

The Grady Bear storybook is intended to help parents and caregivers teach children about central precocious puberty (CPP) in a manner that they can understand. This book was written by a pediatric endocrinologist and sponsored by Endo Pharmaceuticals Inc., the maker of SUPPRELIN® LA (histrelin acetate) subcutaneous implant.

WHAT IS SUPPRELIN® LA?

- SUPPRELIN® LA is an implanted gonadotropin releasing hormone (GnRH) medicine used for the treatment of children with central precocious puberty (CPP).
- It is not known if SUPPRELIN® LA is safe and effective in children under 2 years of age.

IMPORTANT SAFETY INFORMATION ABOUT SUPPRELIN® LA

- **SUPPRELIN® LA should not be taken if your child is** allergic to gonadotropin releasing hormone (GnRH), GnRH agonist medicines, or any ingredients in the SUPPRELIN® LA implant, or is pregnant or becomes pregnant. SUPPRELIN® LA can cause birth defects or loss of the baby. If your child becomes pregnant, call your doctor.
- In the first week of treatment, SUPPRELIN® LA can cause an increase in some hormones. During this time, you may notice more signs of puberty in your child, including light vaginal bleeding and breast enlargement in girls. Within 4 weeks of treatment, you should see signs in your child that puberty is stopping.
- Some people have had implant breakage during the removal process.
- Some people who had SUPPRELIN® LA placed in their arm have had the implant come through the skin (extrusion). **Call your child's doctor right away if the SUPPRELIN® LA implant comes through the skin.**
- Some people taking GnRH agonists like SUPPRELIN® LA have had new or worsening mental (psychiatric) problems including depression. Mental (psychiatric) problems may include emotional symptoms such as crying, irritability, restlessness (impatience), anger, and acting aggressive. **Before your child receives SUPPRELIN® LA, tell the doctor if they have a history of mental problems. Call your child's doctor right away if your child has any new or worsening mental symptoms or problems while taking SUPPRELIN® LA.**
- Some people taking GnRH agonists like SUPPRELIN® LA have had seizures. The risk of seizures may be higher in people who have a history of seizures, epilepsy, brain or brain vessel (cerebrovascular) problems or tumors, or who are taking a medicine that has been connected to seizures such as bupropion or selective serotonin reuptake inhibitors (SSRIs). Seizures have also happened in people who have not had any of these problems. **Before your child receives SUPPRELIN® LA, tell the doctor if they have a history of these problems, as well as all the medicines they take. Call your child's doctor right away if your child has a seizure while taking SUPPRELIN® LA.**
- Increased pressure in the fluid around the brain can happen in children taking GnRH agonist medicines, including SUPPRELIN® LA. **Call your child's doctor right away if your child has any of the following symptoms during treatment with SUPPRELIN® LA: headache, eye problems, including blurred vision, double vision, and decreased eyesight, eye pain, ringing in the ears, dizziness, nausea.**
- Your child's doctor should do tests to make sure your child has CPP before treating with SUPPRELIN® LA. SUPPRELIN® LA lasts for 12 months. One implant will give the medicine for 12 months. After 12 months, SUPPRELIN® LA must be removed. The doctor may insert a new SUPPRELIN® LA at this time to continue treatment.
- SUPPRELIN® LA is placed under the skin of the inside of the upper arm. The doctor will numb the arm of your child, make a small cut, and then place SUPPRELIN® LA under the skin. The cut may be closed with stitches or surgical strips and covered with a pressure bandage.
- Your child should keep the arm clean and dry and should not swim or bathe for 24 hours after receiving the SUPPRELIN® LA implant. The bandage can be removed after 24 hours. **Do not** remove any surgical strips. They will fall off on their own in a few days. Your child should avoid heavy play or exercise that uses the implanted arm for 7 days. You and your child should routinely check the insertion site until the cut is healed. After the cut has healed, your child can go back to his or her normal activities. The doctor will give you complete instructions.
- Keep all scheduled visits to the doctor. Your child's doctor will do regular exams and blood tests to check for signs of puberty. Sometimes the doctor will have to do special tests, such as ultrasound or MRI, if the SUPPRELIN® LA implant is difficult to find under your child's skin.
- The most common side effects of SUPPRELIN® LA are skin reactions at the place where the implant is inserted. These reactions may include pain, redness, bruising, soreness, and swelling in and around the implant site. Call your child's doctor if your child has bleeding, redness, or severe pain where the implant was inserted.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [MedWatch](#) or call 1-800-FDA-1088.

Click for full [Prescribing Information](#), including Medication Guide.

Grady Bear

By Deborah Rotenstein, MD





to:

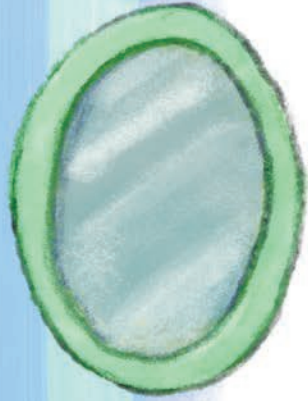


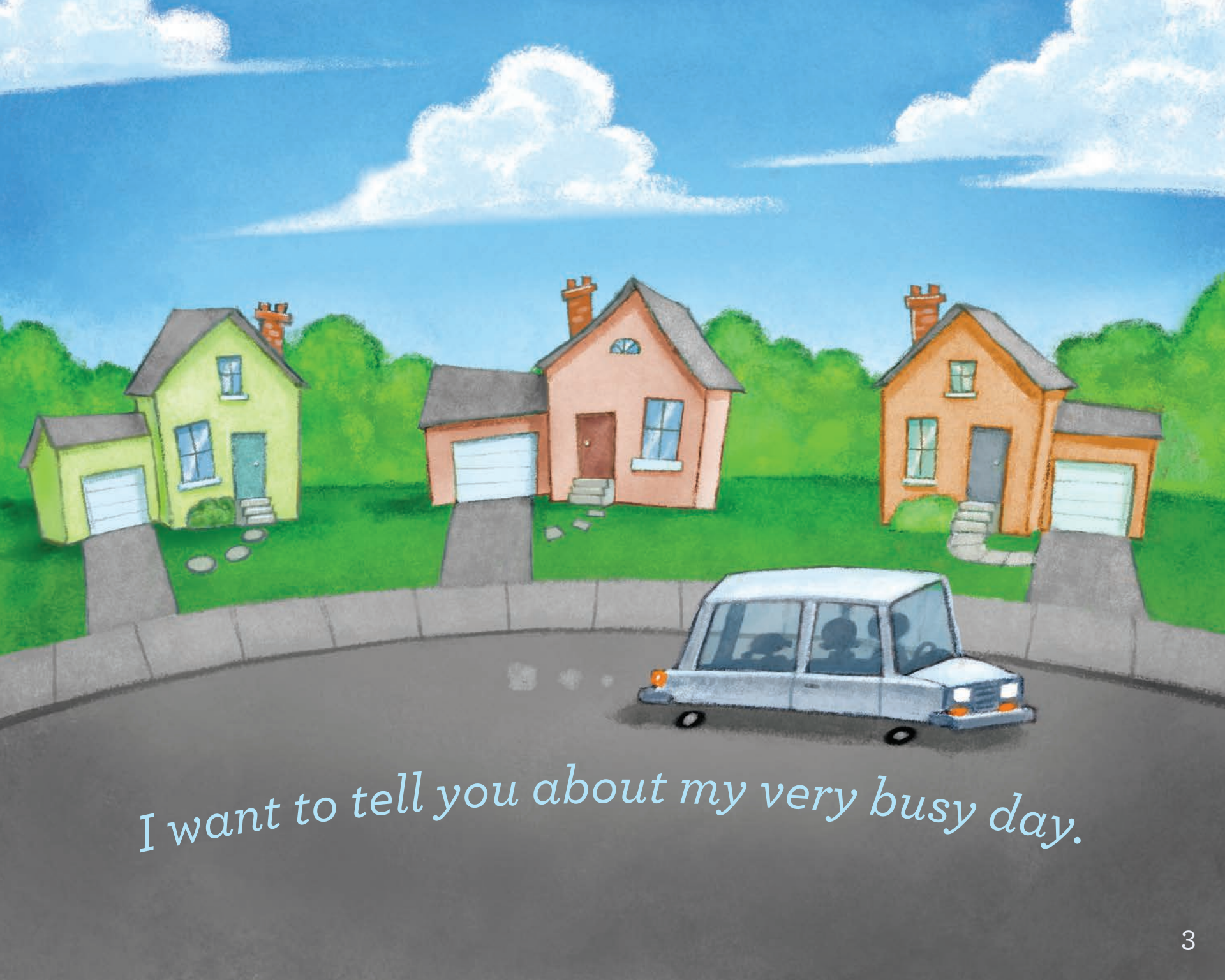
from:

Grady Bear



Grady Bear,
I don't want to play today.





I want to tell you about my very busy day.

Today was a busy day, because
I had to visit the doctor.



First Mom and Dad and I saw my regular doctor, Dr. Fran, who thinks I am growing up too fast. Imagine that! Could I be really tall?



Dr. Fran sent me to Dr. Amy, a special doctor who knows a lot about that stuff. Dr. Amy also thinks I'm growing up too fast.



She told me that my body is changing, my chest is starting to look like my Mom's and my body is growing little hairs.



Dr. Amy told
me not to worry.
She told me what
was happening
inside my body.



Messages from my brain to my body
are being sent too early—

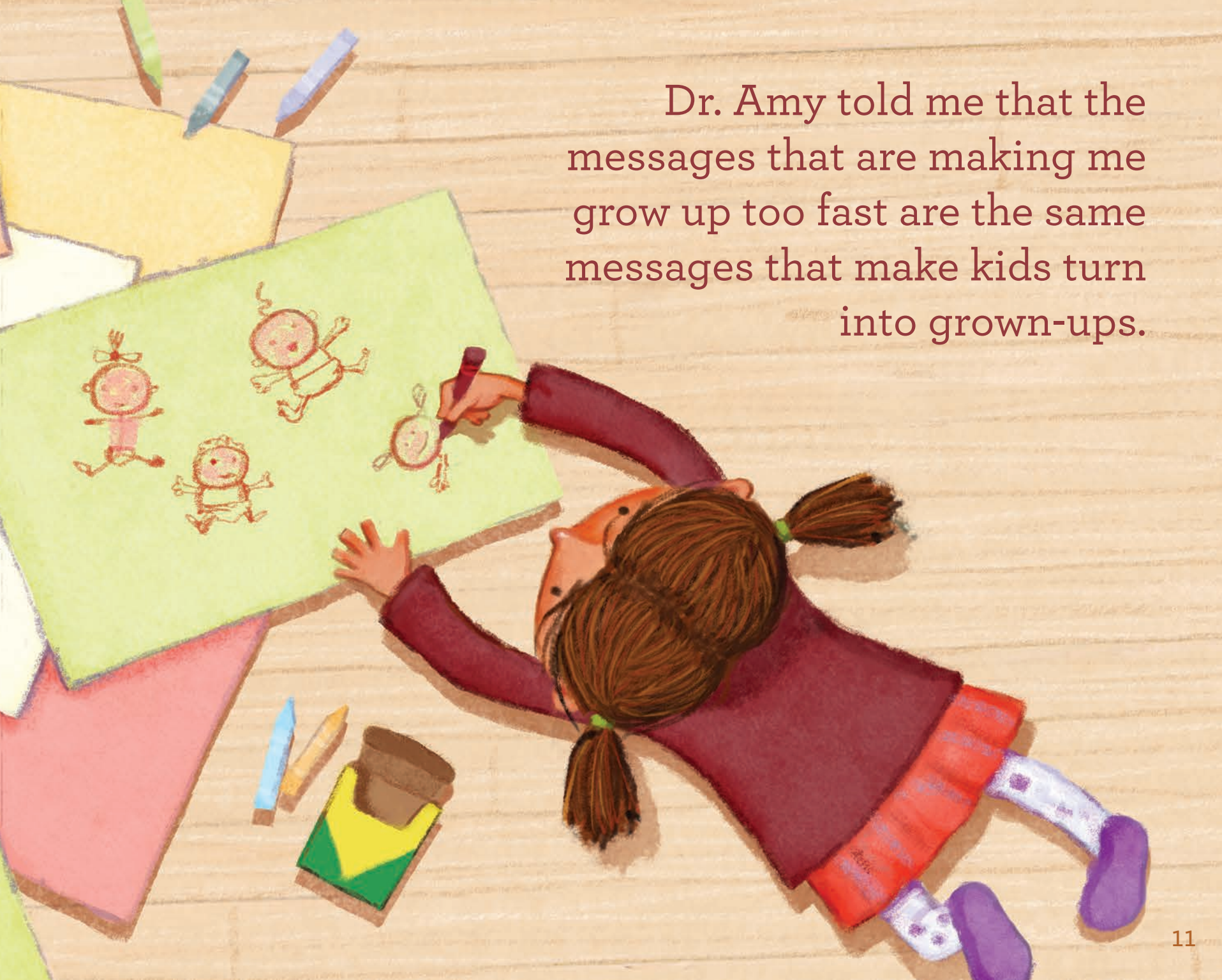


sort of like a clock
that's really fast!

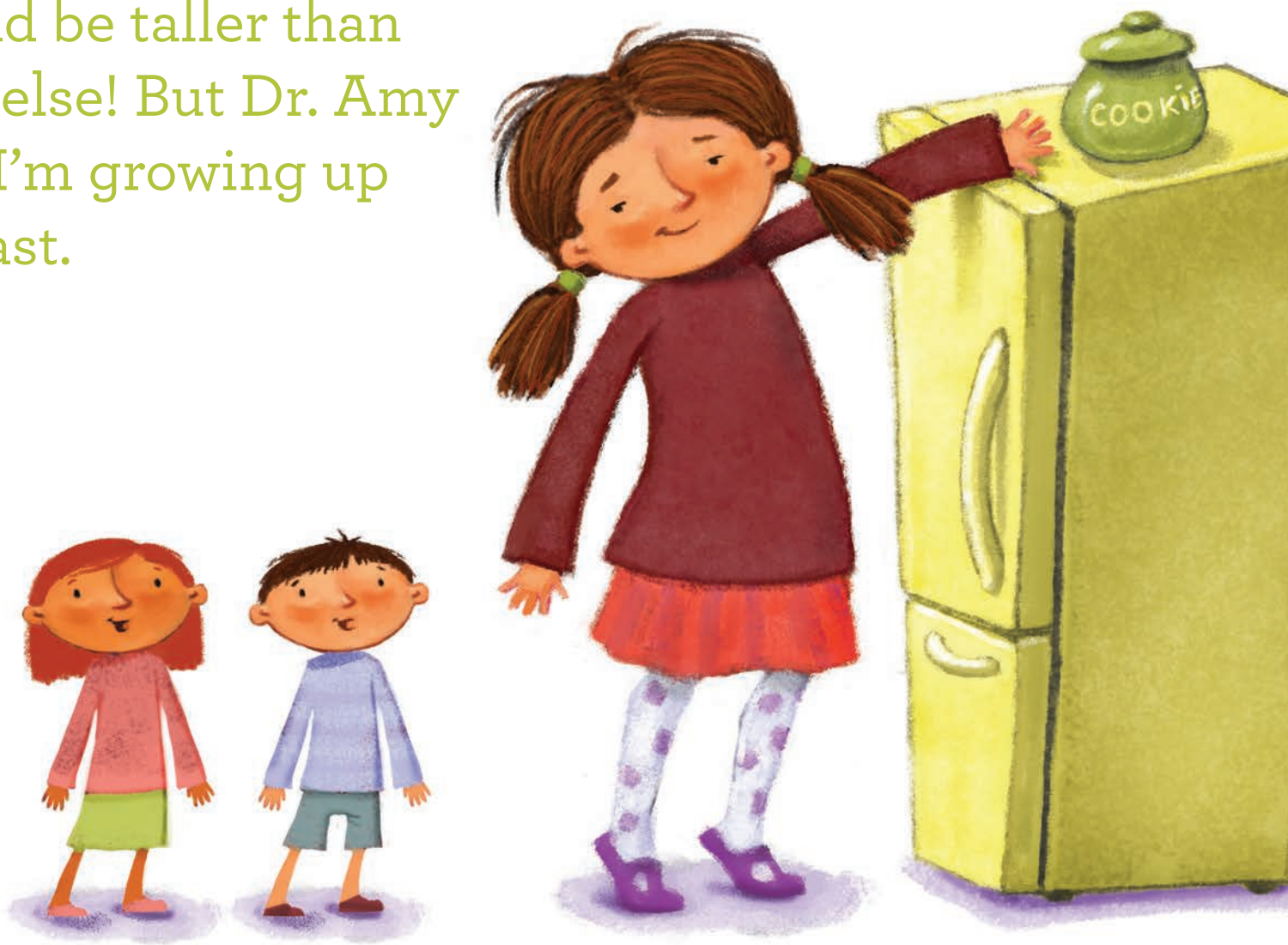
The messages are telling my body to make changes before they're supposed to happen. It isn't anybody's fault that the messages got messed up. They just did.



Dr. Amy told me that the messages that are making me grow up too fast are the same messages that make kids turn into grown-ups.



I thought it might be fun to grow faster and do things sooner and be taller than everyone else! But Dr. Amy said that I'm growing up way too fast.



So I decided, Grady Bear,
I don't want to be so small or so tall.



I just want to be a kid now,
like I'm supposed to be, and play with you every day.

Dr. Amy also told me and my Mom and Dad about a medicine that can help slow down my clock to where it should be. That will take away the messages that are making my body grow up too fast.



With this medicine, I can be a kid as long as I'm supposed to be.



Grady Bear, this is a lot for you to understand, but I feel better telling you about it.

I'm glad that we can just be kids for a while.



About the Book

Grady Bear is a children's book designed to help parents, like you, explain central precocious puberty (CPP), and its effects, to their child. The narrative, written from the perspective of a child confiding in her teddy bear, touches upon the physical and emotional changes that a child diagnosed with CPP may experience. Friendly illustrations and a conversational tone make this a read that is reassuring for parents and children alike.



About the Author

Deborah Rotenstein, MD, is a pediatric endocrinologist residing in the Pittsburgh, Pennsylvania area who recently began writing children's books, including *Grady Bear*.

Born in Brooklyn, New York, Dr. Rotenstein is a graduate of University of Pittsburgh School of Medicine and completed her pediatric residency at Emory University with a pediatric endocrinology fellowship at Children's Hospital of Pittsburgh. Dr. Rotenstein has published papers across Europe and the United States on the use of growth hormone in treating spina bifida.

Dr. Rotenstein enjoys playing the guitar and piano, cooking, gardening, and photography, an interest she shares with her husband. She is also an avid reader of fiction who describes her patients as her "best teachers and heroes."

