

Are You At Risk?



YES **NO**

- Are you past menopause?
- Did you or your mother lose height, have a curved back, or break a hip, wrist, or spine after age 50?
- Are you Caucasian or Asian?
- Do you have a small, thin frame?
- Have you ever been a smoker?
- Do you take or have you ever taken oral steroids, such as prednisone?

**Discuss your answers with
your doctor today.**

P&G
Pharmaceuticals

Aventis
Pharmaceuticals



What If You Couldn't Do Some of the Things You Enjoy Most?



Your Guide to Understanding
Post-Menopausal **OSTEOPOROSIS**



Do What It Takes

So You Can Do What You Love

Because you can't necessarily see or feel BONE LOSS, you may not think about it. It is possible you are losing bone faster than you think, putting you at risk for osteoporosis. If left untreated, osteoporosis can lead to FRACTURES and even LOSS OF MOBILITY. In fact, fractures from osteoporosis may occur from SIMPLE DAILY ACTIVITIES, like carrying a bag of groceries, lifting a grandchild, or even minor injury. What you may not know is that even if you're exercising, eating right, and taking calcium, you could still be losing bone. It's time to LEARN more, and DO more.

This brochure will help put you on the path to better bone health. It includes information about osteoporosis, a treatment option, and how to work with your doctor to help STOP BONE LOSS.

40% of Women
Past 50 Will Fracture
From OSTEOPOROSIS

**STOP
BONE LOSS**

OSTEOPOROSIS Is a *Serious Condition*

Osteoporosis doesn't have to be a natural part of AGING.

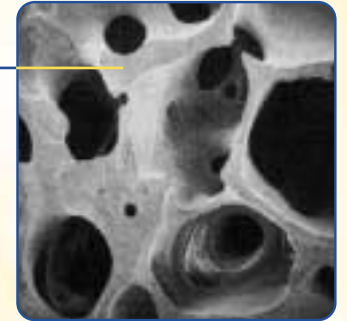
It is a **CONDITION** that causes your body to lose bone at a faster rate than it is replaced. In this way, bones **WEAKEN**, becoming thinner and more likely to **BREAK**.

Since you can't see or feel bone loss, it can happen without you knowing it. Taking **CALCIUM** and **EXERCISING** are important for maintaining bone health, but they **MAY NOT BE ENOUGH** to prevent osteoporosis.



STRONG, **NORMAL BONE**

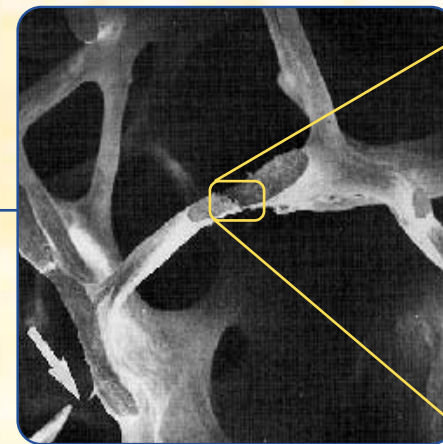
Bone is a living tissue that is constantly renewing itself, replacing old bone with new bone.



WEAK BONE

CAUSED BY OSTEOPOROSIS

With Osteoporosis your body loses bone faster than it is replaced.



DIGGER

FILLER

1

2

3

With osteoporosis, “**DIGGERS**”— cells known as osteoclasts — remove old bone more quickly than “**FILLERS**”— cells known as osteoblasts — can replace it with new bone, as shown in the picture above. As a result bones weaken, becoming thinner and more likely to break.

Possible Consequences of OSTEOPOROSIS

Bone Fracture

If you have osteoporosis, you may break or fracture bones more easily, especially in the spine, wrist, and hip.

Height Loss

You may experience height loss due to osteoporosis. An example may be if your pants seem longer, or your waist seems thicker without weight gain.

Curved Back

Sometimes called a “dowager’s hump” or kyphosis, a curved back can be caused by osteoporosis, as multiple fractures collapse the vertebrae in the spine.

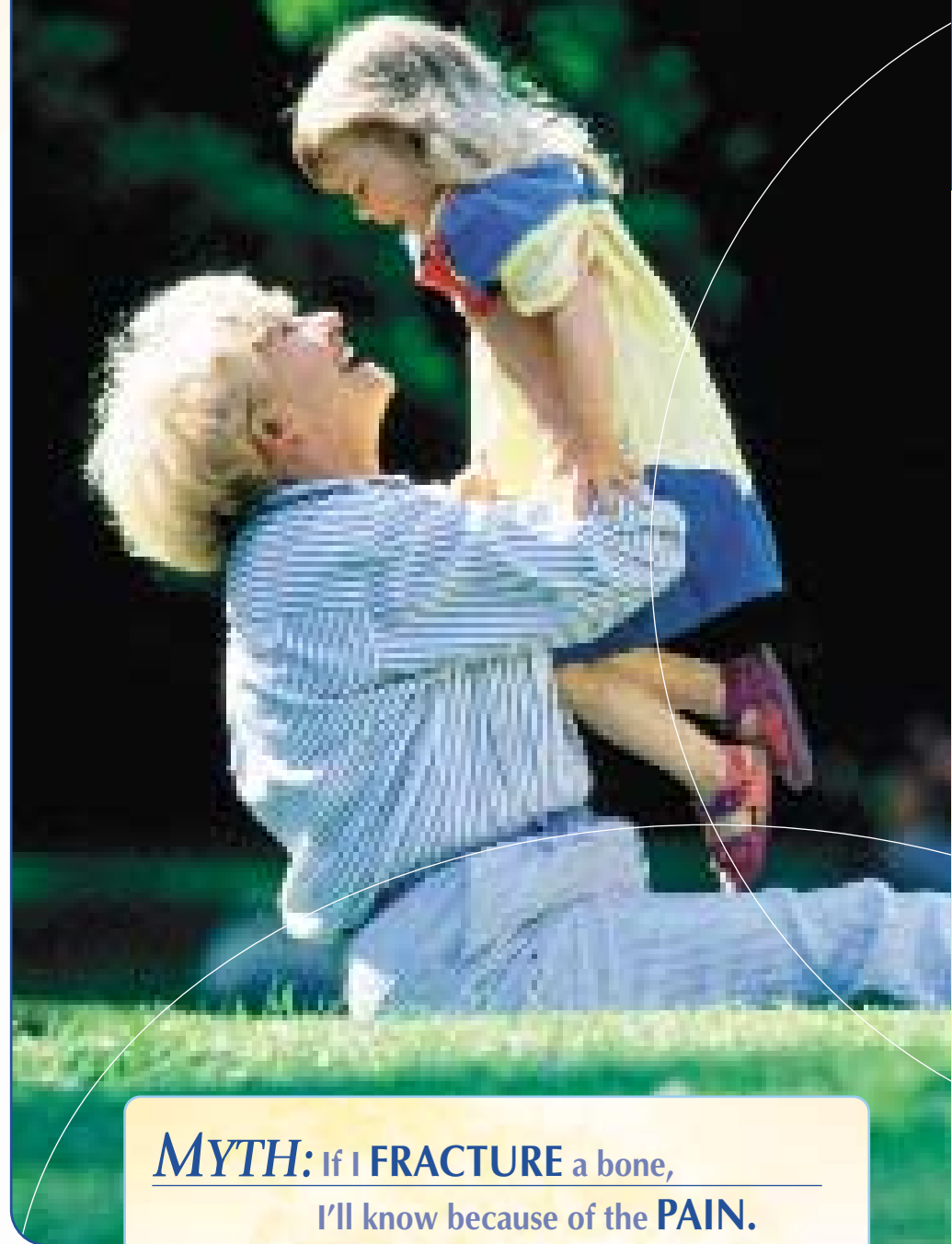
Severe Back Pain

Osteoporosis can cause severe back pain that forces you to limit some of your activities.

Normal Spine



“Dowager’s Hump”



MYTH: If I **FRACTURE** a bone,
I'll know because of the **PAIN**.

TRUTH: Bones of the spine can
FRACTURE without causing pain, and
when a fracture does cause **PAIN**
it can be **MISTAKEN** for arthritis.

Take Action

Now to help Stop OSTEOPOROSIS

For many women, there is no indication that you have osteoporosis. Recommended steps for finding out if you have osteoporosis are:

- 1 Talk to your doctor about your RISK today.
- 2 Request a BONE SCAN called a “DEXA” to measure the density of your bones. Your results will be known as a T score.
- 3 If you are diagnosed with low bone mass or osteoporosis, ask your doctor if ACTONEL® (risedronate sodium tablets) is right for you.

Understanding T Score Results

T Score -2.5 or worse
Urgent

High Risk

You have osteoporosis

T Score -1.0 to -2.5
Take Action

Medium Risk

You have low bone mass

T Score -1.0 or Better
Keep It Up

Low Risk

You have normal bone

Be sure to see accompanying Actonel Patient Information.



Today, *There's Hope*

ACTONEL is a prescription medication to TREAT AND PREVENT post-menopausal osteoporosis.

ACTONEL works fast to help REVERSE BONE LOSS and PROTECT your bones.

ACTONEL is proven to increase bone density in as early as 3 months.



In studies, the overall occurrence of side effects with ACTONEL was similar to placebo (sugar pill). Side effects are generally mild to moderate and may include back or joint pain, stomach pain or upset, or constipation.

You should not take Actonel if you have low blood calcium, have severe kidney disease, or cannot sit or stand for 30 minutes. Stop taking Actonel and tell your doctor if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn as these may be signs of serious upper digestive problems. Follow dosing instructions carefully.

AND NOW Actonel
is available in a
once-a-week dose



35 mg
Once-a-Week



Actonel
(risedronate sodium tablets)

Patient Information ACTONEL® (AK-toh-nel) Tablets

ACTONEL (risedronate sodium tablets) 5 mg and ACTONEL (risedronate sodium tablets) 35 mg for Osteoporosis

Read this information carefully before you start to use your medicine. Read the information you get every time you get more medicine. There may be new information. This information does not take the place of talking with your health care provider about your medical condition or your treatment. If you have any questions or are not sure about something, ask your healthcare provider or pharmacist.

What is the most important information I should know about ACTONEL?

ACTONEL may cause problems in your stomach and esophagus (the tube that connects the mouth and the stomach), such as trouble swallowing (dysphagia), heartburn (esophagitis), and ulcers (See "What are the Possible Side Effects of ACTONEL?").

You must follow the instructions exactly for ACTONEL to work and to lower the chance of serious side effects. (See "How should I take ACTONEL").

What is ACTONEL?

ACTONEL is a prescription medicine used:

- to prevent and treat osteoporosis in postmenopausal women (See "What is Osteoporosis?").
- to prevent and treat osteoporosis in men and women that is caused by treatment with steroid medicines such as prednisone.
- to treat Paget's disease of bone (osteitis deformans). The treatment for Paget's disease is very different than for osteoporosis and uses a different type of ACTONEL. This leaflet does not cover using ACTONEL for Paget's Disease. If you have Paget's Disease, ask your healthcare provider how to use ACTONEL.

ACTONEL may reverse bone loss by stopping more loss of bone and increasing bone mass in most people who take it, even though they won't be able to see or feel a difference. ACTONEL helps lower the risk of breaking bones (fractures). Your health care provider may measure the thickness (density) of your bones or do other tests to check your progress.

See the end of this leaflet for information about osteoporosis.

Who should not take ACTONEL?

Do not take ACTONEL if you:

- have low blood calcium (hypocalcemia)
- cannot sit or stand up for 30 minutes
- have kidneys that work poorly
- have an allergy to ACTONEL. The active ingredient in ACTONEL is risedronate sodium. (See the end of this leaflet for a list of all the ingredients in ACTONEL).

Tell your doctor before using ACTONEL if:

- you are pregnant. We do not know if ACTONEL can harm your unborn child.
- you are breast feeding. We do not know if ACTONEL can pass through your milk and if it can harm your baby. You will need to decide whether to stop breast feeding or not to take ACTONEL.
- you have kidney problems. ACTONEL may not be right for you.

How should I take ACTONEL?

The following instructions are for both ACTONEL 5-mg (daily) and ACTONEL 35-mg (Once-a-Week):

- Take ACTONEL first thing in the morning before you eat or drink anything except plain water.
- Take ACTONEL while you are sitting or standing up.
- Take ACTONEL with 6 to 8 ounces (about 1 cup) of plain water. Do not take it with any other drink besides plain water. Do not take it with coffee, tea, juice, milk or other dairy drinks.
- Swallow ACTONEL whole. Do not chew the tablet or keep it in your mouth to melt or dissolve.
- After taking ACTONEL you must wait at least 30 minutes **BEFORE**:
 - lying down. You may sit, stand, or do normal activities like read the newspaper or take a walk.
 - eating or drinking anything except plain water.
 - you take vitamins, calcium, or antacids. Take vitamins, calcium, and antacids at a different time of the day from when you take ACTONEL.
- Keep taking ACTONEL for as long as your health care provider tells you.
- For ACTONEL to treat your osteoporosis or keep you from getting osteoporosis, you have to take it as often and in the way it is prescribed.
- Your healthcare provider may tell you to take calcium and vitamin D supplements and to exercise.

What is my ACTONEL schedule?

If your doctor has prescribed **ACTONEL 5-mg daily (a yellow tablet)**:

- Take 1 ACTONEL 5-mg tablet every day in the morning.
- If you forget to take your ACTONEL 5-mg in the morning, do **not** take it later in the day. Take only 1 ACTONEL 5-mg tablet the next morning and continue your usual schedule of 1 tablet a day. Do **not** take 2 tablets on the same day.

If your doctor has prescribed **ACTONEL 35-mg Once-a-Week (an orange tablet)**:

- Choose 1 day of the week that you will remember and that best fits your schedule to take your ACTONEL 35-mg. Every week, take 1 ACTONEL 35-mg tablet in the morning on your chosen day.
- If you forget to take your ACTONEL 35-mg in the morning, do **not** take it later in the day. Take only 1 ACTONEL 35-mg tablet the next morning and continue your usual schedule of 1 tablet on your chosen day of the week. Do **not** take 2 tablets on the same day.

What should I avoid while taking ACTONEL?

- Do not eat or drink anything except water before you take ACTONEL and for at least 30 minutes after you take it.
- Do not lie down for at least 30 minutes after you take ACTONEL.
- Foods and some vitamin supplements and medicines can stop your body from absorbing (using) ACTONEL. Therefore, do not take the following products at or near the time you take ACTONEL: food, milk, calcium supplements, or calcium-, aluminum-, or magnesium-containing medicines, such as antacids (See "How should I take ACTONEL?").

What are the possible side effects of ACTONEL?

Stop taking ACTONEL and tell your health care provider right away if:

- **swallowing is difficult or painful**
- **you have chest pain**
- **you have very bad heartburn or it doesn't get better**

ACTONEL may cause:

- pain or trouble swallowing (dysphagia)
- heartburn (esophagitis)
- ulcers in your stomach and esophagus (the tube that connects the mouth and the stomach)

For patients with osteoporosis, the overall occurrence of side effects with ACTONEL was similar to placebo (sugar pill) and most were either mild or moderate. The most common side effects with ACTONEL include back pain, joint pain, upset stomach, abdominal (stomach area) pain, constipation, diarrhea, gas, and headache. Tell your health care provider if you have pain or discomfort in your stomach or esophagus.

These are not all the possible side effects of ACTONEL. You can ask your health care provider or pharmacist about other side effects.

What is osteoporosis?

Osteoporosis is a disease that causes bones to become thinner. Thin bones can break easily. Most people think of their bones as being solid like a rock. Actually, bone is living tissue, just like other parts of the body—your heart, brain, or skin, for example. Bone just happens to be a harder type of tissue. Bone is always changing. Your body keeps your bones strong and healthy by replacing old bone with new bone.

Osteoporosis causes the body to remove more bone than it replaces. This means that bones get weaker. Weak bones are more likely to break. Osteoporosis is a bone disease that is quite common, especially in older women. However, young people and men can develop osteoporosis, too. Osteoporosis can be prevented, and with proper therapy it can be treated.

How can osteoporosis affect me?

- You may not have any pain or other symptoms when osteoporosis begins.
- You are more likely to break (fracture) a bone especially if you fall because osteoporosis makes your bones weaker. You are most likely to break a bone in your back (spine), wrist, or hip.
- You may "shrink" (get shorter).
- You may get a "hump" (curve) in your back.
- You may have bad back pain that makes you stop some activities.

Who is at risk for osteoporosis?

Many things put people at risk for osteoporosis. The following people have a higher chance of getting osteoporosis:

women who

- are going through or who are past menopause ("the change")
- are white (Caucasian) or oriental (Asian)

people who

- are thin
- have family member with osteoporosis
- do not get enough calcium or vitamin D
- do not exercise
- smoke
- drink alcohol often
- take bone thinning medicines (like prednisone or other corticosteroids) for a long time

General information about ACTONEL:

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

What if I have other questions about ACTONEL?

This leaflet summarizes the most important information about ACTONEL for osteoporosis. If you have more questions about ACTONEL, ask your health care provider or pharmacist. They can give you information written for health care professionals. For more information, call 1-877-ACTONEL (toll-free) or visit our web site at www.actonel.com.

What are the ingredients of ACTONEL?

ACTONEL (active ingredient): risedronate sodium.
ACTONEL (inactive ingredients): crospovidone, ferric oxide red (35-mg tablets only), ferric oxide yellow, hydroxypropyl cellulose, hydroxypropyl methylcellulose, lactose monohydrate, magnesium stearate, microcrystalline cellulose, polyethylene glycol, silicon dioxide, and titanium dioxide.

ACTONEL® is marketed by:
Procter & Gamble Pharmaceuticals Cincinnati, OH 45202
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