



Somatuline[®] autogel[®]
lanreotide

JOURNAL

Full Name: _____

Address: _____

Phone number: _____

Acromegaly is a rare, treatable disease with a significant and lasting impact on patients.

Even once GH and IGF-1 levels are within normal range, patients can still sometimes experience symptoms, such as fatigue, headaches, joint or body aches and pains.

By using the symptom tracker, your health care team will be better positioned to help manage your condition. This form is intended only to help you and your doctor for your next visit - it is not intended to serve as medical advice. If at any time your symptoms become severe, you should contact your doctor immediately.

If you are receiving treatment with Somatuline Autogel (lanreotide) once every 28, 42 or 56 days, start tracking symptoms on the day immediately following your injection - that is, the first day of Week 1.

This book also includes a number of blank note pages for you to use as a personal journal as you move through your treatment, as well as some additional resources which you may find helpful.

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Today's Date: _____

Description of symptoms:

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Understanding your condition and its treatment is important and asking the right questions is integral to your care.

Below are some tips to help you talk with your doctor or other healthcare professionals about acromegaly.

- Do not be afraid to ask questions – no question is a silly one.
- Use this journal to keep track of anything you would like to mention (possible new symptoms etc.) or questions you would like to ask as they pop up. Then bring this journal with you to appointments, this way you won't forget them when you're talking to your doctor. It will also be useful during appointments as you can take notes of any important details or new information.
- Consider asking a family member or friend to come with you to appointments for support – they may think of some questions which you haven't, or help you remember the discussion later on – chances are you have a lot going on in your head.
- Ask your doctor to explain any new or medical terms you don't understand, and don't be afraid to ask them to repeat, or explain something further if you haven't fully understood. You can also use your journal to note any new terms which may not have been included in the glossary.
- Ask your doctor or nurse where you can find reliable information if you need it; everyone has different needs with regard to information, and not all sources available online will be accurate or appropriate for your situation.

Additional Resources:

The Pituitary Foundation Ireland: <https://www.pituitaryireland.ie/>

Contact Information for Republic of Ireland support group:

Email: pituitaryireland@yahoo.ie

Telephone: 00353 86 193 2611

You might find it helpful joining the group's Facebook page to keep up to date with their activities. There is also a page which is used as a forum where you can connect with other patients:

www.facebook.com/PituitaryIreland/

The Pituitary Foundation (UK): <https://www.pituitary.org.uk/>

Under the "information" tab, scroll down and select "pituitary conditions", and then "Acromegaly" from the menu along the left-hand side (it is the first option).

The Pituitary Foundation is the UK relative of The Pituitary Foundation Ireland and their website is a little more comprehensive; it also contains helpful and relevant information for Ireland, as well as other support publications which you may find useful.

Such as:

Acromegaly Booklet:

Home → Information → Publications → Conditions and Procedures → Acromegaly booklet

Pituitary Surgery and Radiotherapy Booklet:

Home → Information → Publications → Conditions and Procedures → Pituitary surgery and radiotherapy booklet

The Pituitary Gland booklet:

Home → Information → Publications → General → Pituitary Gland Booklet

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Further information

For more information on Somatuline Autogel, in the first instance please speak to your healthcare professional.

You may also contact Ipsen Medical Information Department
Tel: +35318098256
Email: medical.information.uk@ipсен.com

If you experience any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly to the HPRA . Reporting forms and information can be found at www.hpra.ie or email medsafety@hpra.ie. The HPRA can also be contacted on +353 (0)1 676 4971. Adverse events should also be reported to the Ipsen Medical Information Department on +353 (0)1 809 8256 or medical.information.uk@ipсен.com.
By reporting side effects you can help to provide more information on the safety of this medicine.

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