



DOCTOR DISCUSSION GUIDE

Managing Nasal Polyps

After making an appointment with your physician to discuss the possibility of using Dupixent or changing your treatment regimen for nasal polyps, print out this helpful guide to take with you and make yourself familiar with the vocabulary words at the top of the document. This will facilitate a conversation between you and your healthcare provider that is effective and meaningful.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

Biologic Medication	Biologic medications are drugs that are typically manufactured using living microorganisms. They often mimic substances in the body such as hormones (insulin) and, unlike traditional medications, do not have a well defined chemical structure that can be easily replicated to make a generic version. Biologic medications are usually unavailable in tablet form and have to be injected.
Chronic Rhinosinusitis	A condition that lasts for a long period of time, characterized by inflammation of the nasal passageways and sinuses. Symptoms usually include congestion, runny nose, headaches, and facial fullness and pain.
Eosinophils	A type of white blood cell that is found in high concentrations in the tissue of nasal polyps.
Cytokines	Proteins that play a significant role in the inflammatory response. Blocking or inhibiting these substances can decrease inflammation.
Interleukins	A specific type of cytokine that not only play a specific role in the inflammatory response but are also capable of regulating cell behaviors, including growth.
Polyp	A non-cancerous growth or mass that is often shaped like a teardrop. They can occur throughout the body, but here we are specifically referring to polyps that occur in the nasal and sinus passageways. The mechanisms involved in the formation of nasal polyps are not completely understood, but they are thought to arise from the mucous membrane lining inside of these passageways when there is chronic inflammation present.
Subcutaneous Injection	A shot that is given in the layer of fat between the skin and the deeper layer of muscle. It is how the biologic medication Dupixent is administered.



Questions to Ask

These questions will help you start a conversation with your doctor about how to best manage your nasal polyps.

About Symptoms

- How likely is it that my symptoms will improve with this treatment?
- How long after starting treatment would you expect me to notice any improvement in my symptoms?
- If I experience new symptoms after beginning new treatment, should I be concerned or notify you?

About Side Effects

- Are there common side effects that I should be aware of?
- Are there dangerous side effects that I should be aware of?
- What side effects would require me to notify you or to seek medical attention?

About Underlying Conditions

- Does this treatment address the polyps, the underlying condition that causes the polyps, or both?
- Are there other medical professionals we should consult to address underlying conditions?

About Diagnosis and Treatment

- What is the best way to evaluate whether or not the new treatment is effective?
- What if I give the injection incorrectly (if you are going to be using Dupixent)?
- What if I miss a dose of my medication?
- Are there specific lifestyle changes I will need to make as a part of this new treatment regimen?

About Cost

- Do you expect my insurance to cover the cost of this treatment (if applicable)?
- Are there steps I need to take to ensure that my insurance covers this treatment (if applicable)?
- Are you aware of cost reduction programs that may make this treatment more affordable?
