

Proactively managing your postmenopausal osteoporosis could help you lower your risk of future fracture. It's important to work with your doctor to discuss any recent fractures and determine the best way to treat your postmenopausal osteoporosis.

Print this guide and use it to prepare for your next doctor visit. Then bring it with you to help start the conversation with your doctor and care team.

Questions to ask your doctor

1. What is a bone-building medicine? How do these work compared to other treatments?

2. Can you tell me about TYMLOS? What are the potential benefits and possible side effects?

3. Can TYMLOS reduce my risk of fracture?

4. Does TYMLOS have an effect on bone mineral density (BMD)?

5. How long would I take TYMLOS?

6. How do I use the TYMLOS pen?

7. What types of support services does TYMLOS offer?

8. Can I do more to manage my fracture risk?

9. Do you think TYMLOS is right for me?

Remember, the doctor who treats your broken bone might not treat osteoporosis. If you've had a fracture, be sure to talk with all of your doctors about your postmenopausal osteoporosis.

Remember to fill out your osteoporosis history on the next page.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about TYMLOS?

TYMLOS may cause serious side effects including:

- **Possible bone cancer (osteosarcoma).** During animal drug testing, TYMLOS caused some rats to develop a bone cancer called osteosarcoma. It is not known if people who take TYMLOS will have a higher chance of getting osteosarcoma.
 - Tell your healthcare provider right away if you have pain in your bones, pain in any areas of your body that does not go away, or any new or unusual lumps or swelling under your skin that is tender to touch.

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

- have Paget's disease of the bone or other bone disease,

will have trouble injecting yourself with the TYMLOS pen and do not have someone who can help you

- have or have had cancer in your bones, have or have had radiation therapy involving your bones, have or have had too much calcium in your blood, have or have had too much of an enzyme called alkaline phosphatase in your blood, have or have had an increase in your parathyroid hormone (hyperparathyroidism)
- are pregnant or plan to become pregnant because TYMLOS is not for pregnant women, or are breastfeeding or plan to breastfeed. It is not known if TYMLOS passes into your breast milk. You and your healthcare provider should decide if you will take TYMLOS or breastfeed. You should not do both.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Please see Important Safety Information continued on page 2 and [Full Prescribing Information](#), including [Boxed Warning](#).

If you have postmenopausal osteoporosis and reducing your risk of fracture is a priority, ask your doctor if TYMLOS is right for you.

My osteoporosis history

What risk factors do I have?

Discuss with your doctor your family history of osteoporosis and fractures, lifestyle, medications (current and previous for osteoporosis or other conditions), estrogen levels and other factors that could contribute to postmenopausal osteoporosis and weak bones. Osteoporosis makes your bones more likely to break. Additionally, your health insurance company may require this information before you begin treatment.

If you do not know some of this information, fill it out with your doctor or nurse at your next visit.

Osteoporosis diagnosis: ____/____/____
Date

My last DXA scan was on: ____/____/____

Height loss could be caused by compression fractures in your spine. Have you experienced any height loss?

How many broken bones I've had since menopause: _____

My T-score was: _____

Which bone(s)?

Test site:

Yes No

Lumbar spine (lower back) Total hip

If yes, how many inches? _____

How and when did the break(s) occur?

Femoral neck (the area just below the ball joint of the hip)

IMPORTANT SAFETY INFORMATION CONT'D

What are the possible side effects of TYMLOS?

TYMLOS can cause serious side effects including:

- **Decrease in blood pressure when you change positions.** Some people may feel dizzy, have a faster heartbeat, or feel lightheaded soon after the TYMLOS injection is given. These symptoms generally go away within a few hours. Take your injections of TYMLOS in a place where you can sit or lie down right away if you get these symptoms. If your symptoms get worse or do not go away, stop taking TYMLOS and call your healthcare provider.
- **Increased blood calcium (hypercalcemia).** TYMLOS can cause some people to have a higher blood calcium level than normal. Your healthcare provider may check your blood calcium before you start and during your treatment with TYMLOS. Tell your healthcare provider if you have nausea, vomiting, constipation, low energy, or muscle weakness. These may be signs there is too much calcium in your blood.
- **Increased urine calcium (hypercalciuria).** TYMLOS can cause some people to have higher levels of calcium in their urine than normal. Increased calcium may also cause you to develop kidney stones (urolithiasis) in your kidneys, bladder or urinary tract. Tell your healthcare provider right away if you get any symptoms of kidney stones which may include pain in your lower back or lower stomach area, pain when you urinate, or blood in your urine.

The most common side effects of TYMLOS include:

- dizziness, nausea, headache, fast heartbeat, feeling very tired (fatigue), upper stomach pain, vertigo

These are not all the possible side effects of TYMLOS. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

- If you take more TYMLOS than prescribed you may experience symptoms such as muscle weakness, low energy, headache, nausea, dizziness (especially when getting up after sitting for a while) and a faster heartbeat. Stop taking TYMLOS and call your healthcare provider right away.

What is TYMLOS?

TYMLOS is a prescription medicine used to:

- decrease the chance of having a fracture of the spine and other bones in postmenopausal women with thinning and weakening bones (osteoporosis).
- treat osteoporosis in postmenopausal women who are at high risk for bone fracture.

It is not known if TYMLOS is safe and effective for children 18 years and younger.

It is not recommended that people use TYMLOS for more than 2 years during their lifetime.

TYMLOS should not be used in children and young adults whose bones are still growing.

Please see [Full Prescribing Information, including Boxed Warning.](#)