

SMART MOVES FOR YOU



A GUIDE FOR PATIENTS WITH OSTEOARTHRITIS **EVERYDAY COMFORT** Simple steps to help you better manage your OA

Making some lifestyle changes doesn't mean you're giving in to OA. "Think of it like a boat at sea," says Helen Grusd, PhD, a clinical psychologist working with those with chronic OA pain. "You have no control over a stormy sea, but you can adjust your sails." This guide can help you live more comfortably with osteoarthritis at home, at work, and on the move. Start by having a heart-to-heart talk with your doctor. Together, you can find the best methods to manage your OA.



TRY THIS...AT HOME

Smart tools and techniques can make everyday tasks easier when you have osteoarthritis.

- Ask your pharmacist for a special tool designed to make it easier to open bottles
- Keep step stools handy to help with reaching and to move from a sitting to standing position
- Carry “mini” loads of laundry or trash, and keep the items close to your body
- Push, don't pull, when sweeping or vacuuming
- Take frequent breaks when cooking or doing repetitive motions
- Store frequently used items between knee and shoulder height to cut down on bending and reaching
- If you must reach, use wands and grips with long handles
- Choose concentrated cleaning and laundry products—they're lighter to carry
- Remove the foam from a sponge hair roller, and use it to pad toothbrush and hairbrush handles

FRESH THINKING

Along with bringing something nice to display in your home, artistic endeavors may also help ease OA pain. Some studies of those suffering from chronic OA pain have found that concentrating on art helps diminish pain. Never delved into art before? Some research suggests that trying new, stimulating activities may benefit brain function in older adults.

BE INSPIRED

“Be proud that you're always searching for ways to modify your movements.”

—Scott Zashin, MD,
author of *Arthritis Without Pain*



TIP

The type of shoes you wear makes a difference to the part of the knee where OA pain occurs. Look for flat shoes with flexible soles.

TRY THIS...AT WORK

A few adjustments can help keep you comfortable with OA, even if you work at a desk.

- Use a swivel chair to increase ease of movement
- Check that there is a 1-inch gap between the edge of the chair and the back of your knees
- Keep your feet flat on the floor; use a footrest if necessary
- Use a chair with armrests; adjust height so arms are bent at a 90-degree angle
- Take frequent breaks from sitting and typing or holding the phone
- Use a lumbar pillow for support, and don't hunch your shoulders

YOUR WILLPOWER!

To stay upbeat in the face of OA, check the amount of sun you're getting each day. Researchers have found that a daily dose of sunshine can help beat back the blues. So open those curtains at home and plan a walk on your lunch break.

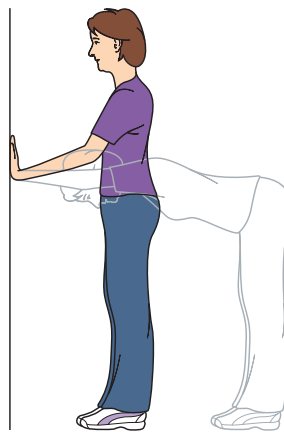
SMART MOVE

Schedule a stretch break to enjoy this move (with your doctor's approval).

Wall Dog Pose

BENEFITS: Great spinal stretch that opens hips, hamstrings, and shoulders

TO DO: Stand facing a wall (you can also use a sturdy chair back or table). Reach your arms out and place palms against the wall, shoulder-width apart, fingers pointing up. Pressing your palms into the wall, walk your feet back a bit, take a deep breath in, and bend forward from the hips. Your back should be straight, your neck relaxed and long, eyes looking down to the floor. Lengthen your entire spine as you press against the wall with your hands, and reach your hips back.



TRY THIS...IN THE CAR

Your lifestyle doesn't need to come to a halt because of OA. Keep moving with these on-the-go tips.

- Back yourself into the car by sitting first, then swinging your legs in
- Let your car's interior handles help you balance on the way in or pull yourself on the way out
- Use seat-belt extenders so you don't have to twist to latch them
- Consider purchasing a remote ignition starter
- Use bigger sideview and rearview mirrors
- Look for a beaded seat cover—it can make long drives more comfortable and help you “roll” in and out of your seat

BE INSPIRED

“Don't hibernate—go out and live your day as much as you can.”

—Elton Strauss, MD,
department of orthopaedics at
Mount Sinai School of Medicine

FRESH THINKING

In the market for a new car? Here are features that can make your ride more comfortable. Some car manufacturers offer a credit for adaptive equipment—be sure to ask your sales associate.

- Lightweight doors
- Small (power) steering wheel
- Automatic windows
- Push-button or voice-activated controls
- Low chassis
- Backup camera and parallel parking guidance
- Heated seats



LEARN MORE

Discover additional ways to treat and manage osteoarthritis by visiting arthritissmartmoves.com. There, you'll also find the Smart Moves Program, a three-week plan that is full of motivational tools to change how you view and cope with OA, and help keep you doing the daily activities you love. Click on “Getting Started.”

IMPORTANT INFORMATION ABOUT VIMOVO

Please read this summary carefully. It does not take the place of discussions with your doctor about the full Prescribing Information for VIMOVO and whether this drug is right for you.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT VIMOVO?

VIMOVO, which contains naproxen [a nonsteroidal anti-inflammatory drug (NSAID)] and esomeprazole magnesium [a proton pump inhibitor (PPI)], may increase the chance of a heart attack or stroke that can lead to death. This chance increases

- with longer use of NSAID medicines
 - in people who have heart disease
- NSAID medicines should never be used right before or after a heart surgery called a coronary artery bypass graft (CABG).**
- NSAID medicines can cause ulcers and bleeding in the stomach and intestines at any time during treatment. Ulcers and bleeding**
- can happen without warning symptoms
 - may cause death

The chance of a person getting an ulcer or bleeding increases with

- taking medicines called steroid hormones and blood thinners
- longer use
- smoking
- drinking alcohol
- older age
- having poor health

NSAID medicines should only be used

- exactly as prescribed
- at the lowest dose possible for your treatment
- for the shortest time needed

WHAT ARE THE POSSIBLE SIDE EFFECTS OF NSAIDS?

Serious side effects include

- heart attack
- stroke
- high blood pressure
- heart failure from body swelling (fluid retention)
- kidney problems including kidney failure
- bleeding and ulcers in the stomach and intestine
- low red blood cells (anemia)
- life-threatening skin reactions
- life-threatening allergic reactions
- liver problems including liver failure
- asthma attacks in people who have asthma

Other side effects include

- stomach pain
- constipation
- diarrhea
- gas
- heartburn
- nausea
- vomiting
- dizziness

Get emergency help right away if you have any of the following symptoms

- shortness of breath or trouble breathing

- chest pain
- weakness in one part or side of your body
- slurred speech
- swelling of the face or throat

Stop your NSAID medicine and call your health care provider right away if you have any of the following symptoms

- nausea
- more tired or weaker than usual
- itching
- your skin or eyes look yellow
- stomach pain
- flu-like symptoms
- vomit blood
- there is blood in your bowel movement or it is black and sticky like tar
- skin rash or blisters with fever
- unusual weight gain
- swelling of the arms and legs, hands and feet

These are not all the possible side effects with NSAIDs.

WHAT IS VIMOVO?

VIMOVO is a prescription medicine used to

- relieve signs and symptoms of osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis
- decrease the risk of developing stomach (gastric) ulcers in people who are at risk of developing gastric ulcers with NSAIDs

It is not known if VIMOVO is safe or effective in children under the age of 18.

WHO SHOULD NOT TAKE VIMOVO?

Do not take VIMOVO

- If you had an asthma attack, hives, or other allergic reaction after taking aspirin or other NSAID medicine
- If you are allergic to any of the ingredients in VIMOVO
- If you are allergic to any other PPI medicine
- For pain right before or after heart bypass surgery
- If you are in the third trimester of pregnancy

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE TAKING VIMOVO?

Before you take VIMOVO, tell your health care provider about all your medical conditions and all the medicines you take, including prescription and non-prescription, vitamins, and herbal supplements. Talk to your health care provider before taking any other NSAID-containing products.

- Using VIMOVO with other medicines can cause serious side effects
 - Talk to your health care provider if you are pregnant or breast-feeding.
- NSAID medicine should not be used by pregnant women late in their pregnancy**

HOW SHOULD I TAKE VIMOVO?

- Take VIMOVO at least 30 minutes before a meal
- Swallow VIMOVO tablets whole with liquid. Do not split, chew, crush, or dissolve the VIMOVO tablet
- You may use antacids while taking VIMOVO
- Do not change your dose or stop VIMOVO without first talking to your health care provider
- If you forget to take a dose of VIMOVO, take it as soon as you remember. If it is almost time for your next dose, do not take the missed dose. Take the next dose on time. Do not take 2 doses at one time to make up for a missed dose
- If you take too much VIMOVO, tell your health care provider, go to the closest hospital emergency room right away, or call your Poison Control Center at 1-800-222-1222

WHAT ARE THE POSSIBLE SIDE EFFECTS OF VIMOVO?

Serious side effects may include

- **High blood pressure**
- **Heart problems** such as congestive heart failure, heart attack, or stroke
- **Active bleeding**

- **Serious allergic reactions**
- **Serious skin reactions**
- **Liver problems**
- **Bone fracture**
- **Low levels of magnesium**

Tell your health care provider or get emergency help right away if you have any of the following symptoms

- chest pain, weakness, or slurred speech
- trouble breathing or wheezing
- swelling of face, throat, or body
- severe skin blisters or peeling
- blood in your bowel movement or it is black and sticky like tar
- yellowing of skin or eyes
- seizures, dizziness, or fast heartbeat
- muscle spasms, cramps, or weakness

The most common side effects of VIMOVO include

- inflammation of the lining of the stomach
- indigestion
- diarrhea
- stomach ulcers
- stomach pain
- nausea

These are not all the possible side effects of VIMOVO. Call your health care provider for medical advice about side effects.

You may report side effects to the FDA at 1-800-FDA-1088.

OTHER INFORMATION ABOUT NONSTEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)

- Aspirin is an NSAID medicine but it does not increase the chance of a heart attack. Aspirin can cause bleeding in the brain, stomach, and intestines. Aspirin can also cause ulcers in the stomach and intestines
- Some of these NSAID medicines are sold in lower doses without a prescription (over-the-counter). Talk to your health care provider before using over-the-counter NSAIDs for more than 10 days

NSAID medicines that need a prescription

Generic Name	Trade Name
Celecoxib	Celebrex
Diclofenac	Cataflam, Voltaren, Arthrotec (combined with misoprostol)
Diffunisal	Dolobid
Etodolac	Lodine, Lodine XL
Fenoprofen	Nalfon, Nalfon 200
Flurbiprofen	Ansaid
Ibuprofen	Motrin, Tab-Profen, Vicoprofen* (combined with hydrocodone), Combunox (combined with oxycodone)
Indomethacin	Indocin, Indocin SR, Indo-Lemmon, Indomethagan
Ketoprofen	Oruvail
Ketorolac	Toradol
Mefenamic Acid	Ponstel
Meloxicam	Mobic
Nabumetone	Relafen
Naproxen	Naprosyn, Anaprox, Anaprox DS, EC-Naproxyn, Naprelan, VIMOVO
Oxaprozin	Daypro
Piroxicam	Feldene
Sulindac	Clinoril
Tolmetin	Tolectin, Tolectin DS, Tolectin 600

* Vicoprofen contains the same dose of ibuprofen as over-the-counter (OTC) NSAIDs, and is usually used for less than 10 days to treat pain. The OTC NSAID label warns that long-term continuous use may increase the risk of heart attack or stroke.

For more information, call 1-800-236-9933 or go to www.VIMOVO.com
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Vimovo
 (naproxen/esomeprazole magnesium)
 375/20•500/20 mg delayed-release tablets

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