



Aldara is a Prescription Medicine that is not funded for treating Actinic Keratoses. Normal doctors visit fees and pharmacy charges apply.

Medicines have benefits and some may have risks. Ask your Doctor if Aldara is right for you or if you have any concerns about your treatment with Aldara.

**Aldara is a Prescription Medicine** containing imiquimod 12.5mg per sachet. Uses: Topical treatment of actinic keratoses, superficial basal cell carcinomas and external genital/perianal warts. Consult your doctor if Aldara is right for you. Do not use if you are allergic to imiquimod or any of the ingredients. Do not use more than the recommended amount. Do not apply in or near the eyes, ears, lips and nostrils or in the vagina, or anus. Do not use sunlamps or tanning beds, and avoid going into the sun as much as possible during treatment. Tell your doctor if you are pregnant or breastfeeding, if you have a compromised immune system, or if you are using any other treatments. Side Effects: Skin reactions such as redness, swelling, small open sores and oozing, skin peeling, scabbing and crusting, pain, tenderness, itching and burning. Less common side effects are muscle aches, tiredness, flu-like symptoms and diarrhoea. **Medicines have benefits and some may have risks. Use strictly as directed. If symptoms continue or you have side effects, see your doctor, pharmacist or health professional. Aldara is fully funded for superficial Basal Cell Carcinoma and External Genital Warts.** Aldara is not funded for Actinic Keratoses - Normal doctor's visit fees and pharmacy charges will apply.

Additional information on Aldara can be obtained from Valeant Pharmaceuticals New Zealand Ltd. C/O Supply Chain Solutions, 74 Westney Road, Airport Oaks, AUCKLAND. FreePhone 0508 375 394. Marketed by Radiant Health Limited. Phone: 09 972 1398. Reference: 1. Aldara Consumer Medicine Information. TAPS Approval No: PP3355.



## Treating actinic keratoses with Aldara cream

This brochure is for patients who  
have been prescribed Aldara cream  
for the treatment of actinic keratoses  
on the face and scalp

 **Aldara**<sup>™</sup>  
Cream, 3%  
(IMIQIMOD)

# Understanding your treatment with Aldara cream

Your doctor has given you a prescription for Aldara cream to help treat your actinic keratosis lesions. Please take some time to read this leaflet to help you understand your treatment and how to get the most benefit from it.

## What are actinic keratoses?

Actinic keratoses are usually thickened, scaly patches of skin on the face and scalp, usually caused by too much sun exposure. Actinic keratoses are referred to as 'sunspots' or 'age spots', and some doctors refer to them as solar keratoses.

They may appear as dry, scaly patches or pink/brown spots on sun-exposed skin. They indicate that some sun damage has occurred. It is important to treat actinic keratoses because, in a small number of cases, they can lead to some types of skin cancer. Actinic keratoses are very common in fair-skinned people in New Zealand and occur partly because of the local effects that UV radiation can have on the immune system.



# Your personal treatment record

## I will apply Aldara cream on the following days:

Choose the same three days each week.

(e.g. Mon, Wed, Fri)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 5	<div style="background-color: #f4a460; padding: 20px; text-align: center;">REST PERIOD DR FOLLOW-UP</div>							
Week 6								
Week 7								
Week 8								
Week 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Notes: \_\_\_\_\_

\_\_\_\_\_

Your next appointment:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

# Simple instructions for use

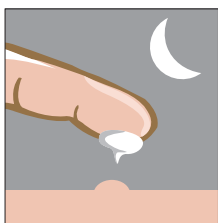
Aldara cream is applied once-a-day, 3 times per week (e.g. Mon, Wed, Fri) for 4 weeks, followed by a period of 4 weeks without any treatment. Your doctor will then check your skin condition. If any actinic keratosis lesions remain, the treatment should be repeated for another 4 weeks.

Maximum total treatment duration is 8 weeks or as recommended by your doctor.

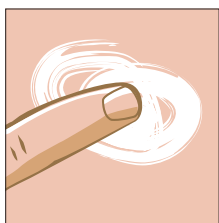
Each treatment period should not be extended beyond 4 weeks due to missed doses or rest periods.



- 1** Wash hands and treatment area with mild soap and water and allow to dry thoroughly.



- 2** Apply thin layer of cream to the affected area at bedtime 3 times per week (e.g. Mon, Wed, Fri).



- 3** Rub in cream thoroughly and leave undisturbed overnight (6-10 hrs). Avoid getting Aldara cream in or near eyes, lips or nostrils.



- 4** Wash cream off with mild soap and water upon waking.

## When using Aldara:

- Do not apply Aldara cream in or near the eyes, lips and nostrils.
- Do not use sunlamps or tanning beds during treatment with Aldara.
- Avoid exposure to the sun as much as possible.

# How does Aldara cream work?<sup>1</sup>

Aldara cream is a treatment you apply yourself at home. It is recommended for use in adults.

Although the exact way that Aldara works is unknown, it is believed to be due to its effects on the immune system.

Aldara contains the active ingredient imiquimod. Imiquimod is an immune response modifier – it activates immune cells in the body. The immune cells then recognise and destroy the diseased skin cells. This works not only for the actinic keratoses you can see, but also for other actinic keratoses that might be lying under the surface of the skin.

Because Aldara stimulates the body's own defences, you may experience some local skin reactions such as redness and itching during treatment. This leaflet helps explain what to expect during your treatment with Aldara cream and how to use Aldara cream most effectively.

**Please read the Consumer Medicine Information before applying Aldara cream. This is available from Medsafe ([www.medsafe.govt.nz](http://www.medsafe.govt.nz)).**

**Aldara cream has been prescribed for your use only. Do not share this medicine with others even if they seem to have the same condition as you.**

 **Aldara**<sup>™</sup> *Cream, 5%*  
(IMIQUIMOD)

# What can I expect during treatment with Aldara cream?

During treatment, and until the skin has healed, the skin in the treatment area is likely to appear noticeably different from normal skin.

You may experience skin reactions such as redness, flaking and scabbing at the site where Aldara is applied or sometimes outside the application area as well. You may also experience small, open sores, swelling or oozing, or you may experience itching or burning.

Actinic keratoses that were not visible before treatment may appear and they may clear up as your treatment progresses. So don't worry if your skin looks worse before it gets better – by the end of treatment, Aldara should have worked beneath the surface to clear these hidden actinic keratoses.

## How treatment progresses with Aldara

These photographs show how actinic keratoses progress during treatment. Results may vary from patient to patient.



Before treatment



Week 2: 21 lesions



Week 4: 5 lesions



2 weeks post treatment: 2 lesions



4 weeks post treatment: lesions gone

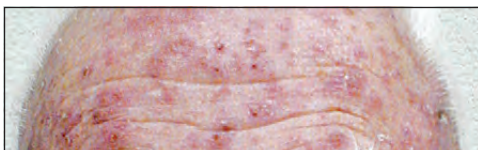
# What should I do if I get local skin reactions?

If you do experience uncomfortable local skin reactions, please talk to your doctor. Your doctor may advise you to take a short break from treatment. When you notice these effects settling down, your treatment can then be resumed.

It is not necessary to make up the doses you missed or to prolong the treatment period.

## How your skin might look when responding to Aldara

These photographs show how a patient responded to treatment with Aldara cream. Reactions may vary from patient to patient.



Week 2: brisk reaction



Week 3: therapy stopped



1 week post treatment: lesions gone