

Frustrated by frequent urges in your internal plumbing?
Annoyed you can't always do things spur of the moment?

There's a treatment you can discuss with your doctor.

Frequent bladder urges can sometimes get in the way of doing things spontaneously. So talk to your doctor today to see if prescription VESicare can help.

Taken once a day, VESicare can reduce frequent urges and may help effectively manage bladder leakage, day and night. It doesn't have to be a pipe dream.

Call (800) 403-6565
vesicare.com

Here's what you'll receive:

- Information about overactive bladder
- \$25 savings check*
- Talk to your doctor guide

Important Safety Information

VESicare is for urgency, frequency, and leakage (overactive bladder). VESicare is not for everyone. If you have certain types of stomach, urinary, or glaucoma problems do not take VESicare. While taking VESicare, if you experience a serious allergic reaction, severe abdominal pain, or become constipated for three or more days, tell your doctor right away. In studies, common side effects were dry mouth, constipation, blurred vision, and indigestion.

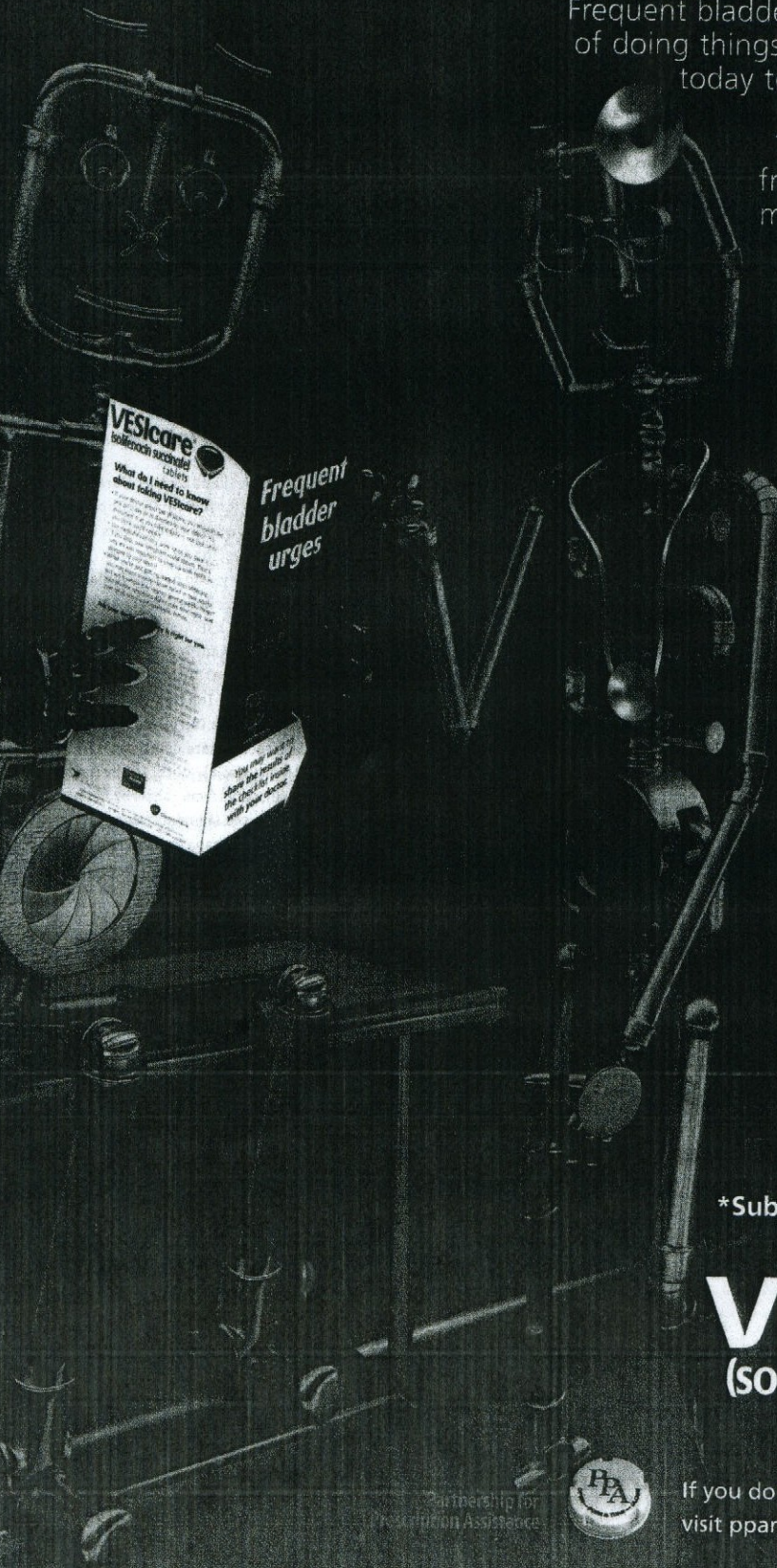
Please see important product information on the following page.

*Subject to eligibility. Restrictions may apply.

VESicare[®]
(solifenacin succinate)
tablets



If you don't have prescription coverage, visit pparx.org, or call 1-888-4PPA-NOW (1-888-477-2669)



Photos, clockwise from top right: Book jacket courtesy of Rodale Inc./www.rodale.com; Book jacket courtesy of DK Publishing/www.dk.com; ©Alan Smithey/photography.com



Read the Patient Information that comes with VESicare before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your doctor or other healthcare professional about your condition or treatment. Only your doctor or healthcare professional can determine if treatment with VESicare is right for you.

What is VESicare?

VESicare is a prescription medicine used in adults to treat the following symptoms due to a condition called overactive bladder:

- Having to go to the bathroom too often, also called "urinary frequency,"
- Having a strong need to go to the bathroom right away, also called "urgency,"
- Leaking or wetting accidents, also called "urinary incontinence."

VESicare has not been studied in children.

What is overactive bladder?

Overactive bladder occurs when you cannot control your bladder contractions. When these muscle contractions happen too often or cannot be controlled, you can get symptoms of overactive bladder, which are urinary frequency, urinary urgency, and urinary incontinence (leakage).

Who should NOT take VESicare?

Do not take VESicare if you:

- are not able to empty your bladder (also called "urinary retention");
- have delayed or slow emptying of your stomach (also called "gastric retention");
- have an eye problem called "uncontrolled narrow-angle glaucoma";
- are allergic to VESicare or any of its ingredients. See the end of this leaflet for a complete list of ingredients.

What should I tell my doctor before starting VESicare?

Before starting VESicare tell your doctor or healthcare professional about all of your medical conditions including if you:

- have any stomach or intestinal problems or problems with constipation;
- have trouble emptying your bladder or you have a weak urine stream;
- have an eye problem called narrow-angle glaucoma;
- have liver problems;
- have kidney problems;
- are pregnant or trying to become pregnant (It is not known if VESicare can harm your unborn baby);
- are breastfeeding (It is not known if VESicare passes into breast milk and if it can harm your baby. You should decide whether to breastfeed or take VESicare, but not both).

Before starting on VESicare, tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. While taking VESicare, tell your doctor or healthcare professional about all changes in the medicines you are taking including prescription and nonprescription medicines, vitamins and herbal supplements. VESicare and other medicines may affect each other.

How should I take VESicare?

Take VESicare exactly as prescribed. Your doctor will prescribe the dose that is right for you. Your doctor may prescribe the lowest dose if you have certain medical conditions such as liver or kidney problems.

- You should take one VESicare tablet once a day.
- You should take VESicare with liquid and swallow the tablet whole.
- You can take VESicare with or without food.
- If you miss a dose of VESicare, begin taking VESicare again the next day. Do not take 2 doses of VESicare in the same day.
- If you take too much VESicare or overdose, call your local Poison Control Center or emergency room right away.

What are the possible side effects with VESicare?

The most common side effects with VESicare are:

- blurred vision. Use caution while driving or doing dangerous activities until you know how VESicare affects you.
- dry mouth.
- constipation. Call your doctor if you get severe stomach area (abdominal) pain or become constipated for 3 or more days.
- heat prostration. Heat prostration (due to decreased sweating) can occur when drugs such as VESicare are used in a hot environment.

Tell your doctor if you have any side effects that bother you or that do not go away.

These are not all the side effects with VESicare. For more information, ask your doctor, healthcare professional or pharmacist.

How should I store VESicare?

- Keep VESicare and all other medications out of the reach of children.
- Store VESicare at room temperature, 50° to 86°F (15° to 30° C). Keep the bottle closed.
- Safely dispose of VESicare that is out of date or that you no longer need.

General information about VESicare

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use VESicare for a condition for which it was not prescribed. Do not give VESicare to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes the most important information about VESicare. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about VESicare that is written for health professionals. You can also call (866) 972-4636 toll free, or visit www.VESICARE.com.

What are the ingredients in VESicare?

Active ingredient: sildenafil succinate
Inactive ingredients: lactose monohydrate, corn starch, hypromellose 2910, magnesium stearate, talc, polyethylene glycol 8000 and titanium dioxide with yellow ferric oxide (5 mg VESicare tablet) or red ferric oxide (10 mg VESicare tablet)

Manufactured by:
Astellas Pharma Technologies Inc.
Norman, Oklahoma 73072

Marketed by:
Astellas Pharma US, Inc.
Deerfield, IL 60015-2548

Marketed and Distributed by:
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Research Triangle Park
North Carolina 27709



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Where to find products in this issue

Healthy Looks

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Sunscreen Picks Derms Love Solbar Shield SPF 40, coolibar.com; Neutrogena Fresh Cooling Body Mist Sunblock SPF 45, drugstores; Banana Boat UltraMist Sport SPF 30 Continue Clear Spray, drugstores; LaRoche-Posay Anthelios SX SPF 15, anthelios.com; Cetaphil Daily Facial Moisturizer SPF 15 with Parsol 1789, drugstores.

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Good Question Matrix Curl.life Extra Intense Conditioner, matrix.com; John Frieda Frizz-Ease DownPlay Volume Reducer, drugstores; DevaCurl No-Poo Zero Cleanser, devachansalon.com; Got2B Curl-vacious Shimmer Curl Gel, drugstores; Redken Fresh Curls Conditioner, redken.com; Ouidad Climate Control Gel, ouidad.com; Davines Love Lovely Curl Enhancing Shampoo for Wavy Hair, davines.it; Oscar Blandi Curl Acceptance Curl Enhancing Spray, oscarblandi.com.

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Great Finds Boden's skirt, bodenusa.com; Burt's Bees After Sun Soother, burtsbees.com; Clinique Fresh Bloom Allover Color, clinique.com; Serpui Marie Floral bag clip, 800-755-7682; Savoy Amalfi lightweight Annie handbag, savoyaccessories.com.

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The Beautiful Back Uncovered Lululemon tank top, lululemon.com; Cali Day Slip Tank, calicoclothing.com; J. Crew tank top, jcrew.com; Clinique Acne Solutions Body Treatment Spray, clinique.com.

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Suits That Look Great Seafolly V Wire Ruched Bikini, seafolly.com; Nike Core Solids Power Back Tank, nike.com; Belted denim from Bisou Bisou for JCPenney, jcpenney.com; Halter bikini from Xhilaration for Target, target.com; Perry Ellis Jeweled Nights Bandeau Bra and Midwaist Trunk, bloomingdales.com; Lands' End Regular Slender Tunic Swimsuit, landsend.com; Fantasie Tantara Underwire Plunge suit, fantasie.com; Asha Couture Nantucket Maillot, ashacouture.com; Jantzen Abstract Animal Bandeau Top and Mid-Waist Bottom in Peacock, jantzen.com; C Collection Ocean Goddess, macys.com.

Healthy Moves

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BodyWork Top and shoes by Nike; weights and Aspire pants at Sports Authority, sportsauthority.com; mat by Reebok, rbk.com.

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Why I Love ... Tennis Skirt and top by New Balance, newbalance.com.

Miscellaneous

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Under top by Splendid, at Bloomingdale's (bloomingdales.com), Nordstrom (nordstrom.com); top by Moth at Anthropologie (anthropologie.com); jeans by Citizens of Humanity (citizensofhumanity.com); shoes by Reebok, at Nordstrom.

Need More Energy?

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Page 130 Top by Fei at Anthropologie; under tank top by Splendid, at Bloomingdale's, Nordstrom. **Page 131** Under top by Splendid, at Bloomingdale's, Nordstrom; top by Moth at Anthropologie; jeans by Citizens of Humanity; shoes by Reebok, Nordstrom. **Pages 132-133** Pants, under tank top, and T-shirt by Splendid, at Bloomingdale's, Nordstrom; sleeveless top by Michael Stars, michaelstars.com.

What My Mother Taught Me ...

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Page 136 Robin: Top, Weekend by Max Mara (561-832-0069), pants by DKNY (dkny.com); Ora: Top, Jones New York Collection (jonesnewyork.com), pants by Gap (gap.com); Terri: Top by Lafayette 148 New York (lafayette148store.com). **Page 137** Terry: Top by Ann Taylor (anntaylor.com); Nancy: Top by Tahari (elietahari.com), pants by J. Crew (jcrew.com). **Page 138** Amy: Top by Liz Claiborne (lizclaiborne.com); Mary Ann: Top by Tahari, pants by Talbots (talbots.com); Fiona: Outfit by Ralph Lauren Baby (polo.com). **Page 139** Kirin: Top from Roxywear by Voxx (lordandtaylor.com); Nancy: Top by Ann Taylor. **Page 140** Ellen: Top by TSE (tsecashmere.com), pants by Sigrid Olsen Modernist (macys.com); Joyce: Top by Dana Buchman (danabuchman.com), pants from Tahari by Authur S. Levine (elietahari.com). **Page 141** Maureen: Top by Chico's (chicos.com); Bronwyn: Top by Banana Republic (bananarepublic.com); Bridget: Top by Miss Me Girls (lordandtaylor.com), pants by Tractor Jeans (lordandtaylor.com).

Real Health

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Location: Gold Lake Mountain Resort and Spa in Ward, Colorado, offering overnight and day escapes, 800-450-3544 or www.goldlake.com.

The fine print

Availability and prices of products in this issue are verified before publication but are subject to change. (Some items may be past season or available only in limited markets; for more information, contact the manufacturers directly.) Other items have buying information listed elsewhere in this issue or are widely available; others are one of a kind or unavailable for purchase.

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