



Learn more about atrial fibrillation

For patients who have been prescribed LIXIANA®.



Up close and personal with atrial fibrillation

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Stroke prevention for him and her

Your doctor has prescribed you LIXIANA®

Dear patient,

You have been diagnosed with atrial fibrillation and your doctor has prescribed you LIXIANA® for the prevention of stroke.

This booklet has been developed to support you in your treatment with LIXIANA® and help you see the most important information at a glance. Follow the instructions given by your attending doctor and take LIXIANA® for as long as your doctor prescribes it. Do not stop the treatment by yourself.

Atrial fibrillation – when the heart is out of rhythm

Atrial fibrillation is the most common type of sustained cardiac arrhythmia. In contrast to the normal heart rhythm, the regular electrical impulses are disrupted by arrhythmic stimuli, resulting in what is known as fibrillation of the atria. The atria then rapidly contract in an uncoordinated manner, preventing the blood from being fully emptied. Less blood enters the ventricles per heartbeat and the heart's efficiency decreases. During an episode of atrial fibrillation, the heart rate is often elevated and/or feels irregular.

Causes and common accompanying diseases of atrial fibrillation

Atrial fibrillation can occur without a clear cause, and even healthy and athletic people can be affected by it. The risk often increases with age. There are, however, certain lifestyle factors or pre-existing conditions that can contribute to the onset of atrial fibrillation¹:

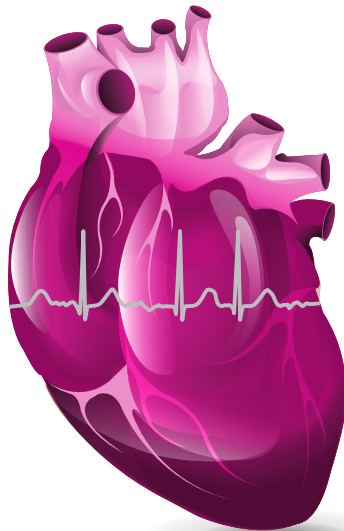
Lifestyle	Accompanying conditions/other illnesses
Alcohol abuse	High blood pressure/diabetes
Obesity	Heart attack/coronary heart disease
Physical inactivity or excessive endurance exercise	Heart failure or heart valve disease
Smoking	Sleep disorder/obstructive sleep apnoea
Stress	Heart surgery
Stimulant abuse (including caffeine)	Thyrotoxicosis (overactive thyroid)
	Pneumonia (inflammation of the lungs)
	Congenital heart disease

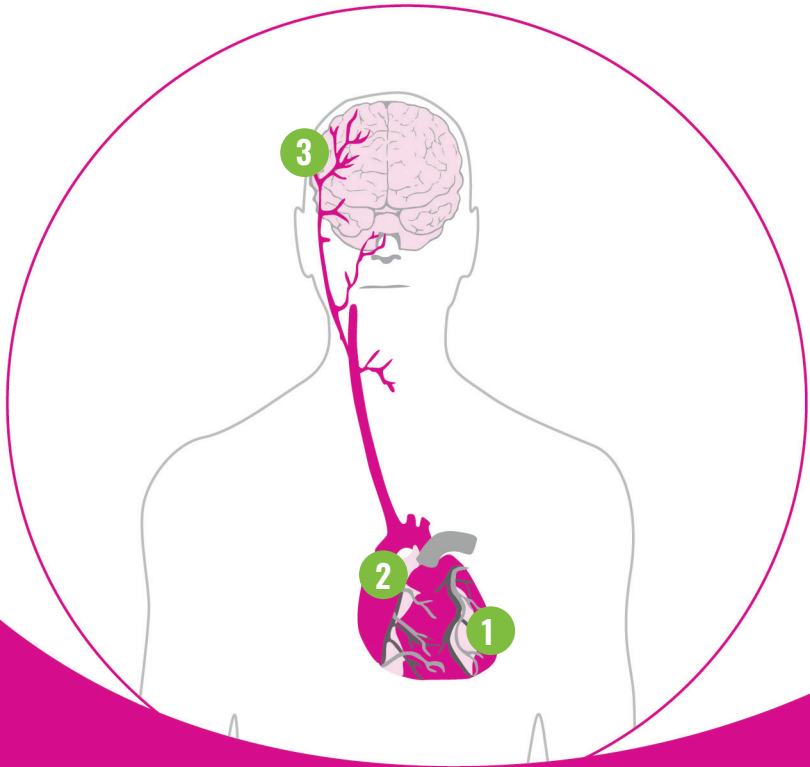
Atrial fibrillation is not uncommon

You are not alone: atrial fibrillation occurs in 5% of people over 65 and in 10% of people over 70.^{1,2}

Why atrial fibrillation increases the risk of stroke

This is due to the uneven blood flow caused by atrial fibrillation. As long as blood continues to flow, it will remain in liquid form. If blood flow slows down, blood clots (referred to as thrombi) can form. Blood that is no longer completely emptied from the atria due to the reduced pumping capacity of the heart is particularly prone to the formation of clots. These can break loose and be carried towards the brain where they can block important blood vessels. As a result of the blocked blood vessels, the brain is no longer sufficiently supplied with oxygen. Nerves and brain cells will then die within a very short period of time, resulting in a stroke.





What causes a stroke?

- 1** A blood clot (thrombus) can form in the heart due to atrial fibrillation. This blood clot is like a plug.
- 2** If the blood clot breaks loose, it can be carried along with the blood flow towards the brain where it can block important blood vessels.
- 3** As a result of the blocked blood vessels, the brain is no longer sufficiently supplied with oxygen. Nerves and brain cells will then die within a very short period of time.

This results in a stroke

Why is treatment so important?

A stroke is the most dangerous consequence of atrial fibrillation. Furthermore, strokes caused by atrial fibrillation are typically more severe than those caused by other factors. They are about twice as likely to lead to permanent disability or death than strokes triggered by other factors. You have been given LIXIANA® to provide effective protection against this.

LIXIANA® is an anticoagulant medicine used to reduce blood clots (thrombi) in the heart and therefore helps to prevent a stroke. Medicines that inhibit blood clotting are also known as blood thinners. This form of treatment is called anticoagulation.

How does LIXIANA® work?

LIXIANA® contains the active substance edoxaban and belongs to a group of medicines called anticoagulants. It decreases the blood's ability to clot and therefore reduces the risk of dangerous blood clots. It works by blocking the activity of factor Xa, which is an important component of the blood clotting system.³

LIXIANA® is taken once per day

- The recommended daily dose is one LIXIANA® 60 mg tablet per day.³
- Under certain circumstances (impaired kidney function, a body weight below 60 kg or due to other medicines you may be taking) the dose is reduced to 30 mg LIXIANA®.³





Life with atrial fibrillation

How should you take LIXIANA®?

Swallow the tablet, preferably with water, and ideally always at the same time of day so that you can easily remember to take LIXIANA®. If you cannot swallow the tablet whole, you can crush the LIXIANA® tablet immediately before taking it, mix it with water or apple puree and take it. If necessary, your doctor may also give you the crushed tablet through a stomach tube. LIXIANA® can be taken with or without food, whenever it fits best into your daily routine. Your doctor will decide how long you should take LIXIANA®.

What happens if you forget to take LIXIANA®?

If you forget to take a tablet, take one immediately and continue the following day with the once-daily tablet as usual. **Never take more than 1 tablet per day.** It is very important to take LIXIANA® as prescribed because this is the only way to reduce the risk of stroke. Do not increase the dose or frequency. Should you have any questions regarding your treatment, please contact your doctor or pharmacist.

What happens if you've taken more LIXIANA® than you should?

Tell your doctor immediately if you have taken too many LIXIANA® tablets. If you take more LIXIANA® than recommended, you may have an increased risk of bleeding.

What else should you consider when taking LIXIANA®?

Your LIXIANA® pack comes with a Patient Alert Card. Please fill this in and carry it with you at all times. Always present the card when consulting your doctor or undergoing medical procedures.

Interactions with other medicines – what to look out for!

Taking various medicines at the same time can lead to interactions between the different medicines. For example, the concentration of the different active substances in the medicines can change, as they are metabolised or excreted at a faster or slower rate. This may enhance or inhibit their effect.

Tell your attending doctor if you are taking any other medicines or non-prescription additional preparations, such as painkillers or cold preparations, to rule out any possible interactions with LIXIANA®.

What are the potential side effects?

As is the case with other medicines, LIXIANA® can cause side effects, although not every patient gets them. LIXIANA® was developed to thin the blood and reduce the risk of dangerous blood clots forming. One consequence of this is that there is an increased risk of bleeding while taking LIXIANA®.³

If you experience any bleeding that does not stop by itself, or if you experience signs of excessively heavy bleeding, seek immediate medical attention.³



LIXIANA®
Patient Alert Card

INFORMATIONEN FÜR MEDIZINISCHES PERSONAL

INFORMATIONEN FÜR MEDIZINISCHES PERSONAL

THERAPIEPASS

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e einer

Lixiana®
Filmtabletten
edoxaban

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(MM/JJ)

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kungen:

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Bitte tragen Sie diesen Therapiepass immer bei sich.

Legen Sie ihn vor jeder Behandlung und vor jedem Eingriff Ihrem Arzt, Apotheker, Chirurgen oder Zahnarzt vor.

Please consult your attending doctor immediately if you experience one of the following symptoms:

Common types of visible bleeding:³

- Bleeding from the nose
- Red or dark brown urine
- Red or black stool
- Prolonged bleeding after an injury
- Bleeding from the mouth and/or throat
- Abnormally heavy periods
- Bleeding from the skin or under the skin

Potential signs of non-visible bleeding:³

- Exceptional weakness
- Tiredness
- Paleness
- Dizziness
- Headache
- Unexplained swelling

Do not stop taking LIXIANA® without prior consultation with your attending doctor, as LIXIANA® is used to treat and prevent serious diseases.³

You can also reduce the risk of any bleeding by taking the following precautions:

Dental appointments

Tell your dentist that you're taking LIXIANA® before treatment. They will then decide whether further precautionary measures are necessary.

Operations

For scheduled procedures, speak to your attending doctor in advance and inform them that you are taking LIXIANA®. Many minor procedures can be carried out without interrupting treatment. If this is not the case, your attending doctor will tell you when to stop the treatment and when you can start taking it again. It is important for you to resume treatment after the procedure.

Injuries

Minor injuries: Apply light pressure to the bleeding area with a clean cloth until the bleeding stops. If the bleeding doesn't stop or if it is a major injury, seek immediate medical attention.⁴

Pregnancy

If you are planning to become pregnant or are not sure if you are pregnant, please speak to your attending doctor immediately.³

How can you reduce your risk of stroke?

A healthy lifestyle can help you reduce the risk of stroke. However, there are factors that are beyond your control, such as your age or pre-existing physical restrictions. By following a few lifestyle tips, you can, however, do your heart a lot of good and have a positive impact on the course of the disease:



Small changes in behaviour have a big impact on health

! If you smoke, now is the best time to stop

Cigarettes lead to ‘calcification’ of the vessels, which encourages the formation of blood clots. They also promote high blood pressure, which is the main risk factor for the development of stroke.^{5,6}

! Drink alcohol only in moderation

Drinking too much alcohol raises your blood pressure and this in turn increases the risk of a stroke.¹

! Be like your heart: stay active

Regular exercise lowers your blood pressure, regulates your blood lipid levels and improves your insulin sensitivity. All this has a positive effect on your weight. Did you know that obesity promotes the development of high blood pressure, heart disease and diabetes? All these factors increase the risk of suffering a stroke.^{1,6}

! Five portions of fruit and vegetables a day

Studies have shown that eating lots of fruit and vegetables significantly reduces the risk of stroke.⁶

! Eat the good fats

Limit your intake of animal fats, and replace them with vegetable fats if necessary. Eat fish several times a week as it contains valuable omega-3 fatty acids. Avoid high-fat foods and saturated fats as these increase the amount of ‘bad’ cholesterol in your body and this may subsequently lead to calcification of the blood vessels and therefore increase the risk of a blood clot.⁶

! Reduce salt

Eating larger amounts of salt can raise your blood pressure, which is one of the main risk factors for a stroke. Season your food with herbs and lemon juice instead.⁷

Tips on how to take LIXIANA® regularly

It is important to take the tablet at the same time every day if possible. This also allows you to establish a routine, which will help you to take LIXIANA® regularly. For example, use your smartphone and download a ‘Medikamenten-Manager’ (Medication Manager) app, which will remind you to take your daily dose of LIXIANA®.

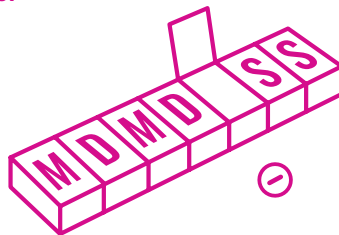
For iPhone – How to download various ‘Medikamenten-Manager’ (Medication Manager) apps:

- Search ‘**Medikamenten-Manager**’ (**Medication Manager**) in the App Store
- Select the right Medication Manager app for you
- Click ‘**Laden**’ (**Get**) and then click ‘**Installieren**’ (**Install**)

For Android – How to download various ‘Medikamenten-Manager’ (Medication Manager) apps:

- Search ‘**Medikamenten-Manager**’ (**Medication Manager**) in the Google Play Store
- Select the right Medication Manager app for you
- Click on ‘**Installieren**’ (**Install**)

The classic tablet dispenser



If you are taking multiple medications, a tablet dispenser could help you keep track of everything. It shows you when you should take which medication. Most pharmacies have tablet dispensers available to buy.



**Tips and tricks on how to
take LIXIANA® regularly**

Literature:

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7 Risiko für die Gesundheit: <https://www.zentrum-der-gesundheit.de/news/gesundheit/allgemein-gesundheit/salz-bluthochdruck>, last accessed: May 2023

Images: Adobe Stock, the persons depicted are models.

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