

SMART MOVES FOR YOU



A GUIDE FOR PATIENTS WITH OSTEOARTHRITIS **LOWER-BODY JOINT HEALTH** Simple steps to help you better manage your OA

Even if you have osteoarthritis (OA), you don't have to sit out life on the sidelines. This patient guide is intended to show you easy, practical ways to engage in the daily activities you love. "Be patient and realize that any step toward a goal is good," says clinical psychologist Helen Grusd, PhD, who works with patients suffering from chronic pain. Start by having a heart-to-heart with your doctor. Together, you can find the best methods to manage your OA.



FRESH THINKING

Take these two active steps to improve your osteoarthritis.

Try Tai Chi

1 This ancient Chinese exercise promotes balance and mobility, as well as lower-body strength. Because the moves are gentle and flowing, it's easy on joints. In 2007, an Australian study found that previously sedentary people with hip and knee OA who took 12-weeks of Tai Chi classes experienced decreased osteoarthritis pain and greater physical function—and that these benefits remained in force for weeks after the classes ended. Aim for twice a week participation. Many community centers and hospitals offer Tai Chi.



9M

Number of adult Americans who've been diagnosed with OA of the knee.

Source: American Academy of Orthopedic Surgeons

Wrap It Up

2 A recent study shows that wrapping the knee with athletic tape helps to reduce pain in some people with knee arthritis. Researchers found that for people who have osteoarthritis in the patellofemoral joint—formed by the thighbone and kneecap—kneecaps tend to sit more toward the outside of the leg than they should. Wrapping or taping improves alignment—and eases pain. See your doctor or a physical therapist for help with a simple tape wrap. If it reduces your pain, you can tape it yourself, as needed.

BE INSPIRED

“My mother had OA. It never stopped her, and she never complained. I now have OA in my knees and follow her example as best I can. She was a dynamo to the end.”

—Erica Manfred, West Hurley, NY

YOUR WILLPOWER!

When you have a long-term goal, like dancing at a wedding, your osteoarthritis pain can take a backseat to your motivation. The key to realizing those dreams is to set mini-goals along the way.

Try this: Mark the event date on a calendar. Next, highlight the quarter points to help you chart your progress. Around the three-quarter mark, try a full practice run to see what adjustments might be needed. Along the way, mark little milestones and share your goal with others who can cheer you on.

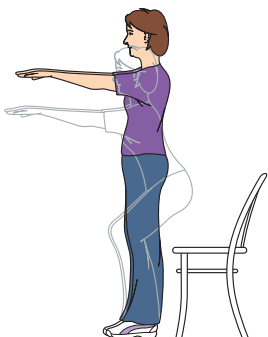
3 SMART MOVES

Simple exercises can help increase strength and flexibility in your lower body.

Chair Squats

BENEFITS: Stronger quads and hamstrings, which will protect your knees

TO DO: Position a chair or bench behind you (this is optional, but can be useful to “aim” toward as you squat). Bend your knees and squat down and back as though you’re going to sit, but don’t actually settle on the chair and come back up. **Tips:** Be sure you’re squatting *back* and keep your knees in line with your heels. As you squat, glance down; you should still be able to see your toes. Build up to 10-15 reps.



Wall Sits

BENEFITS: Build leg strength to protect knees from possible injury

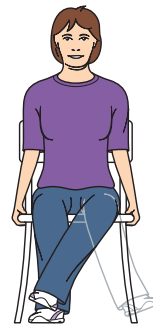
TO DO: Stand with your back against a wall, your feet a step out from the wall. Slide down until you’re in a sitting position with your thighs parallel to the floor (no more than a 90-degree angle). Hold for a few seconds, then come up. Do as many as you like, increasing as you feel stronger.



Sitting Hip Rotation

BENEFITS: Gently strengthens muscle around hip, increases range of motion for hip

TO DO: Sit in a chair with your knees bent, slide your left foot back under the chair and swing your right foot back and forth, left to right, like a pendulum. Repeat on the other leg.



TRY THIS

Regular physical activity plays a key role in the outcome of osteoarthritis. To make exercise easier on your body, follow these tips.

Warm up. For your knees, sit in a chair with your feet flat on the floor. Straighten your left leg, raising your foot until your leg is about parallel to the floor. Hold for a second, then slowly lower. Repeat 10 to 15 times, then switch legs. For your hips, lie on your back with your knees bent in toward your chest. Slowly move your knees in an ever-widening circle keeping your lower spine on the floor. Do 10 times, then switch directions.

Listen to your body. Stop if you experience sharp, shooting, or stabbing pain, or if there is swelling or redness of the joint. If you have more pain the following day, decrease the amount of exercise or stop and check in with your doctor, says Scott Zashin, MD, author of *Arthritis Without Pain*.

Ease achy joints. If you experience an increase in pain or swelling, try either icing your achy joints for 20 minutes or applying moist heat. "Some people will feel better with moist heat, others with cold," says Dr Zashin. "Do what works for you."

CONVERSATION STARTERS

If you haven't talked to your doctor about your OA lately, you may be missing out on osteoarthritis treatment options and fresh ideas to help you. At your next doctor's visit, consider asking

- What are the best things I can do to help me with my OA?
- Are there any products or treatments that will help my osteoarthritis pain?

Talk to your doctor before beginning any exercise program.



LEARN MORE

Discover additional ways to treat and manage osteoarthritis by visiting www.arthritis-smartmoves.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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