Xeljanz and Xeljanz XR are the brand names for the oral treatment tofacitinib. Xeljanz is available as a 5 mg tablet taken twice daily. Xeljanz XR is the extended release formula available as an 11 mg tablet taken once daily. It is a synthetic [man-made] small molecule medicine. Xeljanz is used to treat psoriatic arthritis.

How effective is it?
Xeljanz helps to stop inflammation in the joints and tendons and reduce psoriatic arthritis symptoms.

A clinical trial is a research study used to determine how safe and effective a new treatment is. This often is done to compare the new treatment with a placebo (an inactive pill, liquid or powder that has no treatment value).

In clinical trials:
- 50 percent of adults with psoriatic arthritis experienced at least a 20 percent improvement after 3 months

Treating your psoriatic disease is important for disease management, reducing your risk for comorbidities (related health conditions) and improving your overall health and quality of life. Keep in mind that each person responds differently to treatments. Speak with your health care provider about what treatment may be most appropriate.

Fast facts about Xeljanz
- Was approved by the U.S. Food and Drug Administration for treating adults with psoriatic arthritis in December 2017
- Works by targeting the enzyme [a type of protein involved in the immune system] called Janus kinase (JAK)
- Is available by prescription and is taken orally as a pill
- Is meant to be taken long-term

Financial assistance
Pfizer provides financial support and other resources for people taking Xeljanz. For more information, call 855-493-5526 or visit Xeljanz.com.
How does it work?
Some oral treatments for psoriatic disease act on part of your immune system, and others may act on your whole body. Xeljanz works by targeting a specific part of the immune system that is overactive.

Your immune system protects your body from illness and infections. With psoriatic disease, the immune system is overactive. This causes inflammation of the skin and speeds up skin cell growth. It also causes inflammation in joints, tendons and ligaments in psoriatic arthritis.

Who can take it?
Adults over the age of 18 with psoriatic arthritis can take Xeljanz. Speak with your health care provider if you are pregnant or breastfeeding.

Who should not take it?
You should not take Xeljanz if you have an active serious infection, including localized infections.

What are the risks?
There is an increased risk for infections. This is because the treatment is causing some immunosuppression (lowering the function of the immune system). If you notice any sign of infection, speak with your health care provider right away. Before starting Xeljanz, you will be screened for latent (non-active) tuberculosis (TB). Avoid receiving live vaccines while taking Xeljanz.

There have been rare reports of:
- High lipid levels, including cholesterol
- High liver enzymes
- Low blood count
- Lymphoma and other malignancies
- Gastrointestinal (GI) perforations

Speak with your health care provider if you develop a fever or chest pains that do not go away, shortness of breath, sudden weight gain or swelling of your ankles or feet.

Common side effects
In clinical trials, the most common side effects associated with Xeljanz are:

- **Infections such as the flu, sinus infections or upper respiratory infections**: 8.3% of patients treated with Xeljanz reported infections (compared to 6.1% of patients treated with a placebo)
- **Headache**: 4.3% of patients treated with Xeljanz reported headaches (compared to 2.1% of patients treated with a placebo)
- **Diarrhea**: 4% of patients treated with Xeljanz reported diarrhea (compared to 2.3% of patients treated with a placebo)

These side effects happen most often after the first dose and may decrease after additional doses or over time. The side effects are generally mild and do not cause most people to stop taking Xeljanz. During clinical trials, 4% of patients stopped taking Xeljanz due to side effects.

Keep in mind that side effects observed in clinical trials may not predict actual rates of side effects.

What should I do next?

- Speak with your health care provider about whether Xeljanz is appropriate for you
- Contact our Patient Navigation Center to find providers, prepare for appointments, discuss treatments and get help with accessing treatments (find contact information below).

National Psoriasis Foundation educational materials are medically reviewed and are not intended to replace the counsel of a physician. The Foundation does not endorse any medications, products or treatments for psoriasis or psoriatic arthritis and advises you to consult a physician before initiating any treatment.

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