

**Patient Information about
NOLVADEX[®] (tamoxifen citrate) Tablets**
(Nol ´va dex)

for Breast Cancer Treatment and Reduction in the Incidence of Breast Cancer

Generic Name: Tamoxifen (ta-MOX-i-fen)

Please read this information carefully before you begin taking NOLVADEX. It is important to read this information each time your prescription is filled or refilled in case new information is available. This summary does not tell you everything about NOLVADEX. Your health care professional is the best source of information about this medicine. You should talk with him or her before you begin taking NOLVADEX and at regular checkups. In addition, the professional package insert contains more detailed information on NOLVADEX.

What are the most important things I should know about NOLVADEX?

NOLVADEX has been shown to help women with advanced breast cancer and in clinical trials of over 30,000 women with early breast cancer it has been shown to reduce the risk of recurrence. Also in a trial of 13,000 women at high risk of breast cancer, NOLVADEX reduced the risk of developing the disease.

Like all medicines, NOLVADEX has some side effects. Most are mild and relate to its hormonal mode of action. NOLVADEX can, however, also increase the risk of some serious and potentially life-threatening conditions, including uterine cancer, blood clots, and stroke. It can also increase the risk of getting cataracts or of needing cataract surgery.

If you experience any of these, tell your doctor **immediately** (see “What should I avoid or do while taking NOLVADEX?). You and your doctor must carefully discuss your personal medical conditions, history, and preferences to decide whether the good NOLVADEX may do for you outweighs its potential risks. If you and your doctor decide that NOLVADEX therapy is right

for you, you should look for symptoms indicating you might be experiencing one NOLVADEX's known risks.

What is NOLVADEX?

- NOLVADEX is a prescription medicine used to reduce the risk of getting breast cancer in women who have a high risk of getting breast cancer.

This effect was shown in the Breast Cancer Prevention Trial (BCPT, NSABP P-1) a large study where over 13,000 women at high risk for breast cancer were to take NOLVADEX or placebo (a pill without tamoxifen) for 5 years. High risk women were those who were at least 35 years old and had a combination of risks that made their chances of developing breast cancer greater than 1.67% in the next five years. The risk factors included early age at first menstrual period, late age at first pregnancy, no pregnancies, close family members with breast cancer (mother, sister, or daughter), history of previous breast biopsies, or high-risk changes in the breast seen on a biopsy. Twenty-five percent of the women in the study completed 5 years of treatment, and most women in this study have been followed for about 4 years. The study showed that NOLVADEX reduced the chance of getting breast cancer by 44%. The longer term effects of NOLVADEX on reducing the chance of getting breast cancer are not known.

We do not know whether taking NOLVADEX for 5 years only delays the appearance of cancer, or actually decreases the number of tumors that will ever develop since long-term studies have not been completed.

Some women in this study also experienced serious side effects of NOLVADEX. They are described in detail in the section, **What are the possible side effects of NOLVADEX?**. Some of these women experienced complications related to the treatment of these side effects. The following table of the major results from the study is intended to be an aid in weighing the

potential benefit of a reduction in risk of breast cancer against the potential risk of serious side effects of NOLVADEX.

	Cases per year out of 1000 women taking NOLVADEX	Cases per year out of 1000 women taking PLACEBO
Breast Cancer	3.6	6.5
Endometrial Cancer	2.3	0.9
Blood clot in the lungs	0.8	0.3
Blood clot in the veins	1.3	0.8
Stroke	1.4	1.0
Cataracts	25.4	22.5
Cataract surgery	46.6	31.4

Two European trials of NOLVADEX in women with a high risk of breast cancer were also conducted. They showed no difference in the number of breast cancer cases between the women who took tamoxifen and those who got a placebo. These studies had trial designs that differed from that of NSABP P-1, were smaller than P-1, and enrolled women at a lower risk for breast cancer than those in the P-1 trial.

- NOLVADEX is used to treat advanced breast cancer in women and men.

Three studies compared NOLVADEX to surgery or radiation to the ovaries in premenopausal women with advanced breast cancer and found that NOLVADEX was similar to surgery or radiation in causing tumor shrinkage.

Published studies have demonstrated that NOLVADEX is effective for the treatment of advanced breast cancer in men.

- NOLVADEX is used to reduce the recurrence of breast cancer in women who have had surgery and/or radiation therapy to treat early breast cancer. NOLVADEX is also used in

women with breast cancer who are at risk of developing a second breast cancer in the opposite breast.

The Early Breast Cancer Trialists Collaborative Group reviewed the 10-year results of studies of NOLVADEX for early breast cancer. Treatment with NOLVADEX for about 5 years reduced the risk of recurrence of breast cancer and improved overall survival. Treatment with about 5 years of NOLVADEX also reduced the chance of getting a second breast cancer in the opposite breast by approximately 50%, a result similar to that seen in the NSABP P-1 study.

- NOLVADEX is a tablet available in two dosage strengths: 10 mg tablets and 20 mg tablets. The active ingredient in each tablet is tamoxifen citrate.

How does NOLVADEX work?

NOLVADEX belongs to a group of medicines called anti-estrogens. Anti-estrogens work by blocking the effects of the hormone estrogen in the body. Estrogen may cause the growth of some types of breast tumors. NOLVADEX may block the growth of tumors that respond to estrogen.

Who should not take NOLVADEX?

- You should not take NOLVADEX to reduce the risk of getting breast cancer if you have ever had blood clots or if you develop blood clots that require medical treatment. However, if you are taking NOLVADEX for treatment of early or advanced breast cancer, the benefits of NOLVADEX may outweigh the risks associated with developing new blood clots. Your health care professional can assist you in deciding whether NOLVADEX is right for you.
- You should not take NOLVADEX if you are taking medicines to thin your blood (anticoagulants) like warfarin (coumadin).

- You should not take NOLVADEX if you plan to become pregnant while taking NOLVADEX or during the two months after you stop taking it because NOLVADEX may harm your unborn child. You should stop taking NOLVADEX if you become pregnant while taking the drug. Please talk with your doctor about birth control recommendations. If you are capable of becoming pregnant, you should start NOLVADEX during a menstrual period or have a negative pregnancy test before beginning to take NOLVADEX.
- You should not take NOLVADEX if you are breast feeding.
- You should not take NOLVADEX if you have ever had an allergic reaction to NOLVADEX or tamoxifen citrate (the chemical name).
- NOLVADEX is not known to reduce the risk of breast cancer in women with changes in breast cancer genes (BRCA1 or BRCA2).
- You should not take NOLVADEX to decrease the chance of getting breast cancer if you are less than age 35, because NOLVADEX has not been tested in younger women.
- You should not take NOLVADEX to reduce the risk of breast cancer unless you are at high risk of breast cancer. Certain conditions put women at high risk and it is possible to calculate this risk for any woman. Breast cancer risk assessment tools to help calculate your risk of breast cancer have been developed and are available to your health professional. You should discuss your risks with your health care professional.
- Children should not take NOLVADEX because treatment for them has not been sufficiently studied.

How should I take NOLVADEX?

- Follow your doctor's instructions about when and how to take NOLVADEX. Read the label on the container. If you are unsure or have questions, ask your doctor or pharmacist.
- You will take NOLVADEX differently, depending on your diagnosis.
- For treatment of breast cancer in adult women and men, the usual dose is 20-40 mg a day. Take the tablets once or twice a day depending on the tablet strength prescribed. If your doctor has prescribed a different dose, do not change it unless he or she tells you to do so. For women with early breast cancer, NOLVADEX should be taken for 5 years. For women with advanced cancer, NOLVADEX should be taken until your doctor feels it is no longer indicated.
- For reduction of the risk of breast cancer, the usual dose is 20 mg a day, for five years.
- Take your medicine each day. You may find it easier to remember to take your medicine if you take it at the same time each day. If you forget to take a dose, take it as soon as you remember and then take the next dose as usual.
- Swallow the tablets whole with a drink of water.
- You can take NOLVADEX with or without food.
- Do not stop taking your tablets unless your doctor tells you to do so.

Are there other important factors to consider before taking NOLVADEX?

- Tell your doctor if you have ever had blood clots that required medical treatment.
- Because NOLVADEX may affect how other medicines work, always tell your doctor if you are taking any other prescription or non-prescription (over-the-counter) medications, particularly if you are taking warfarin to thin your blood.
- You should not become pregnant when taking NOLVADEX or during the two months after you stop taking it as NOLVADEX may harm your unborn child. Please contact your doctor for birth control recommendations.

What should I avoid/or do while taking NOLVADEX?

- You should contact your doctor immediately if you notice any of the following symptoms. Some of these symptoms may suggest that you are experiencing a rare but serious side effect associated with NOLVADEX (see “What are the possible side effects of NOLVADEX?”).
 - new breast lumps
 - vaginal bleeding
 - changes in your menstrual cycle
 - changes in vaginal discharge
 - pelvic pain or pressure
 - swelling or tenderness in your calf
 - unexplained breathlessness (shortness of breath)
 - sudden chest pain
 - coughing up blood
 - changes in your vision

If you see a health care professional who is new to you (an emergency room doctor, another doctor in the practice), tell him or her that you take NOLVADEX.

- Because NOLVADEX may affect how other medicines work, always tell your doctor if you are taking any other prescription or non-prescription (over-the-counter) medicines. Be sure to tell your doctor if you are taking warfarin (coumadin) to thin your blood.
- You should not become pregnant when taking NOLVADEX or during the two months after you stop taking it because NOLVADEX may harm your unborn child. Please talk with your doctor about birth control recommendations. If you are taking NOLVADEX to reduce your risk of getting breast cancer, and you are sexually active, NOLVADEX should be started during your menstrual period. If you have irregular periods, you should have a negative pregnancy test before you start NOLVADEX.
- If you are taking NOLVADEX to reduce your risk of getting breast cancer, you should know that NOLVADEX does not prevent all breast cancers. While you are taking NOLVADEX and in keeping with your doctor's recommendation, you should have annual gynecological check-ups which should include breast exams and mammograms. If breast cancer occurs, there is no guarantee that it will be detected at an early stage. This is why it is important to continue with regular check-ups.

What are the possible side effects of NOLVADEX?

Like many medicines, NOLVADEX causes side effects in many patients. The majority of the side effects seen with NOLVADEX have been mild and do not usually cause breast cancer patients to stop taking the medication. In women with breast cancer, withdrawal from NOLVADEX therapy is about 5%. Approximately 15% of women who took NOLVADEX to reduce the chance of getting breast cancer stopped treatment because of side effects.

The most common side effects reported with NOLVADEX are: hot flashes; vaginal discharge or bleeding; and menstrual irregularities (these side effects may be mild or may be a sign

of a more serious side effect). Women may experience hair loss or skin rashes; however, hair loss is uncommon and is usually mild.

A rare but serious side effect of NOLVADEX is a blood clot in the veins. Blood clots stop the flow of blood and can cause serious medical problems, disability or death. Women who take NOLVADEX are at increased risk for developing blood clots in the lungs and legs. Some women may develop more than one blood clot, even if NOLVADEX is stopped. Women may also have complications from treating the clot, such as bleeding from thinning the blood too much. Symptoms of a blood clot in the lungs may include sudden chest pain, shortness of breath or coughing up blood. Symptoms of a blood clot in the legs are pain or swelling in the calves. A blood clot in the legs may move to the lungs. If you experience any of these symptoms of a blood clot, contact your doctor immediately.

NOLVADEX increases the chance of having a stroke, which can cause serious medical problems, disability, or death. If you experience any symptoms of stroke, such as weakness, difficulty walking or talking, or numbness, contact your doctor immediately.

Nolvadex increases the chance of changes occurring in the lining of your uterus (endometrium), which can be serious and could include cancer of the uterus. If you have not had a hysterectomy (removal of the uterus), it is important for you to contact your doctor immediately if you experience any unusual vaginal discharge, vaginal bleeding, or menstrual irregularities; or pain or pressure in the pelvis (lower stomach). These may be caused by changes to the lining of your uterus (endometrium). It is important to bring them to your doctor's attention without delay as they can occasionally indicate the start of something more serious, and could include cancer of the uterus or other changes to the uterus.

NOLVADEX may cause cataracts or changes to parts of the eye known as the cornea or retina. NOLVADEX can increase the chance of needing cataract surgery, and can cause blood

clots in the veins of the eye. NOLVADEX can result in difficulty in distinguishing different colors. If you experience any changes in your vision, tell your doctor immediately.

Rare side effects, which may be serious, include certain liver problems such as jaundice (which may be seen as yellowing of the whites of the eyes).

If you are a woman receiving NOLVADEX for treatment of advanced breast cancer, and you experience excessive nausea, vomiting or thirst, tell your doctor immediately. This may mean that there are changes in the amount of calcium in your blood (hypercalcemia). Your doctor will evaluate this.

In patients with breast cancer, a temporary increase in the size of the tumor may occur and sometimes results in muscle aches/bone pain and skin redness. This condition may occur shortly after starting NOLVADEX and may be associated with a good response to treatment.

Many of these side effects happen only rarely. However, you should contact your doctor if you think you have any of these or any other problems with your NOLVADEX. Some side effects of NOLVADEX may become apparent soon after starting the drug, but others may first appear at any time during therapy.

This summary does not include all possible side effects with NOLVADEX. It is important to talk to your health care professional about possible side effects. If you want to read more, ask your doctor or pharmacist to give you the professional labeling.

How should I store NOLVADEX?

NOLVADEX Tablets should be stored at room temperature (68-77°F). Keep in a well-closed, light-resistant container. Keep out of the reach of children.

Do not take your tablets after the expiration date on the container. Be sure that any discarded tablets are out of the reach of children.

This leaflet provides you with a summary of information about NOLVADEX. Medicines are sometimes prescribed for uses other than those listed. NOLVADEX has been prescribed specifically for you by your doctor. Do not give your medicine to anyone else, even if they have a similar condition, because it may harm them.

If you have any questions or concerns, contact your doctor or pharmacist. Your pharmacist also has a longer leaflet about NOLVADEX written for health care professionals that you can ask to read. For more information about NOLVADEX or breast cancer, call the Professional Services Department at Zeneca Pharmaceuticals at XXX-XXX-XXXX

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