

BE YOUR OWN ADVOCATE

Selma Blair

Actor, Mom, & MAVENCLAD Patient

A key part of my relapsing MS story has been advocating for myself: to get an initial diagnosis, to find the right doctor, and eventually to start a treatment that's been a good fit for me. Now, I want to help you advocate for yourself by being prepared and knowing what you want. This guide is here to help.

What is MAVENCLAD?

MAVENCLAD is a prescription medicine used to treat relapsing forms of multiple sclerosis (MS), to include relapsing-remitting disease and active secondary progressive disease, in adults. Because of its safety profile, MAVENCLAD is generally used in people who have tried another MS medicine that they could not tolerate or that has not worked well enough.

MAVENCLAD is not recommended for use in people with clinically isolated syndrome (CIS).

It is not known if MAVENCLAD is safe and effective in children under 18 years of age and is therefore not recommended.

SELECT SAFETY INFORMATION

MAVENCLAD may cause serious side effects, including:

- **Risk of cancer (malignancies).** You should follow healthcare provider instructions about screening for cancer.
- **MAVENCLAD may cause birth defects if used during pregnancy. Women must not be pregnant when they start treatment with MAVENCLAD or become pregnant during MAVENCLAD dosing and within 6 months after the last dose of each yearly treatment course. You should stop treatment with MAVENCLAD and contact your healthcare provider right away if you become pregnant during treatment with MAVENCLAD.**

Please see [Important Safety Information](#) on pages 5-7.

Finding the right doctor



"I've learned to be open about my symptoms and goals."

When it comes to managing your relapsing MS, it's so important to find the right doctor for you. For me, that meant a doctor who doesn't just look at my MRIs and other test results, but one who also takes into consideration me as a whole person and all of my experiences when it comes to shared decision making.

Remember: your doctor is a specialist in MS, and you are an expert in understanding your own body, symptoms, and how you're feeling overall.

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It's a comfort to have my doctor's support and know she's there to keep me on track.



Dr. Regina Berkovich

MS Specialist

- 1 What are you looking for most from your doctor (for example, someone who listens, a doctor who stays up to date with different treatment options, etc.)?
- 2 Do you feel like your current doctor is helping you get the RMS treatment you need?
- 3 Do you feel like your current doctor is helping you find the right RMS treatment for you?
- 4 Is there anything you want your doctor to know about what you're looking for in an RMS treatment?

MRI = magnetic resonance imaging; RMS = relapsing multiple sclerosis.

Please see [Important Safety Information](#) on pages 5-7.

Defining your treatment goals



"Finding the right treatment can be a journey—don't be afraid to speak up, keep advocating for yourself, and don't be afraid to ask for help."

Advocating for yourself throughout your RMS journey is essential. I continue to ask questions to make sure my medication supports my goals and lifestyle, even as things change.

You know your body best and can talk to your doctor to see if your current therapy is still a good fit for you.

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Living with relapsing MS has taught me a lot about the power of speaking up: to find the right diagnosis, the right doctor, and the right treatment.



- 1** Is your current medication working to control your RMS symptoms?
- 2** Are you experiencing any intolerable side effects from your current treatment?
- 3** Are you concerned about how your immune system may be impacted by your current treatment?
- 4** What are the most important factors for you in choosing an RMS therapy (efficacy, safety, dosing convenience, route of administration, etc.)?

Please see [Important Safety Information](#) on pages 5-7.

Is MAVENCLAD[®] (cladribine) right for me?



"MAVENCLAD has helped control my RMS symptoms, which, in turn, has helped me be...me."

Finding the right RMS treatment is a personal decision, and it's important to work with your doctor to choose one that fits your needs and lifestyle.

Consider the questions below and talk to your doctor to see if MAVENCLAD may be right for you.



My RMS symptoms are under control, I haven't had a relapse, and I'm feeling more confident.†



1 What RMS symptoms has MAVENCLAD been proven to treat?

2 What side effects are associated with MAVENCLAD?

3 Is MAVENCLAD actually working if I'm not taking it all the time?

4 Will MAVENCLAD continuously suppress my immune system?

†Patient experiences may vary.

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INDICATION AND IMPORTANT SAFETY INFORMATION

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 - For women who are able to become pregnant:
 - Your healthcare provider should order a pregnancy test before you begin your first and second yearly treatment course of MAVENCLAD to make sure that you are not pregnant.
 - Ask your healthcare provider which contraceptive method is right for you. Women and men being treated with MAVENCLAD should use effective birth control (contraception) on the days on which they take MAVENCLAD and for at least 6 months after the last dose of each yearly treatment course.

Do not take MAVENCLAD if you:

- have cancer (malignancy).
- are pregnant, plan to become pregnant, or are a woman of childbearing age or a man able to father a child and you are not using birth control.
- are breastfeeding.
- are human immunodeficiency virus (HIV) positive.
- have active infections, including tuberculosis (TB), hepatitis B or C.
- are allergic to cladribine.

(continued)

Please see full [Prescribing Information](#) and [Medication Guide](#), including **serious side effects**.

IMPORTANT SAFETY INFORMATION (Continued)

Before you take MAVENCLAD, tell your healthcare provider about all of your medical conditions, including if you:

- think you have an infection.
- have taken, take, or plan to take medicines that affect your immune system or blood cells, or other treatments for MS. Certain medicines can increase your risk of getting an infection.
- have had a recent vaccination or are scheduled to receive any vaccinations. You should not receive live or live-attenuated vaccines within the 4 to 6 weeks preceding treatment with MAVENCLAD or receive these types of vaccines during your treatment with MAVENCLAD and unless directed by your healthcare provider.
- have heart failure.
- have or have had cancer.
- have liver or kidney problems.
- are breastfeeding or plan to breastfeed. It is not known if MAVENCLAD passes into your breast milk. Do not breastfeed on the days on which you take MAVENCLAD, and for 10 days after the last dose.

How should I take MAVENCLAD?

- MAVENCLAD is given as two yearly treatment courses, consisting of 2 treatment weeks (cycles) about a month apart.
- Handle MAVENCLAD with dry hands and take immediately after opening the blister pack. Take with water and do not chew the tablet. MAVENCLAD can be taken with or without food and should be taken at least 3 hours apart from other medicines.
- Wash your hands after handling MAVENCLAD. Limit contact with your skin (especially on your face). Wash skin and surfaces with water if contact occurs.
- If you miss a dose, take it as soon as you remember on the same day. If the whole day passes before you remember, take your missed dose the next day. Do not take 2 doses at the same time. Instead, you will extend the number of days in that treatment week.

Your healthcare provider will continue to monitor your health during the 2 yearly treatment courses, and for at least another 2 years during which you do not need to take MAVENCLAD. It is not known if MAVENCLAD is safe and effective in people who restart MAVENCLAD treatment more than 2 years after completing 2 yearly treatment courses.

(continued)

Please see full [Prescribing Information](#) and [Medication Guide](#), including **serious side effects**.

IMPORTANT SAFETY INFORMATION (Continued)

MAVENCLAD can cause serious side effects. If you have any of these symptoms listed below, call your healthcare provider right away:

- **low blood cell counts** have happened and can increase your risk of infections during treatment with MAVENCLAD. Blood tests are needed before you start treatment with MAVENCLAD, during your treatment with MAVENCLAD, and afterward, as needed.
- **serious infections such as:**
 - **life-threatening or fatal infections caused by bacteria, viruses, parasites or fungi.**
 - **TB, hepatitis B or C, and shingles (herpes zoster).** Fatal cases of TB and hepatitis have happened with cladribine during clinical studies. Tell your healthcare provider right away if you get any symptoms of the following infection related problems or if any of the symptoms get worse, including fever, aching painful muscles, headache, feeling of being generally unwell, loss of appetite, burning, tingling, numbness or itchiness of the skin in the affected area, skin blotches, blistered rash, or severe pain.
 - **progressive multifocal leukoencephalopathy (PML).** PML is a rare brain infection that usually leads to death or severe disability. Although PML has not been seen in MS patients taking MAVENCLAD, it may happen in people with weakened immune systems. Tell your healthcare provider right away if you have any new or worsening neurologic signs or symptoms. These may include: weakness on 1 side of your body, loss of coordination in your arms and legs, decreased strength, problems with balance, changes in your vision, changes in your thinking or memory, confusion, or changes in your personality.
- **liver problems.** Symptoms of liver problems may include: nausea, vomiting, stomach pain, tiredness, loss of appetite, dark urine, or your skin or the whites of your eyes turn yellow. Your doctor will perform blood tests to check your liver during treatment.
- **allergic reactions (hypersensitivities).** You should stop treatment and seek immediate medical attention if any signs or symptoms of allergic reactions occur. Symptoms of an allergic reaction may include skin rash, swelling or itching of the face, lips, tongue or throat, or trouble breathing.
- **heart failure.** MAVENCLAD may cause heart failure, which means your heart may not pump as well as it should. Call your healthcare provider or go to the closest emergency room for medical help right away if you have any signs or symptoms such as shortness of breath, a fast or irregular heartbeat, or unusual swelling in your body.

The most common side effects of MAVENCLAD include: upper respiratory infection, headache, and low white blood cell counts.

These are not all the possible side effects of MAVENCLAD. Call your doctor for medical advice about side effects. To report SUSPECTED ADVERSE REACTIONS, contact EMD Serono at: **1-800-283-8088 ext. 5563** or FDA at **1-800-FDA-1088** or www.fda.gov/medwatch.

Please see full [Prescribing Information](#) and [Medication Guide](#), including **serious side effects**.

I WAS READY FOR CHANGE. ARE YOU?

Advocate for yourself and
talk to your doctor today.



*“My disease is a part of me, but it doesn’t define me.
I’m doing things I love and still taking care of myself.”*

Still have questions?

Learn more about MAVENCLAD from a health care provider.

Visit MavencladEvents.com to find a live event near you.

RMS = relapsing multiple sclerosis.

Please see [Important Safety Information](#) on pages 5–7.



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US-MAV-02803 04/25