



Open a dialogue on secondary hyperparathyroidism (sHPT).

Look inside to see how you can improve the two-way dialogue between you and your care team. It includes questions to ask so you can help your care team manage this disease with a simple solution.

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Have a two-way dialogue. Here's how!



Secondary hyperparathyroidism (sHPT) can be a serious condition. It's important to be able to talk with your care team like true partners.



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Start by scanning this code with your phone's camera to play a short video about sHPT to arm you with the knowledge to aid in these conversations.

After you watch the video, talk to your care team about your sHPT.

Review the basics about the disease. As you get comfortable with the facts, ask questions so your care team partner can explain specific facts about your sHPT.

Know your care team.

Each member of a dialysis care team contributes to the goal of managing sHPT. Here are a few of the individuals you may encounter and a brief look at what they do:



Doctor

Determines the cause of your kidney disease and the best way to treat it and any related problems, such as sHPT.

Dietitian

Keeps close watch on your sHPT lab results to look for trends that can make your treatment as effective as possible. Can guide you on what foods to eat or not eat based on your specific needs.

Social worker

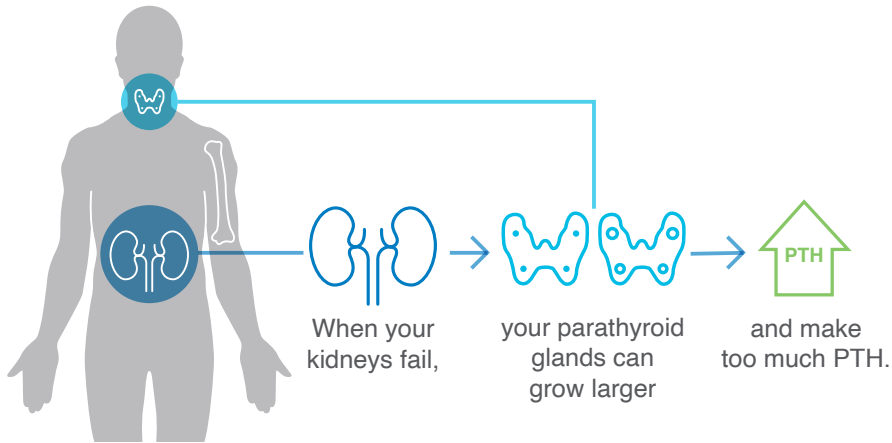
Specializes in helping people cope with the changes brought on by dialysis. If you have one on your team, you can look to them for help with emotional, financial, career, family, and lifestyle stresses.

Nurse

Looks out for your overall health. Will assess you before treatment, administer dialysis, and monitor your progress while communicating with you and the other team members.

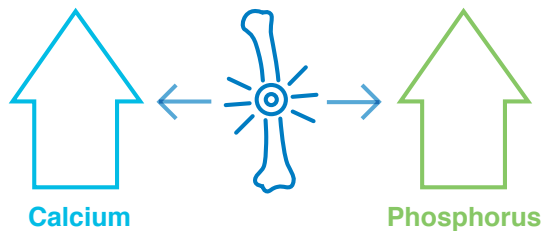
What is sHPT?

Secondary HPT is common in people with chronic kidney failure on hemodialysis. When your kidneys fail, the levels of calcium and phosphorus in your body go out of balance. Your parathyroid glands respond by working overtime.



Why does sHPT matter?

Too much PTH pulls calcium and phosphorus from your bones, which could impact the quality of the bone. It can add to the calcium and phosphorus you get from the food you eat, putting you at risk for other serious health problems.

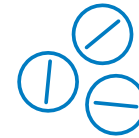


Ask your care team:

How could *my* health be impacted by sHPT?

Can medication help?

Before trying medication, your doctor and dietitian may recommend changing what you eat to avoid foods high in phosphorus, such as red meat and soda. You may be treated with one or more medications to help control sHPT.



Phosphate binders help you take in less phosphorus from the food you eat.

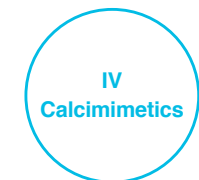
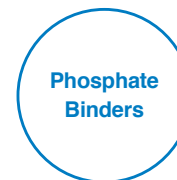


Certain types of **vitamin D** may help lower the amount of PTH in your body.



Calcimimetics can help lower PTH, phosphorus, and calcium. Calcimimetics are available as pills that would be taken every day, or in an IV that can be administered at the end of dialysis with no additional pills needed.

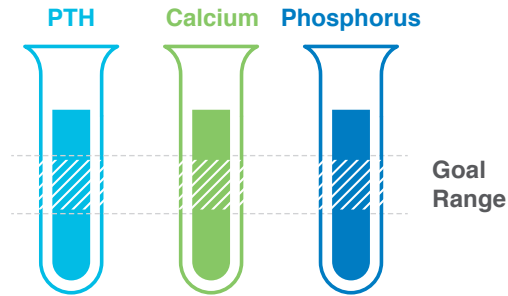
What medications am I taking?



How is progress measured?

Your care team likely has goals for your PTH, calcium, and phosphorus levels.

Your care team will use regular blood tests to see how you are doing and may decide to adjust your medications based on your lab results.



If you're not satisfied with your progress, it's okay to ask why.

Managing your health is a two-way relationship with your doctor and dialysis team to ensure you do what you can to maintain good health, and they do what they can to support you. Below are some questions you can ask your doctor or dialysis care team to help you understand the medication you are taking for sHPT.

- What medications am I currently taking?
- What medications have I taken for sHPT?
- Why might my medications change?

If relevant:

- Why am I being switched back to a medication that I have tried before?
- Is there a reason you would change them again?
- How is my current treatment the best one for me?



If you're taking a calcimimetic, talk to your doctor about which is right for you.

Partnership is key for managing sHPT.

You and your care team share the same goal—to manage your sHPT. Now share a way of working towards that goal by following these five keys:

- 1** **Commit** to having an honest two-way dialogue.
- 2** **Know** your sHPT lab values.
- 3** **Understand** how uncontrolled sHPT can put you at risk of other serious health problems.
- 4** **Plan** to manage your sHPT through diet and the right treatments.
- 5** If you are not satisfied with your progress, **ask** about ways to make it better.



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Play a short video about sHPT and a treatment option. Aim your camera's phone at the code to watch.



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