

# You, me, and VKC

A family guide to vernal keratoconjunctivitis (VKC) and its treatment with Verkazia



You already know how difficult VKC can be for kids and their families. **This guide will help you arm yourself with knowledge.** Learn about the eye, how VKC affects the eye, and how Verkazia can help treat VKC.

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 **Verkazia<sup>®</sup>**  
cyclosporine ophthalmic  
emulsion 0.1%

Please see Important Safety Information throughout this brochure and see full Product Information [here](#).

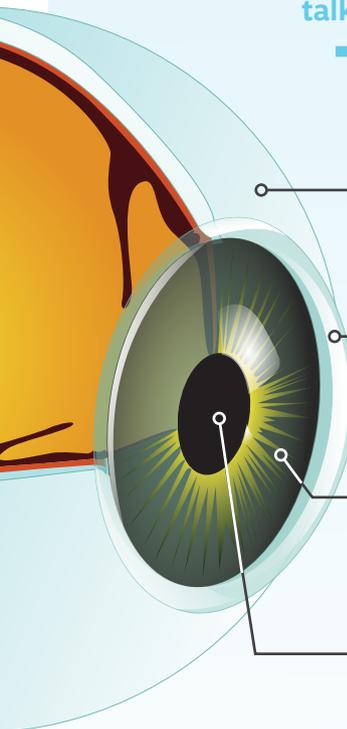


# Improve your EYE-Q!

Learn the parts of the eye

VKC mainly affects the outer part of the eye and eyelids.

Learning these terms will help you talk to your doctor



**1** **Conjunctiva** (*kon-junk-tive-a*): the clear film covering the whites of the eye and lining the inside of the eyelids

**2** **Cornea** (*kor-nee-a*): the clear part of the eye that covers the iris and pupil

**3** **Iris** (*eye-riss*): the colored part of the eye that opens or closes the pupil to control how much light enters the eye

**4** **Pupil** (*pew-puul*): the dark center of the iris where light enters the eye

## What is VKC?

Vernal keratoconjunctivitis (*vur-naal kair-a-toe-kon-junk-tiv-eye-tiss*) is an allergic condition in which the body's immune system is overactive, causing inflammation in the cornea and conjunctiva.

### Fast facts about VKC



**RARE**

VKC is **rare**.



**NOT  
CONTAGIOUS**

VKC is **not contagious**—it can't be spread to other people.



**~49,000**

VKC affected about **49,000 people** in the United States in 2017.



**<AGE 10**

VKC often affects **boys under the age of 10** and usually goes away in adolescence.



**GIRLS &  
ADULTS**

VKC **affects girls and adults**, too.



**DAMAGES  
VISION**

VKC can sometimes **damage vision if left untreated**.



**SYMPTOMS**

VKC often appears during allergy season, but **some people have ongoing symptoms or multiple flare-ups throughout the year**.

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## What causes VKC?

Understanding a complex disease

There is no clear cause for VKC. It appears to be related to common springtime allergies.

# Up to 60%

of patients can have flare-ups in the winter.

Many patients have no clear allergy that triggers their flare-ups, either.

**People with VKC often have allergies, asthma, or other autoimmune disorders.** Having family members with these diseases may also be related to having VKC.

## EYE the difference

VKC is different from pink eye

Though they may look very similar, **VKC is not pink eye**. Here are some common signs and symptoms of both conditions.

	Symptom	VKC	Pink eye
	Itching		
	Redness		
	Tearing		
	Mucous discharge from the eye		
	Sensitivity to light (photophobia)		
	Small white dots around the iris (Horner-Trantas dots)		
	Bumps under the upper eyelid (cobblestone papillae)		

Not everyone with VKC will have all of the above signs and symptoms. It's important to **confirm a VKC diagnosis with your healthcare provider.**



## You or your child has VKC. Now what?

Sometimes, VKC symptoms can be managed by avoiding triggers, if you know what they are.

### Some ways to avoid possible triggers

- Avoiding known allergens like pet dander and pollen
- Wearing goggles while swimming, and using artificial tears afterward to avoid irritation
- Washing bedding and clothing regularly to keep them free of allergens
- Wearing sunglasses to help keep allergens out of the eyes

Your healthcare provider can tell you more about ways to soothe irritation when it happens.

Your healthcare provider can also provide you with a doctor's note if you or your child with VKC needs permission to return to work or school.

It helps if the people around you understand VKC and how it's treated, especially if you're a parent or guardian to a child with VKC. **Talk to the adults in your child's life about what you've learned about VKC from this brochure.**

## There is another option for treating VKC

If avoiding triggers isn't enough to relieve the symptoms of VKC, you may want to try medication.

Talk to your healthcare provider about your options for medication, and turn this brochure over to learn about a different kind of treatment for VKC called Verkazia® (cyclosporine ophthalmic emulsion) 0.1%.



## Meet Verkazia, a different kind of treatment for VKC



**Verkazia** (*vur-kaaz-ee-a*) is made with **cyclosporine** (*sigh-klo-spore-ee-n*), an ingredient experts know helps stop the activity in the immune system that causes VKC symptoms. Cyclosporine also helps reduce the amount of steroids needed to treat VKC.

**Verkazia** is the only cyclosporine of its kind that is **FDA-approved** for VKC.

**Verkazia** is a safe and effective medicine **designed to treat VKC**. It works for children and adults with mild, moderate, or severe VKC.

**Verkazia** is **not a steroid**, antihistamine, or mast cell stabilizer. It's meant to be used on its own.

**Verkazia** uses a **unique formulation** to make sure the eye gets enough cyclosporine to effectively treat VKC.

Please see Important Safety Information throughout this brochure.

**Verkazia**<sup>®</sup>  
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emulsion 0.1%

## Verkazia effectively reduces multiple symptoms

Verkazia was tested in a 12-month clinical trial, in over 100 children with VKC.

As early as 1 month, children taking Verkazia reported:

43%

less itching

37%

less light sensitivity

43%

less tearing

46%

less mucous discharge

Verkazia also reduced inflammation in the cornea by **33% in the first month**.

Study participants continued to improve over time.



### WHAT IS VERKAZIA?

Verkazia<sup>®</sup> (cyclosporine ophthalmic emulsion) 0.1% is an eye drop that helps control the ongoing inflammation of vernal keratoconjunctivitis (VKC). VKC is an allergic condition where the body's immune system is overactive and causes inflammation in the eye.

## Verkazia is safe to use long-term

Verkazia has a well-established safety record. Most side effects are temporary and go away soon after giving the drop.

### In the clinical trial

12%

of participants **experienced pain** in the eye

8%

**experienced itching** in the eye

6%

**experienced discomfort** in the eye

Most participants continued with Verkazia for all 12 months of the study. By the end of the study, only 2% of participants had left because of side effects from Verkazia.

### IMPORTANT SAFETY INFORMATION

Be careful not to touch the vial tip to the eye or other surfaces, to help avoid potential eye injury or contamination of the product.

Please see additional Important Safety Information throughout this brochure.

## Tips for using Verkazia

Always use Verkazia exactly as directed by your healthcare provider. These tips can help you stay on track with treatment

### Building the routine

- Combine using Verkazia with other habits like



*toothbrushing*



*meal times*

or



*other daily routines*

- Set daily reminders on your smartphone to remind you or your child to use Verkazia.



### Making it fun for children with VKC

- Offer a small reward for taking Verkazia.

Remind your child that sticking with treatment will make them feel better quickly and help keep VKC symptoms from coming back.

### IMPORTANT SAFETY INFORMATION (CONTINUED)

Contact lenses should be removed before applying Verkazia and may be reinserted 15 minutes after application.

Please see additional Important Safety Information throughout this brochure.



## More resources on VKC and Verkazia



Learn more  
about Verkazia



Learn more  
about VKC



Ask your healthcare provider about ordering a storybook to help your child understand VKC and why Verkazia may work for them.

### IMPORTANT SAFETY INFORMATION (CONTINUED)

The most common side effect is a temporary burning sensation. Other side effects include eye redness, eye discomfort, itchiness, and foreign body sensation.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please see full [Product Information](#).

