

# Do you have HIV and Excess Visceral Abdominal Fat?

Review this with your Healthcare Provider to start the conversation today!

**YES**

- I feel frustrated and/or upset by the changes in the size and shape of my abdomen/belly.
- My abdomen/belly feels hard, bloated, and/or uncomfortable.
- I have difficulties bending over and tying my shoes.
- I have noticed shortness of breath.
- I am having trouble sleeping at night.
- I have noticed changes in the way my clothes fit my abdomen/belly.
- I have tried diet and exercise, and it has not affected how my abdomen/belly feels and/or looks.

If you have HIV and checked yes to one or more statements, you may have a build-up of hard fat in your abdomen/belly called **excess visceral abdominal fat**.

## How much is too much?

If your waist circumference or waist-to-hip ratio is greater than or equal to these numbers, ask your Healthcare Provider about excess visceral abdominal fat.\*

	ASSIGNED MALE AT BIRTH	ASSIGNED FEMALE AT BIRTH
WAIST CIRCUMFERENCE	37.4 IN (95 CM)	37 IN (94 CM)
WAIST TO HIP RATIO	0.94	0.88

\* Based on inclusion criteria for clinical trials.

## Not sure?

Ask your Healthcare Provider to measure you and fill out this equation together.

$$\text{Waist-to-hip ratio} = \frac{\text{waist circumference (measure around the waist starting at the belly button) in (cm)}}{\text{hip circumference (measure starting at the widest area of the hips around the buttocks) in (cm)}} = \boxed{\phantom{000}}$$

## Ask your Healthcare Provider to push on your abdomen (belly) for firmness



Excess visceral abdominal fat lies deeper in your abdomen, is harder and firmer than the regular soft, squishy fat under the skin (subcutaneous fat).

**Excess visceral abdominal fat can be difficult to control with diet and exercise and may require a different approach to treatment.**

**Notes:**

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This tool is for informational purposes only. It is not intended as a medical assessment and should not be interpreted as medical advice.

# How **EGRIFTA SV**<sup>®</sup> can help

- 1** The **ONLY** FDA-approved treatment for reducing excess visceral abdominal fat in people with HIV and lipodystrophy.
- ↑** Stimulates growth hormone production, which helps reduce excess visceral abdominal fat.
- +10** More than **10 years** of established safety.

## **THERA** patient support<sup>®</sup>

A comprehensive support program that offers personalized support throughout your **EGRIFTA SV**<sup>®</sup> journey.

**EGRIFTA SV**<sup>®</sup> is an injectable prescription medicine used to reduce excess visceral abdominal fat in adults with HIV and lipodystrophy (uneven fat gain or loss). It is taken once a day as a subcutaneous injection (under the skin) in your abdomen/belly.

Though it reduces excess visceral abdominal fat, **EGRIFTA SV**<sup>®</sup> is not indicated for weight loss management. Its impact and safety on cardiovascular health have not been studied, and it's not known whether taking **EGRIFTA SV**<sup>®</sup> helps improve compliance with antiretroviral medications.



Ask your Healthcare Provider about **EGRIFTA SV**<sup>®</sup> and whether it would be right for you.

## Important information for patients about **EGRIFTA SV**<sup>®</sup> (tesamorelin for injection)

### What is **EGRIFTA SV**<sup>®</sup> (tesamorelin for injection)?

- **EGRIFTA SV**<sup>®</sup> is an injectable prescription medicine used to reduce excess abdominal fat in adult patients with HIV and lipodystrophy. **EGRIFTA SV**<sup>®</sup> is a growth hormone-releasing factor (GHRF) analog.
- **EGRIFTA SV**<sup>®</sup> is not for weight loss management.
- The long-term safety of **EGRIFTA SV**<sup>®</sup> on the heart and blood vessels (cardiovascular) is not known.
- It is not known whether taking **EGRIFTA SV**<sup>®</sup> helps improve how well you take your antiretroviral medications.
- It is not known if **EGRIFTA SV**<sup>®</sup> is safe and effective in children, do not use in children.

### You should not take **EGRIFTA SV**<sup>®</sup> if you:

- Have a pituitary gland tumor, surgery, or other problems related to your pituitary gland, or have had radiation treatment to your head or head injury.
- Have active cancer.
- Are allergic to tesamorelin or any of the ingredients in **EGRIFTA SV**<sup>®</sup>
- Are pregnant or become pregnant. If you become pregnant, stop using **EGRIFTA SV**<sup>®</sup> and talk with your healthcare provider.
- Are less than 18 years of age.

### Before using **EGRIFTA SV**<sup>®</sup> tell your healthcare provider if you:

- Have or have had cancer.
- Have problems with blood sugar or diabetes.
- Have scheduled heart or stomach surgery.
- Have breathing problems.
- Are breastfeeding or plan to breastfeed.
- Are taking any other prescription and non-prescription medicines, vitamins, and herbal supplements.

### **EGRIFTA SV**<sup>®</sup> may cause serious side effects including:

- Increased risk of new cancer in HIV positive patients or your cancer coming back (reactivation). Stop using **EGRIFTA SV**<sup>®</sup> if any cancer symptoms come back.
- Increased levels of your insulin-like growth factor-1 (IGF-1). Your healthcare provider will do blood tests to check your IGF-1 levels while you are taking **EGRIFTA SV**<sup>®</sup>.

- Serious allergic reaction such as rash or hives anywhere over the body or on the skin, swelling of the face or throat, shortness of breath or trouble breathing, fast heartbeat feeling of faintness or fainting, itching and reddening or flushing of the skin. If you have any of these symptoms, stop using **EGRIFTA SV**<sup>®</sup> and get emergency medical help right away.
- Swelling or fluid retention. Call your healthcare provider if you have swelling, an increase in joint pain, or pain or numbness in your hands or wrist.
- Increase in blood sugar (glucose) or diabetes.
- Injection site reactions. Injection site reactions are a common side effect of **EGRIFTA SV**<sup>®</sup>, but may sometimes be serious.
- Increased risk of death in people who have critical illness because of heart or stomach surgery, trauma, or serious breathing (respiratory) problems has happened when taking certain growth hormone.

### The most common side effects of **EGRIFTA SV**<sup>®</sup> include:

- Pain in legs and arms
- Muscle pain

These are not all of the possible side effects of **EGRIFTA SV**<sup>®</sup>. For more information, ask your healthcare provider or pharmacist. Call your Healthcare Provider for medical advice about side effects.

### You may report side effects to FDA at 1-800-FDA-1088 or to THERA patient support<sup>®</sup> toll-free at 1-833-23THERA (1-833-238-4372).

This information is not intended to replace discussions with your Healthcare Provider. For additional information about **EGRIFTA SV**<sup>®</sup>, go to: [egriftasv.com](http://egriftasv.com) for the full Prescribing Information, Patient Information and Patient Instructions for Use, and talk to your Healthcare Provider. For more information about **EGRIFTA SV**<sup>®</sup>, contact THERA patient support<sup>®</sup> toll-free at 1-833-23THERA (1-833-238-4372).

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