

# Understanding Duobrii™

A GUIDE TO YOUR NEW PSORIASIS TREATMENT

 Duobrii™

Halobetasol propionate **0.01%** w/w  
and tazarotene **0.045%** w/w lotion

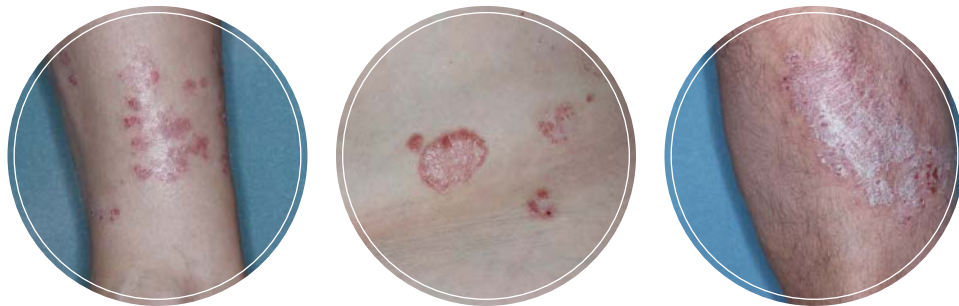
# Understanding psoriasis

## What is it?

Psoriasis comes in several types. Plaque psoriasis, the most common form, is a skin condition characterized by red, flaky, thickened patches of skin covered with silvery scales. These usually occur on the elbows, knees, scalp, chest, and lower back, but can appear anywhere. They can be itchy and, less commonly, painful.

Psoriasis is a chronic condition that typically involves periods of no or mild symptoms, followed by flare-ups when symptoms like itching and flaking are more severe.

### HOW PSORIASIS MAY APPEAR ON SKIN



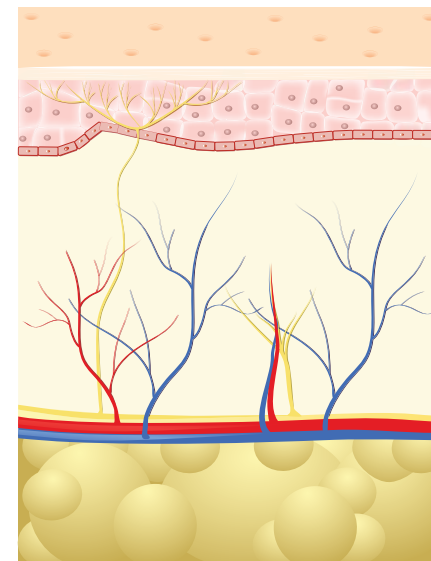
## What causes it?

Skin cells are normally made and shed every 28 to 30 days. In psoriasis the skin cells mature in 3 to 6 days and move to the skin's surface. Instead of being shed, the skin cells pile up, causing the visible thick, scaly plaques.

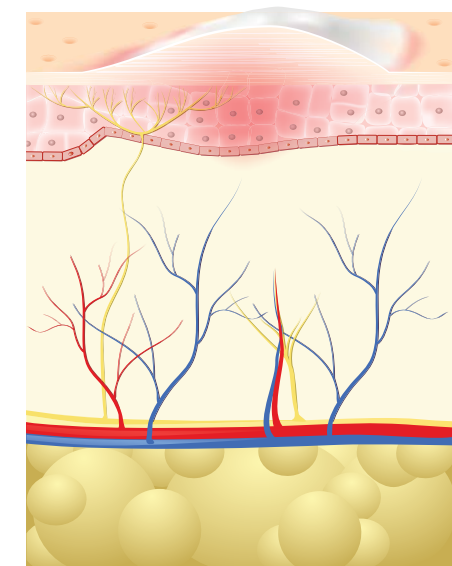
No one knows why this skin cell overgrowth happens but researchers believe it involves a combination of genetic, environmental, and immune factors.

Psoriasis tends to run in families, although it is unclear exactly what role genetics plays.

### HEALTHY SKIN



### PSORIASIS SKIN



## Who gets it?

An estimated 2-3% of the population have psoriasis – about one million people in Canada. It can start at any age with two peaks of onset: 20-30 years and 50-60 years. Men and women are equally affected. Children are much less commonly affected.

ABOUT 1,000,000 CANADIANS



Peak onset  
**20-30  
YEARS**




Peak onset  
**50-60  
YEARS**

## What are the risk factors?

Psoriasis symptoms can start or become worse because of a certain event, known as a trigger.

### Triggers include:



Stress



Injury to the skin



Some medications

(e.g. lithium, antimalarials, propranolol, quinidine, indomethacin)



Infection

(e.g. strep throat)



Poor diet, alcohol, and smoking



Cold or dry weather

Psoriasis is not contagious, so it cannot be caught from an affected person.

## What can I do?



Talk with your doctor about lifestyle options and advice about how to manage your condition.



Eat a balanced diet, lose weight if you are overweight, and exercise regularly.



If you smoke, stop.



Reduce your alcohol intake.



Moisturizing your skin after bathing, and humidifying the home in the winter, can reduce itch.



Some sunlight exposure (no sunburns or tanning salons) is helpful for many people with psoriasis.



Try to reduce any stress you might have and make sure to get sufficient sleep.



Take all medications as recommended by your doctor.



# Your doctor has prescribed DUOBRII to treat your psoriasis

## What is DUOBRII?

DUOBRII is a lotion that you apply to your skin. It can help improve the signs and symptoms of plaque psoriasis in adults.



## How does DUOBRII work?

DUOBRII is a combination of two types of medications. Halobetasol propionate is a corticosteroid – it reduces inflammation. Tazarotene is a retinoid. It is not known exactly how it works but it is believed to help the normal growth of the skin cells and by reducing inflammation.

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and tazarotene **0.045%** w/w lotion

## How do I use DUOBRII?

<p><b>1</b></p> <p>Once a day, gently rub a thin layer on the plaques only.</p> 	<p><b>2</b></p> <p>Repeat until you no longer feel the plaques, then stop.</p> 	<p><b>3</b></p> <p>After that, you may use DUOBRII on and off as necessary.</p> 
<p>Do not apply to normal skin.</p>	<p>Some colour may still be noticeable. This may fade in time, and doesn't require treatment.</p>	<p>Talk to your doctor if you have any questions about how to use DUOBRII.</p> <p><small>Treatment schedule shown may not apply to all patients.</small></p>

Ensure that skin is dry before applying DUOBRII. If you get redness, peeling, or discomfort you can stop or reduce how often you apply DUOBRII. For example, you can try only applying DUOBRII every second or third day until the area is better and then return to using DUOBRII as prescribed by your healthcare professional.

Please see the patient information leaflet for complete dosing and administration information.

Scan to view the How To Apply DUOBRII video or visit [www.ExperienceDuobrii.ca](http://www.ExperienceDuobrii.ca).



## Are there things I should avoid doing?

Avoid applying to healthy skin.

Do not apply more than once a day.

Do not apply to broken skin such as ulcers, open sores, wounds.

Do not use on skin with eczema, as it can cause severe irritation.

Do not apply to areas where the skin can rub together (e.g. armpits, genitals, groin, anal area, skin folds of the breast, and between your fingers).

Do not get DUOBRII in your eyes, nose, mouth, or other mucous membranes. If you get DUOBRII in your eye, flush it with cold water.

Do not apply a bandage or wrap after using DUOBRII unless directed by your doctor.

Do not share your DUOBRII.

Do not use DUOBRII in ways that are not advised by your doctor.

Do not use more than 50 g of DUOBRII in one week.

## Who should not use DUOBRII?

### Do not use DUOBRII if:

You are allergic to any ingredient found in DUOBRII.

You are allergic to other steroids or retinoids.

You have another skin condition, including dermatitis which is red, itchy, or scaly patches and dandruff; a skin reaction after vaccination; or an active infection such as herpes, chicken pox, tuberculosis or syphilis; as DUOBRII can cause more irritation.

You are pregnant or think you might be pregnant. DUOBRII may harm your unborn baby.

If you are able to get pregnant, you should use an appropriate method of birth control while you are using DUOBRII.

You should take a pregnancy test 2 weeks before you start using DUOBRII to make sure you are not pregnant.

You should start using DUOBRII during your period to make sure you are not pregnant.

STOP using DUOBRII and tell your healthcare professional right away if you become pregnant.

## What are the possible side effects of using DUOBRII?

Swelling
Itching of the skin
Dermatitis: skin rash or sores
Worsening of psoriasis
Skin dryness and flaking
Red, sore, itchy, blisters, or oozing
Increased risk of skin infections
Redness, rash, tears, or scrapes
Skin atrophy: thinning or wasting of the skin
Application site pain or burning/stinging sensation
Telangiectasia: small red areas caused by dilation of the blood vessels in the skin.
Stretch marks: a band, line, streak, or stripe that starts out pink or purple but turns white later on. They are due to weak elastic tissues in the skin. They can occur on the breasts, thighs, abdomen, and buttocks.
Folliculitis: inflammation or infection of a hair follicle. It looks like a small yellow or white lump with a red ring. It usually happens on the face, arms, or legs, or parts not usually covered by clothing.

These are not all the possible side effects you may feel when taking DUOBRII. If you experience any side effects not listed here, contact your healthcare professional.

Consult the patient information insert for information regarding serious side effects.

## Is there anything else I need to know about DUOBRII?

Before you use DUOBRII, talk to your doctor about any other conditions or problems you may have, such as:

Have eczema.
Have diabetes.
Have hormonal problems.
Have glaucoma.
Are older than 65 years.
Have a reduced ability to fight infections.
Have problems with your kidney or liver.
Are thinking of becoming pregnant or think you might be pregnant.
Are taking medicines that suppress your immune system.
Use skin products that can dry or irritate your skin.
Have a condition for which you were previously or are currently taking other corticosteroid drugs.
Have other inflammatory skin diseases caused by poor circulation such as stasis dermatitis or chronic ulcers in the legs.
Take medications or use skin products that increase your chances of getting sunburns (e.g. certain antibiotics).
Are breastfeeding. You and your healthcare professional should decide if the benefits of breastfeeding outweigh any possible harm to the baby. It is not known if it is safe to use DUOBRII and breastfeed. If you breastfeed, do not apply DUOBRII to your nipples or areola (dark part around the nipple). This will help decrease direct exposure of the baby to DUOBRII.

### Other things you should know about:

DUOBRII can increase your chances of having sunburns. If you are going to be exposed to sunlight, you should use sunscreen with a minimum SPF of 15 and wear clothes that can protect you from the sun. This includes sunlamps. If you already have a sunburn, wait until it has healed before using DUOBRII.

DUOBRII can make the wind, and very hot or very cold weather, more irritating for your skin.

DUOBRII can cause abnormal blood and urine test results. Your healthcare professional will decide when to perform blood and urine tests and will interpret the results. They may monitor how your liver is working and the levels of your blood sugar and hormones. They will also check to see how your adrenal glands are working. Monitoring the health of your adrenal glands is especially important if you are taking DUOBRII for 8 weeks or longer without a break.

Tell your healthcare professional if your psoriasis is not healing.

Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements, or alternative medicines.

### Drug interactions:

The following may interact with DUOBRII: other steroid-containing products applied to your skin or taken by mouth; drugs that make your skin more sensitive to the sun such as thiazides, tetracyclines, fluoroquinolones, phenothiazines, or sulfonamides; and immunosuppressants, drugs which lower your body's ability to fight infection.

### Where to find more information about psoriasis

#### Further information is available at the following websites:


Canadian Association of Psoriasis Patients (CAPP)  
[www.canadianpsoriasis.ca](http://www.canadianpsoriasis.ca)

Canadian Dermatology Association  
[www.dermatology.ca](http://www.dermatology.ca)

Canadian Psoriasis Network  
[www.canadianpsoriasisnetwork.com](http://www.canadianpsoriasisnetwork.com)

National Psoriasis Foundation  
[www.psoriasis.org](http://www.psoriasis.org)

American Academy of Dermatology  
[www.aad.org](http://www.aad.org)

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If you would like more information on DUOBRII,  
please call Bausch Health, Canada Inc. at

**1-800-361-4261**

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**BAUSCH+Health** [bauschhealth.ca](http://bauschhealth.ca)

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