reducing or eliminat-

ing the need for steroid use. This is a significant advance."

REMICADE belongs to a class of drugs called biologic response modifiers. It works by neutralizing the activity of a key substance that causes inflammation, called TNF-alpha. TNF-alpha is believed to play a key role in the inflammation of Crohn's disease.

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Since starting treatment with REMICADE, Stephanie has become more confident and active. She has taken up canoeing and is even experimenting with other outdoor activities. "I do a lot more normal things. REMICADE has given me that. I feel like I've got my life back."

Results may vary.

Those interested in receiving more information about REMICADE and Crohn's Disease may contact a special toll-free hotline, 1-866-548-1641, or visit [www.remicade.com](http://www.remicade.com).

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*Editors Note: Many people with heart failure should not take REMICADE; so, prior to treatment you should discuss any heart condition with your doctor. Tell your doctor right away if you develop new or worsening symptoms of heart failure (such as shortness of breath or swelling of your feet). There are reports of serious infections, including tuberculosis (TB) and sepsis. Some of these infections have been fatal. Tell your doctor if you have had recent or past exposure to people with TB. Your doctor will evaluate you for TB and perform a skin test. If you have latent (inactive) TB your doctor should begin TB treatment before you start REMICADE. If you are prone to or have a history of infections, currently have one, or develop one while taking REMICADE, tell your doctor right away. Also tell your doctor if you have lived in a region where histoplasmosis is common or if you have or have had a disease that affects the nervous system, or if you experience any numbness, tingling, or visual disturbances. There are also reports of serious infusion reactions with hives, difficulty breathing, and low blood pressure. In clinical studies, some people experienced the following common side effects: upper respiratory infections, headache, nausea, cough, sinusitis or mild reactions to the infusion such as rash or itchy skin. (Please read full prescribing information at [www.remicade.com](http://www.remicade.com).)*