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BIOGRAPHICAL SKETCH OF JAY SORDEAN

Medical Background: Jay Sordean is a Licensed Acupuncturist (L.Ac.), Oriental Medical Doctor (O.M.D.), Certified Traditional Naturopath (C.T.N.), Qualified Medical Examiner (Q.M.E.), homeopath, and herbalist. Originally from Indiana, Dr. Sordean began his study of medicine at an early age; in 1971 he began his focus on Oriental Medical studies with the practice of Tai Qi Chuan, Shiatsu, and dedicated study of Japanese. His formal training in acupuncture and herbology began in 1973 during his first trip to Japan and has continued thereafter with study in Taiwan, Hong Kong, Japan, and other areas of Asia, Europe, the United States, and Canada. He was also a senior information analyst for the National Cancer Institute for five years, where he was responsible for translating documents on Western treatments of cancer from the Japanese medical literature. His training in Homeopathy began in the late 70's and includes residential clinical study in Calcutta, India and Practitioner of Classical Homeopathy status from the Dynamis School of Advanced Homeopathic Studies in England. Between July 2004 - February 2005, Dr. Sordean was the in-house acupuncturist for the Kaiser Occupational Health Department in Oakland, CA.

Consumer Advocacy: In supporting the wider acceptance of acupuncture in mainstream medicine, Dr. Sordean has served on the Board of Directors of the California Acupuncture Association. In addition, he represented the C.A.A. in legislative hearings and meetings with other leaders in the medical community. He also served as the California Regional Representative to the Oriental Medicine and Chiropractic Quality Management Committee of Landmark HealthCare, a leading acupuncture and chiropractic IPA and HMO which is working to get acupuncture integrated into all HMOs, PPOs, and other third party plans.

In addition, he was also a founding member of the Body-Mind Wellness Institute, promoting an integration of a variety of alternative approaches to health and healing. At the national level, Dr. Sordean has been active in making acupuncture practice safer and more accessible to the public. Furthermore, he is nationally certified by the National Commission for the Certification of Acupuncturists as a diplomate and a Diplomate of the National Board of Acupuncture Orthopedics. In 2005, he achieved a Medical Provider Certification in the First Line Therapy program, which puts patients on the path to optimal health and ideal body composition through a combination of balanced eating, exercise, reduction of stress, appropriate testing, and effective supplementation.

Less than 1% of the acupuncturists in California have achieved this level of advanced training.

www.theredwoodclinic.com

Public Service: Dr. Jay Sordean has been a resident and active participant in Northern California affairs since his move here in 1983 from Philadelphia. He is a participating member of the Berkeley and Richmond Chambers of Commerce and has given educational lectures to Rotary, Kiwanis, Optimist, Soroptimist, Curves, YMCA, hospitals, yoga centers, senior citizens, police, and other service groups. *Should you want a special presentation for your group or workplace, please call the office.* In addition, he supports groups promoting health, peace, social justice, and meeting human needs, such as Physicians for Social Responsibility and the People's Life Fund. Having been fortunate enough to be able to travel to many countries around the world, Jay effectively uses his multicultural skills to promote health and understanding in this culturally diverse community.

Patient Satisfaction: Clients find that Dr. Sordean's warmth, sensitivity, and experience are valuable assets to help meet their individual needs, whether in treating acute illness, chronic disease, work or personal injury, infant and pediatric conditions, or for life-long health promotion and disease prevention. Clients also appreciate his ability to communicate effectively with their primary care physicians and his dedication to advocate a holistic and preventative approach treatment.

Breadth of Knowledge: As former Director of Programs for the Japanese-American Acupuncture Foundation, he was instrumental in bringing the top Japanese Acupuncture and Herbal Masters to California in the 1980s to help improve the level of acupuncture and herbal medicine practiced here. Because of his extensive studies and fluency in Japanese, he is in a unique position to treat patients by implementing the refined techniques which are taught and known to very few. Dr. Sordean represents a new type of family practitioner, as he is able to treat a diverse range of health-related issues. In addition, other acupuncturists refer patients to him because he is known to have specialty training in pediatrics, immunology, orthopedic and neurological acupuncture, homeopathy, as well as herbology.

Further information: Other questions you may have can be answered by calling Dr. Sordean at The Redwood Clinic at 510-849-1176. Comprehensive evaluation and treatment is available by appointment.

Myth
There's nothing you can do
to treat your depression.

Reality
You have options.

Ask your doctor if prescription
EFFEXOR XR is right for you.

Important Safety Information

Suicidal and Antidepressant Drugs

Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy should be monitored appropriately and observed closely for suicidal worsening, suicidality, or unusual changes in behavior. EFFEXOR XR is not approved for use in children and teens.

People taking MAOIs should not take EFFEXOR XR.

Patients taking antidepressants should be watched closely for signs that their condition is getting worse or that they are becoming suicidal. Daily when they first start therapy, or when their dose is increased or decreased. Patients should also be watched for becoming agitated, hostile, aggressive, impulsive, or restless. Such symptoms should be reported to the patient's doctor right away.

When starting EFFEXOR XR, tell your doctor if you're taking or plan to take any prescription or over-the-counter drugs, including migraine medicine, herbal preparations, and nutritional supplements. Some may have a potentially life-threatening interaction.

EFFEXOR XR may raise blood pressure in some patients. Your blood pressure should be controlled before starting treatment and should be rechecked regularly.

Blurred vision (prolonged dilation of the pupil of the eye) has been reported with EFFEXOR XR. You should notify your physician if you have a history of glaucoma or increased eye pressure.

Some people suddenly stop using or quickly lower their daily dose of EFFEXOR XR, discontinuation symptoms may occur. Talk to your doctor about discontinuing or reducing your dose of EFFEXOR XR.

See Patient Information on opposite page.

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- Pregnant or nursing women shouldn't take any antidepressant without consulting their doctor.
- Until you see how EFFEXOR XR affects you, be careful doing such activities as driving a car or operating machinery. Avoid drinking alcohol while taking EFFEXOR XR.
- In clinical studies, the most common side effects with EFFEXOR XR (reported in at least 10% of patients and at least twice as often as with placebo) were constipation, dizziness, dry mouth, insomnia, loss of appetite, nausea, nervousness, sexual side effects, sleepiness, sweating, and weakness. Ask your doctor if EFFEXOR XR is right for you.

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 do not have prescription drug insurance and need help paying for EFFEXOR XR, Wyeth may be able to help. Visit us at www.wyeth.com or call us at 1-800-568-9938 for more information.

Visit StillHaveSymptoms.com
or call 1-866-961-9918

ONCE-DAILY
VENLAFAXINE HCl
EFFEXOR XR EXTENDED-RELEASE CAPSULES

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PATIENT INFORMATION FOR EFFEXOR XR® (venlafaxine HCl)

Be sure to read the following important information carefully. However, keep in mind that it should not take the place of your health care professional's instructions. If you do not understand all of this information or want to know more about EFFEXOR XR, ask your health care professional.

What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults. However, depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. For more information, see the Prescribing Information and the Medication Guide called Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions.

What is the most important information that I should know about EFFEXOR XR?

Some people should not take EFFEXOR XR. Discuss this with your health care professional. People taking monoamine oxidase inhibitors (MAOIs) should not take EFFEXOR XR. MAOIs can cause a very serious reaction or even death if used at the same time as EFFEXOR XR. You must stop taking your MAOI at least 14 days before beginning EFFEXOR XR. Similarly, you should wait 7 days after stopping EFFEXOR XR before starting an MAOI. Be sure to ask your health care professional if a medicine you are taking is an MAOI.

Patients and their families should know that both adults and children taking an antidepressant medicine should be watched closely for signs that their condition is getting worse or that they are becoming suicidal. Pay close attention to any changes (especially sudden changes) in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed. All patients should be watched for becoming agitated, irritable, hostile, aggressive, impulsive, restless, or anxious. Such symptoms or any new or sudden changes in mood, thoughts, or feelings should be reported to the patient's health care professional right away.

A life-threatening condition called serotonin syndrome can happen with EFFEXOR XR treatment, particularly when taken with other medicines that affect serotonin. This includes medicines used to treat migraine headaches known as triptans, selective serotonin reuptake inhibitors (SSRIs), serotonin-norepinephrine reuptake inhibitors (SNRIs), lithium, sibutramine, tramadol, St. John's wort, MAOIs (including linezolid, an antibiotic, and pyrophenol) supplements. If you take migraine headache medicines, ask your health care professional if your medicine is a triptan. Before you take EFFEXOR XR and any of these medicines together, talk to your health care professional. If you must take these medicines together, be aware of the possibility of serotonin syndrome. Tell your health care professional about any medications you are taking or plan to take, including herbal preparations and nutritional supplements.

Can children take EFFEXOR XR?

EFFEXOR XR is not approved for use in children under 18. Antidepressants increased the risk of suicidal thinking and behavior (suicidality) in studies in children, teenagers, and young adults ages 18 to 24 with depression and other psychiatric disorders. For more information, see the Prescribing Information and the Medication Guide called Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions.

What is EFFEXOR XR used for?

EFFEXOR XR is a prescription medicine used to treat Depression, Generalized Anxiety Disorder (also called GAD), Social Anxiety Disorder (also called SAD), and Panic Disorder (also called PD) in adults.

Depression

Symptoms of depression are different depending on the person. Some people have only a few symptoms, while others may have many symptoms at once. Symptoms of depression include:

- A sad feeling that will not go away
- Loss of interest in activities that usually give pleasure
- Fatigue or lack of energy
- Feeling worthless, or feeling guilty for no reason
- Changes in appetite or weight
- Trouble concentrating or making decisions
- Changes in sleeping patterns
- Repeated thoughts of death or suicide
- A lack of interest in activities that usually give pleasure

Both adults and children with depression can have their depression get worse and/or they can become suicidal. This can happen if they take an antidepressant or not. Patients treated with EFFEXOR XR should be watched closely for signs that their condition is getting worse or that they are becoming suicidal. Such signs should be reported to their health care professional right away.

Generalized Anxiety Disorder (GAD)

GAD is characterized by feelings of excessive anxiety and worry that can't be controlled and are present for at least 6 months. Other symptoms of GAD may include:

- Restlessness or feeling on edge
- Irritability
- Fatigue
- Muscle tension
- Difficulty concentrating or mind going blank
- Difficulty sleeping
- Physical symptoms such as: blushing, sweating, trembling, fast heartbeat, and nausea
- Unreasonable fear of embarrassment

Social Anxiety Disorder (SAD)

People with SAD have an extreme, constant fear of one or more social or public situations. This fear severely disrupts day-to-day functioning. Other symptoms of SAD may include:

- Avoiding social situations
- Intense self-consciousness in social settings
- Physical symptoms such as: blushing, sweating, trembling, fast heartbeat, and nausea
- Unreasonable fear of embarrassment

Panic Disorder (PD)

PD is characterized by repeated, unexpected panic attacks. Following by weeks of on-going concern about having another panic attack. A panic attack involves rapid onset of a specific period of intense fear and discomfort that develops quickly and reaches a peak within 10 minutes. Along with these feelings, other symptoms may include:

- Racing heartbeat
- Sensation of smothering
- Feeling of "going crazy"
- Nausea
- Sweating
- Dizziness
- Trembling
- Chest pain
- Hot flashes or chills
- Fainting
- Fear of losing control or going crazy
- Fear of dying

Who should not take EFFEXOR XR?

Do not take EFFEXOR XR if you are allergic to EFFEXOR XR (venlafaxine HCl) or any of its ingredients. The inactive ingredients are cellulose, croscarmellose, gelatin, hypromellose, iron oxide, and titanium dioxide.

EFFEXOR XR can make some conditions worse. Tell your health care professional about all your medical problems. Be sure to tell your health care professional if you have or had:

- suicidal thoughts,
- high blood pressure. EFFEXOR XR can increase your blood pressure.
- heart disease. EFFEXOR XR can increase your heart rate (pulse).
- liver or kidney problems. Your dose of EFFEXOR XR may need to be different.
- symptoms of mania or hypomania, such as persistently elevated or irritable mood, a decreased need for sleep, racing thoughts, hyperactivity, and rapid, excessive speech.
- glaucoma. EFFEXOR XR may increase your eye pressure.
- seizures.
- thyroid problems.

Tell your health care professional about all medicines that you are taking or plan to take, including prescription and non-prescription medicines and supplements (including natural and herbal supplements). Your health care professional will decide if you can take EFFEXOR XR with other medicines.

EFFEXOR XR is not recommended for weight loss alone or in combination with phentermine or other products.

How does EFFEXOR XR work?

EFFEXOR XR is thought to work by affecting two naturally occurring brain chemicals, serotonin and norepinephrine. This helps relieve your symptoms. It may take several weeks for your symptoms to get better with EFFEXOR XR.

How should I take EFFEXOR XR?

EFFEXOR XR can be prescribed in different dosage strengths (37.5 mg, 75 mg, and 150 mg). The usual starting dose is 75 mg for depression, GAD, and SAD and 37.5 mg for PD, but only your health care professional can tell you which dose is right for you and whether it will need to be adjusted over time.

EFFEXOR XR should be taken as a single dose with food at about the same time every day, either in the morning or evening.

- The capsule should be swallowed whole. It should not be divided, crushed, chewed, or placed in water.
- The capsule can also be carefully opened and its contents sprinkled into a glass of water. Do not chew this mixture before swallowing. Swallow immediately and follow by drinking a glass of water. Do not chew this mixture before swallowing.
- If you miss a dose of EFFEXOR XR, it can be taken later that day. Don't try to "make up" for the missed dose by taking two doses the next day.

In case of an overdose, call your health care professional or poison control center or go to the emergency room right away.

What should I avoid while taking EFFEXOR XR?

Please tell your health care professional if you are pregnant, intend to become pregnant, or are breast feeding. Side effects when mothers took EFFEXOR XR late in the third trimester have had problems. Because of these problems, the newborns needed long hospital stays, help with breathing, and tube feeding.

Until you see how EFFEXOR XR affects you, be careful doing such activities as driving a car or operating machinery. Avoid drinking alcohol while taking EFFEXOR XR. EFFEXOR XR may cause other side effects besides those listed on this page.

What are the possible side effects of EFFEXOR XR?

EFFEXOR XR may cause side effects in some people. In clinical studies, some people had to stop taking EFFEXOR XR because of side effects.

In clinical studies, the most common side effects included:

- Nausea
- Dizziness
- Sleepiness
- Abnormal ejaculation
- Sweating
- Dry mouth
- Gas
- Abnormal vision
- Nervousness
- Insomnia
- Loss of appetite
- Constipation
- Confusion/agitation
- Tremor
- Yawning
- Prolactin elevation

EFFEXOR XR may cause an increase in your cholesterol. Your health care professional may want to do blood tests to check your serum cholesterol periodically.

Tell your health care professional right away if you have:

- increases in blood pressure or heart rate,
- extreme confusion, unsteadiness, or seizures, which may indicate very low levels of sodium in the blood,
- abnormal bleeding or bruising,
- sudden, unexplained eye pain, eye redness, or changes in vision, which may indicate increased eye pressure,
- symptoms of mania or hypomania, such as persistently elevated or irritable mood, a decreased need for sleep, racing thoughts, hyperactivity, and rapid, excessive speech.
- signs and symptoms of serotonin syndrome, which may include a combination of the following: restlessness, hallucinations, loss of coordination, fast heartbeat, increased body temperature, fast changes in blood pressure, overactive reflexes, diarrhea, coma, nausea, and vomiting.

EFFEXOR XR may cause an increase in your blood pressure. Your health care professional may want your blood pressure to be checked more often.

EFFEXOR XR may increase your eye pressure. You may need more frequent eye exams to detect an increase in eye pressure.

For more information on these and other side effects associated with EFFEXOR XR, talk to your health care professional or visit our website at www.EFFEXORXR.com.

What happens when I stop using EFFEXOR XR?

Symptoms are known to occur when people stop using EFFEXOR XR, especially when they suddenly stop the medicine. When people suddenly stop using EFFEXOR XR, they can get symptoms from stopping the medicine too fast. These symptoms include:

- agitation
- Anxiety
- Dizziness
- Dry mouth
- Fatigue
- Irritability
- Muscle tension
- Difficulty sleeping
- Headaches
- Insomnia
- Impaired coordination and balance
- Irritability (trouble sleeping)
- Loss of appetite
- Nausea
- Nervousness
- Hypomania
- Seizures
- Sensory disturbances (including electric shock sensations)
- Somnolence (sleepiness)
- Sweating
- Tremors
- Tiredness
- Tremor
- Unpleasant mood
- Vomiting

Do not stop taking EFFEXOR XR without talking with your health care professional first. Your health care professional may want to slowly decrease your dose of EFFEXOR XR to help avoid these kinds of symptoms.

General advice about EFFEXOR XR

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use EFFEXOR XR for a condition that has not been prescribed by your health care professional. Do not give EFFEXOR XR to other people, even if they have the same symptoms you have. It may harm them.

This is a summary of the most important information about EFFEXOR XR. If you would like more information, talk to your doctor or your family member's health care professional about all the risks and benefits of antidepressant medicines and all treatment choices for depression or other serious mental illnesses. You can ask your health care professional for information about EFFEXOR XR that is written for health professionals.

What are the ingredients in EFFEXOR XR?

EFFEXOR XR contains venlafaxine hydrochloride, an antidepressant. Inactive ingredients consist of cellulose, ethylcellulose, gelatin, hypromellose, iron oxide, and titanium dioxide.

How do I store EFFEXOR XR?

Store EFFEXOR XR at room temperature (68° to 77° or 20° to 25°C). Keep EFFEXOR XR away from children.

For more information on EFFEXOR XR

This page is only a summary. For more complete information, talk to your health care professional. You can also visit www.EFFEXORXR.com.

This brief summary is based on EFFEXOR XR Prescribing Information W10404C033, revised November 2007.

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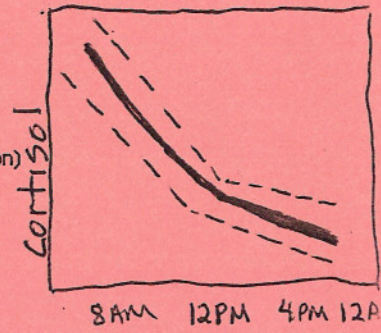
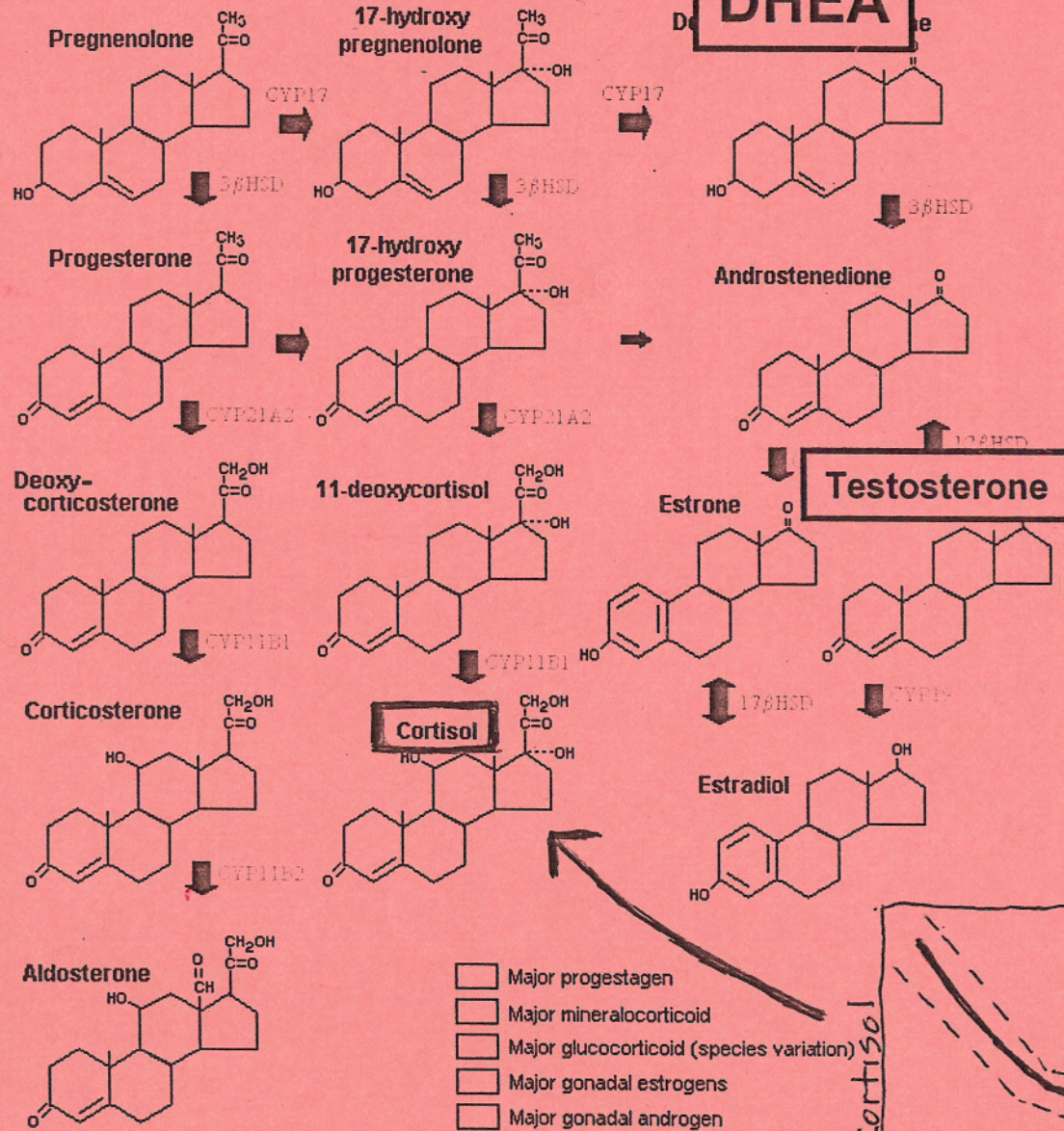
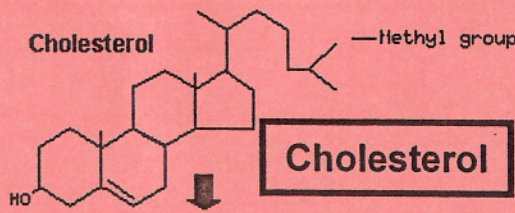
Cholesterol

Pregnenolone

All steroids

Pregnenolone (from cholesterol) itself is not a hormone, but is the immediate precursor for the synthesis of all of the steroid hormones.

<http://arb1.cvmbs.colostate.edu/hbooks/pathphys/endocrine/basics/steroidogenesis.html>



HEALTH REPORT

www.TheRedwoodClinic.com

VOLUME 9

ISSUE 90

DEPRESSION: INCREASE IN ANTIDEPRESSANTS USE NOT AS EFFECTIVE AS HANDLING THE TRUE CAUSE

Despite a 253% increase in the use of antidepressants in the last ten years, leading mental health experts writing in the *British Medical Journal* find recent studies show antidepressants to be no more effective than a placebo.

On the other hand, alleviating depression by locating and treating its specific physical cause has been shown to be very effective.

The physical sources found to cause depression include:

Nutritional deficiencies in certain B vitamins, vitamin C, magnesium, other minerals, certain amino acids or omega-3 fatty acid

Glandular imbalances of the thyroid, adrenal or pituitary gland

Hormonal imbalances

Food allergies

Medical conditions including diabetes, rheumatoid arthritis, heart problems, lung disease, liver disease, chronic pain, chronic inflammation and infections such as influenza, pneumonia, hepatitis and AIDS

Physical conditions including hypoglycemia, candida, fibromyalgia, dental problems and TMJ problems

Life conditions such as lack of exercise, lack of sunshine and sleeping disorders

Heavy metal toxicity

An adverse reaction to any of more than 130 drugs including drugs as common as ibuprofen, Xanax, Lipitor, Zyan, cortisone, Valium, Pepcid, Dexatrim and Zantac.

The key of handling depression is to find a physician who can locate and treat the true physical cause of the depression rather than simply prescribe a drug than has no real benefit and very real harmful side effects.

SOURCE: <http://www.medicalnewstoday.com/printerfriendlynews.php?newsid=27475>; <http://bmj.bmjournals.com/cgi/content/full/331/7509/0-e>; <http://www.alternativementalhealth.com/articles/depression.htm>; *
<http://www.alternativementalhealth.com/articles/drugdepression.htm>
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HEALTH REPORT

VOLUME 9

ISSUE 98

ADVERSE COST OF PRESCRIPTION DRUG USE IN THE UNITED STATES

The use of prescription drugs in the U.S. exacts a costly drug-related morbidity* and mortality rate. These adverse events translate into a staggering expenditure of over \$76 billion dollars each year.

The cost of prescription drug morbidity and mortality:

Hospital Admissions	\$47,445,477,000
Long-Term Care Admissions	\$14,398,644,000
Physician Visits	\$7,459,744,000
Emergency Room Visits	\$5,320,723,000
Additional Prescriptions	\$1,933,121,000

With a price tag of \$76 billion annually on prescription drug-related morbidity or mortality, it's not surprising that the U.S. leads the world in "healthcare" costs.

* Morbidity means having or causing a disease. In this use, it means when drugs *cause* a disease or condition.

www.TheRedwoodClinic.com

SOURCE: "217 Drugs and Vaccines in Testing for Children," *Pharmaceutical Research and Manufacturers of America*, May 12, 2000; www.wcanews.com

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IMPORTANT INFORMATION ABOUT ABILIFY

Living with Bipolar Disorder Takes Understanding:

where you've been

You've spent years trying to manage the extreme ups and downs with mood swings and relapses.

where you want to be

You want your manic symptoms controlled and to feel more like yourself

how to get there

Maybe ABILIFY can help. ABILIFY helps control the symptoms of bipolar mania and reduce the risk of manic relapse.

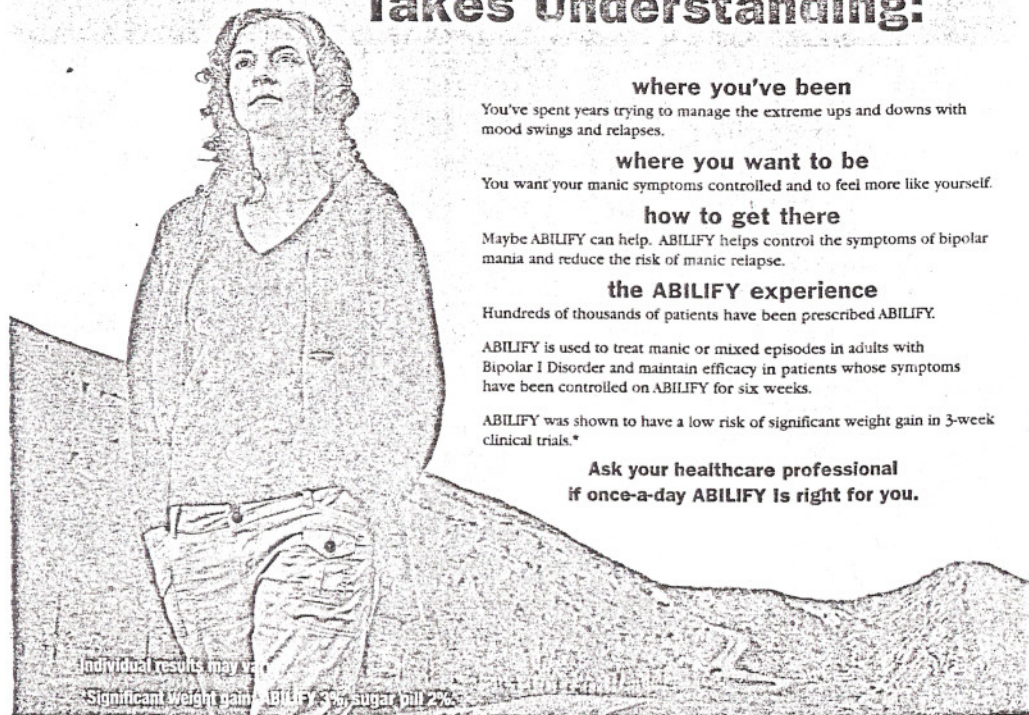
the ABILIFY experience

Hundreds of thousands of patients have been prescribed ABILIFY.

ABILIFY is used to treat manic or mixed episodes in adults with Bipolar I Disorder and maintain efficacy in patients whose symptoms have been controlled on ABILIFY for six weeks.

ABILIFY was shown to have a low risk of significant weight gain in 3-week clinical trials.*

Ask your healthcare professional
if once-a-day ABILIFY is right for you.



Individual results may vary.
Significant weight gain with other once-a-day, sugar pill.

What important information about ABILIFY do I need to know?

Elderly patients diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with atypical antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis. Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your doctor or healthcare professional right away if you have or develop any conditions or side effects, such as:

- Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure may be signs of neuroleptic malignant syndrome (NMS), which is rare but potentially fatal
- Abnormal or uncontrollable facial movements may be signs of tardive dyskinesia (TD), which may be permanent
- If you are elderly, an increased risk of stroke or ministroke has been reported in clinical trials for elderly patients with dementia
- If you have diabetes, risk factors for, or symptoms of diabetes, increases in blood sugar levels have been reported with medicines like ABILIFY. In some cases these were serious and resulted in coma or death
- If you have lightheadedness upon standing, seizures, trouble swallowing, or suicidal thoughts

It's important to tell your healthcare professional about all the medicines you're taking, since there are some risks for drug interactions with ABILIFY.

You should avoid alcohol while taking ABILIFY. ABILIFY can affect your judgment or motor skills. Until you know how it affects you, you should not operate machinery or drive.

What are the most common side effects of ABILIFY?
Common side effects include: headache, anxiety, insomnia, nausea, vomiting, constipation, dizziness, upset stomach, and an inner sense of restlessness or need to move (akathisia).

Please read additional IMPORTANT INFORMATION ABOUT ABILIFY, including **Boxed WARNING**, on the adjacent page.

What should I tell my doctor or healthcare professional before I start taking ABILIFY (aripiprazole)?

Information about your overall health, and any medical problems you may have, such as:

- Whether you're taking any other prescription or nonprescription (over-the-counter) medicines
- Whether you're pregnant, plan to become pregnant, or are breast-feeding
- If you or anyone in your family has had seizures
- If you or anyone in your family has had high blood sugar or diabetes

What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the common side effects of ABILIFY?

Common side effects include: headache, anxiety, insomnia, nausea, vomiting, constipation, dizziness, upset stomach, and an inner sense of restlessness or need to move (akathisia).

What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of people who discontinued taking ABILIFY due to side effects was similar for patients treated with ABILIFY (11%) and for patients treated with sugar pill (9%).

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your doctor or healthcare professional to adjust the dosage of ABILIFY.

These medicines* include:

- ketoconazole (NIZORAL[®])
- quinidine (QUINIDEX[™])
- fluoxetine (PROZAC[™])
- paroxetine (PAXIL[™])
- carbamazepine (TEGRETOL[™])

It is important to tell your doctor or healthcare professional about all the medicines you're taking, just to be sure.

General Information:

- ABILIFY is usually taken once a day, with or without food
- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that ABILIFY Oral Solution contains sugar
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), ABILIFY DISCMELT[™] contains phenylalanine
- If you have additional questions, talk to your doctor or healthcare professional

Find out more about ABILIFY:

Please visit our website at www.abilify.com/bipolardisorder

*NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/06 115673189.

Bristol-Myers Squibb Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol Myers Squibb Company, Princeton, NJ 08543 USA.
Oral Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol Myers Squibb Company, Princeton, NJ 08543 USA.
Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.
Marketed by Bristol Myers Squibb Company, Princeton, NJ 08543 USA.
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This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and does not take the place of discussions with your doctor or healthcare professional about your treatment. Please read this important information before you start taking ABILIFY and discuss any questions about ABILIFY with your doctor or healthcare professional.

Name
ABILIFY[®] (a-ri-pi-pra-zole) (aripiprazole) (air-ri-PIP-ra-zole)

What is ABILIFY?
ABILIFY is a prescription medicine used to treat patients with an acute manic or mixed episode associated with Bipolar I Disorder and for maintaining efficacy in these patients who have been stabilized and then maintained for at least six weeks.

What is Bipolar I Disorder?
Bipolar I Disorder is an illness with symptoms thought to be caused by an imbalance of brain chemicals. People who have bipolar I Disorder tend to experience extreme mood swings, along with other specific symptoms and behaviors. These mood swings, or "episodes," can take three forms: manic, depressive, or mixed episodes. Common symptoms of a manic episode are: feeling extremely happy, being very irritable and anxious, talking too fast and too much, and having more energy and needing less sleep than usual. Common symptoms of a depressive episode include: feelings of overwhelming sadness or emptiness, low energy, a loss of interest in things, trouble concentrating, changes in sleep or appetite, and thoughts of dying or suicide. A mixed episode includes symptoms that are both manic and depressive.

Who should not take ABILIFY?
People who are allergic to ABILIFY or to any substance that is in it. Please talk with your doctor or healthcare professional.

What important information should I know about ABILIFY?
Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with atypical antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your doctor or healthcare professional right away if you have any conditions or side effects, including the following:

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure may be signs of NMS, a rare but serious side effect that could be fatal.

Tardive dyskinesia (TD): Abnormal or uncontrollable facial movements may be signs of a serious condition known as TD, which may be permanent.

Elderly patients with dementia: An increased risk of stroke and ministroke has been reported in a clinical study of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY is not approved for treating patients with dementia.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking medicines like ABILIFY.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your doctor or healthcare professional.

Suicidal thoughts: If you have suicidal thoughts, you should tell your doctor or healthcare professional right away.

STRESS SURVEY

PURPOSE: To determine if any health problems you may be having are due to stress.

Name _____ Age _____ Phone (Home) _____ (Work) _____

Address _____ City _____ State/Prov. _____ Zip/Postal _____

Occupation _____ # Hours per week currently working _____

Spouse Occupation _____ # Hours per week currently working _____

Email _____

1 Check off any of the following symptoms you have experienced in the past 6 months:

- | | | | |
|--|--|---|--|
| <input type="checkbox"/> Headaches/Tension | <input type="checkbox"/> Low Back Pain | <input type="checkbox"/> Pain Between Shoulder Blades | <input type="checkbox"/> Allergies |
| <input type="checkbox"/> Fatigue, Tired | <input type="checkbox"/> Neck Pain | <input type="checkbox"/> Knee Pain | <input type="checkbox"/> Tension Across Top of Shoulders |
| <input type="checkbox"/> Pain Anywhere in Body | <input type="checkbox"/> Wrist/Hand Pain | <input type="checkbox"/> Ankle/Foot Pain | <input type="checkbox"/> Numbing / Tingling In Arms or Hands |
| <input type="checkbox"/> Digestive Disturbance | <input type="checkbox"/> Elbow Pain | <input type="checkbox"/> Ringing in Ears | <input type="checkbox"/> Numbing / Tingling in Legs or Feet |
| <input type="checkbox"/> Difficulty Breathing | <input type="checkbox"/> Shoulder Pain | <input type="checkbox"/> Nervous | <input type="checkbox"/> Weight Trouble |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Hip Pain | <input type="checkbox"/> Dizziness | <input type="checkbox"/> Other _____ |

Which of the above bothers you the most? _____

How long have you been bothered by the condition? _____

Describe how it feels or affects you when it is at its worst. _____

2 Does this cause you to be: 3 Does this affect your work: 4 Does this affect your life:

- | | | |
|---|--|--|
| <input type="checkbox"/> Moody | <input type="checkbox"/> Decision Making | <input type="checkbox"/> Lose Patience with Spouse or Children |
| <input type="checkbox"/> Irritable | <input type="checkbox"/> Poor Attitude | <input type="checkbox"/> Restricted Household Duties |
| <input type="checkbox"/> Interrupt Sleep | <input type="checkbox"/> Decreased Productivity | <input type="checkbox"/> Hinders Ability to Exercise or Participate in Sports |
| <input type="checkbox"/> Restricted on Daily Activities | <input type="checkbox"/> Exhausted at End of Day | <input type="checkbox"/> Interferes with Ability to Participate in Hobbies or Other Desired Activities |

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If you checked any of the above items, your organs are probably not functioning as well as they could, and your energy is probably not flowing as smoothly as it could be.

ACUPUNCTURE AND CHINESE HERBAL MEDICINE CAN HELP YOU because they gently and naturally treat the body to remove the stress and imbalance that CAUSE health problems.

WOULD YOU LIKE TO GET RID OF THE PROBLEM? YES NO

If your answer is Yes, there are several alternatives available to you. Please check the most appropriate for you:

- I would like to come to the Acupuncturist's office for an initial evaluation and consultation. There is NO CHARGE for this visit. This will allow me to find out if I can be helped by Acupuncture and Chinese Herbal Medicine without any financial barriers.
- I would like to come for further wellness classes.

Email _____

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