

SMART MOVES FOR YOU



A GUIDE FOR PATIENTS WITH OSTEOARTHRITIS

GARDENING

Simple steps to help you better manage your OA

Having osteoarthritis (OA) doesn't mean you have to give up the activities you love. That's good news for gardeners, because gardening is great exercise for physical health. Research shows that the weight-bearing motions of gardening, such as pushing a mower, digging holes, pulling weeds, and carrying soil or other gardening items, may help strengthen bones. Start by checking in with your doctor, and then enjoy your garden time with the tips in this guide.



FRESH THINKING

Even with OA, you can garden comfortably.

The key for gardeners with osteoarthritis: Bring plants closer to you. Here are a few ways to do just that, courtesy of Heidi Sibert, CLP, senior vice president and landscape architect with James Martin Associates, and a member of the Chicago Arthritis Foundation board of directors.

Raise Your Bed

1 Try a raised system that you can fill with soil and plants. The frames are often built with treated wood, but the longevity of a concrete block is better. Build it yourself with easy-to-assemble notched blocks that fit together, or have a landscape contractor build it for you.

Garden in Containers

2 Say goodbye to old-fashioned, heavy terra-cotta pots and use lightweight boxes and planters instead. Place larger containers on your deck or patio for convenient access to flowers, herbs, and even tomatoes.

Go Vertical

3 Install your plants in a vertical structure, settling each in its particular place like a shoe in a cubbyhole. This can be as simple as using an old shelf or hanging an over-the-door shoe caddy on a gate. A landscaper can build something unique out of brick or cement blocks.

BE INSPIRED

“You can't let arthritis stop you from doing the things you love.”

—Kat Riefler, Streetsboro, Ohio



YOUR WILLPOWER!

Volunteer work can be a good distraction from pain, says Michael Feuerstein, PhD, MPH, of Uniformed Services University of the Health Sciences in Bethesda, Maryland.

Try this: Look for volunteer opportunities around gardening—say, a local beautification project or a community garden that helps feed the hungry. And if you can come together with others dealing with osteoarthritis pain, it gives you a chance to share strategies while doing something you love.

3 SMART MOVES

Do achy knees keep you from enjoying your garden?

Strengthening your thighs could be your best move, finds a Mayo Clinic study. People with strong quads (fronts of thighs) have less cartilage damage and pain in their knees from OA. These simple exercises are easy on the joints but strengthen your thighs. Do 2 sets of 10 repetitions on each leg for all exercises, 3 to 5 days a week. Talk to your doctor before starting an exercise program.

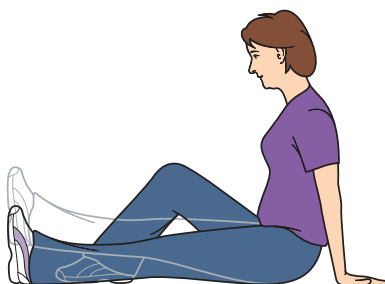
Big Squeeze

TO DO: Sit on the floor with your back straight, left leg extended, and right knee bent, foot flat. Tighten your left quads, pressing the back of your leg toward the floor. Hold for 10 seconds and relax.



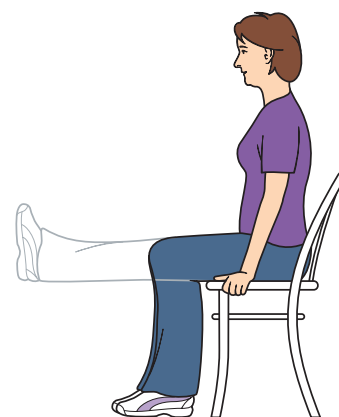
Thigh Tightener

TO DO: In same position as Big Squeeze, flex your left foot and lift your leg about 6 inches. Hold for 6 seconds; lower.



Leg Lift

TO DO: Sit in a chair, your feet flat on floor. Straighten your left leg, raising your foot until your leg is about parallel to floor. Hold for 6 seconds; lower.



Q&A

How can I guard against overdoing it in the garden?

Laura Robbins, DSW, chair of the Arthritis Foundation's Osteoarthritis Alliance, offers these tips.

- Use gardening tools that are ergonomically correct and easy on your joints
- Get up every 10 to 15 minutes to stretch or walk. "Movement is the best medicine," says Dr Robbins
- Respect your body's limits. Know yourself, and stop working before pain sets in

Talk to your doctor before beginning any exercise program.

TRY THIS

The right tools are essential for those with osteoarthritis. Here's what to look for.

Ergonomic helpers: Gardening tools labeled ergonomic often have curved handles that can minimize joint strain.

Kneeling aids: If kneeling for long periods of time is painful for you, try kneeling on cushions or sitting on a cart. Long-handled tools can help you reach your plants while seated.

A wheelbarrow swap: People tend to overload wheelbarrows. Instead, use a common hand truck, when you can—for example, when you're moving pots and soil.



CONVERSATION STARTERS

If you haven't talked to your doctor about your OA lately, you may be missing out on fresh ideas to help you.

At your next visit, consider asking:

- How can I manage my osteoarthritis symptoms so that I can continue the activities I love?
- Would it be helpful to keep a journal of activities such as gardening, including how I feel after?
- Are there any products or treatments that can help my osteoarthritis pain?



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."



Is your arthritis pain medicine putting you at risk for stomach issues?

Ask your doctor about VIMOVO.

VIMOVO is a prescription medicine that combines a proven arthritis pain reliever with built-in medication that can help protect you from stomach issues common to NSAIDs.

NSAIDs (nonsteroidal anti-inflammatory drugs) can effectively reduce the pain of osteoarthritis. But they may also lead to stomach issues which may keep you from taking the medicine you need.

VIMOVO combines a prescription arthritis pain medication with a built-in medicine that has been proven to reduce the risk of developing stomach (gastric) ulcers.*

So if you're worried about potential stomach issues with your arthritis pain medication, ask your doctor about VIMOVO.

* In 6-month clinical studies, compared with enteric-coated naproxen.

Medicine on the outside of VIMOVO helps reduce the risk of stomach ulcers.

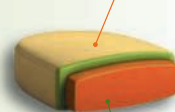


Illustration not actual size.

Medicine on the inside of VIMOVO helps relieve arthritis pain.

Get your VIMOVO prescription for only

\$10[†]
each month

Sign up for a VIMOVO Savings Card today.

[†] Requires a prescription; subject to eligibility rules; restrictions apply.

Visit SaveOnVIMOVO.com

Approved Uses for VIMOVO

VIMOVO is approved to relieve the signs and symptoms of osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis and to decrease the risk of stomach (gastric) ulcers in patients at risk of developing stomach ulcers from treatment with NSAIDs.

VIMOVO is not recommended as a starting treatment for relief of acute pain. Controlled studies do not extend beyond 6 months.

Important Safety Information

Like all medications that contain nonsteroidal anti-inflammatory drugs (NSAIDs), VIMOVO may increase the chance of a heart attack or stroke that can lead to death. This chance increases with longer use of NSAID medicines, and in people who have heart disease. NSAID-containing medications, such as VIMOVO, should never be used before or after a type of heart surgery called coronary artery bypass graft (CABG). As with all medications that contain NSAIDs, VIMOVO may increase the chance of stomach and intestinal problems, such as bleeding or an ulcer, which can occur without warning and may cause death. Elderly patients are at greater risk for serious gastrointestinal events.

VIMOVO is not right for everyone, including patients who have had an asthma attack, hives, or other allergic reaction with aspirin or any other NSAID medicine, patients who are allergic to any of the ingredients in VIMOVO, or women in late stages of pregnancy.

Serious allergic reactions, including skin reactions, can occur without warning and can be life-threatening; discontinue use of VIMOVO at the first appearance of a skin rash, or if you develop sudden wheezing; swelling of the lips, tongue or throat; fainting; or problems swallowing.

VIMOVO should be used at the lowest dose and for the shortest amount of time as directed by your health care provider.

Tell your health care provider right away if you develop signs of active bleeding from any source.

VIMOVO can lead to onset of new hypertension or worsening of existing high blood pressure, either of which may contribute to an increased risk of a heart attack or stroke.

Speak with your health care provider before starting VIMOVO if you

- Have a history of ulcers or bleeding in the stomach or intestines
- Have heart problems, high blood pressure, or are taking high blood pressure medications
- Have kidney or liver problems

Tell your health care provider about all of the medicines you take including prescription and non-prescription drugs, vitamins, and herbal supplements before starting VIMOVO.

Talk to your health care provider about your risk for bone fractures if you take VIMOVO for a long period of time.

Talk to your health care provider about your risk for developing low levels of magnesium if you take VIMOVO for a long period of time.

The most common side effects of VIMOVO include: inflammation of the lining of the stomach, indigestion, diarrhea, stomach ulcers, abdominal pain, and nausea.

For further information on VIMOVO, please see the brief summary of full Prescribing Information, including Boxed Warnings on adjacent pages.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit www.astrazeneca-us.com

Vimovo
(naproxen/esomeprazole magnesium)

375/20•500/20 mg delayed-release tablets

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

AstraZeneca