

Basketball Superstar Alonzo Mourning Helps Chronically Ill Patients to “Rebound from Anemia”

(NAPSA)—Nearly two years ago, professional basketball player Alonzo Mourning was diagnosed with a rare and life-threatening kidney disease. Working with his doctor, he was able to get his condition under control, but he found that he was still constantly exhausted.

At first, Mourning thought his exhaustion was part of his kidney disease, and he tried to cope with it. But when he realized that it was keeping him from doing the simple things in life that he enjoyed, like spending time with family and friends, Mourning decided that he had to speak with his doctor.

“Once I began treatment for my kidney disease, my greatest challenge was the fatigue that not only kept me from picking up a basketball, but even from playing with my kids,” said Mourning.

His doctor told him that people who have serious illnesses such as chronic kidney disease, cancer and HIV are at an increased risk for *anemia*—the cause of his exhaustion. Mourning’s doctor also explained that anemia is a treatable condition and that they could work together to increase his energy.

Like Mourning, millions of Americans with serious illnesses struggle with the constant exhaustion of anemia, which can have a devastating impact on the daily lives of people with cancer or

kidney disease. According to the results of a recent Harris Interactive survey, chronically ill patients indicated that tiredness or exhaustion has the greatest impact on their daily lives (56%), physical well-being (46%) and emotional well-being (34%)—more than any other symptom they experienced.

Fortunately, extreme exhaustion caused by anemia can be treated. Mourning took the first step and spoke to his doctor.

“My doctor explained that anemia was a treatable condition and prescribed PROCRT® (Epoetin alfa), a medication which has helped me win over anemia and its related fatigue,” said Mourning.

“Many patients do not realize that their illness puts them at risk for anemia,” said David Henry, M.D., Clinical Associate Professor of Medicine, Pennsylvania Hospital. “Anemia can have a significant impact on patients’ health but can be treated with medications like PROCRT and by making some simple changes to conserve energy.”

Dr. Henry added that in addition to taking medication, patients suffering from anemia can try some of these tips to conserve energy:

- Rest more
- Take short walks or do some light exercise
- Find time to relax
- Ask for help when you need it

- Eat a well-balanced diet and keep adequately hydrated
- Move slowly. Remember to get up slowly when sitting or lying down to avoid dizziness
- Effectively manage stress, anxiety and depression

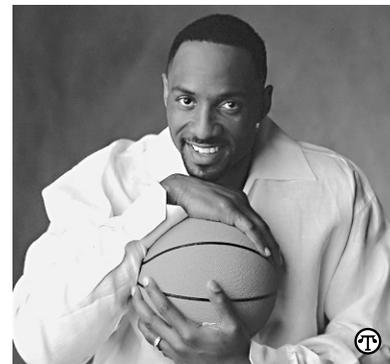
If you have a serious illness like cancer, HIV or chronic kidney disease, and everyday activities are making you tired, you should talk to your specialist about anemia and ask to get tested.

To receive a free *Rebound from Anemia* brochure about anemia and treatment options, visit www.procrit.com or call 1-800-251-0627.

PROCRT stimulates red blood cell production and is the only therapy with the protein sequence identical to the body’s naturally occurring erythropoietin, which is produced in healthy kidneys. When more red blood cells are produced, more oxygen is carried through the body, which may increase energy levels.

PROCRT has been used in more than one million people and is indicated for treatment of anemic chemotherapy patients with nonmyeloid malignancies; anemic chronic kidney disease patients not on dialysis; anemic elective, noncardiac, nonvascular surgery patients; and anemic zidovudine-treated, HIV-infected patients.

PROCRT has a proven safety record:



In chronic kidney disease patients not on dialysis: PROCRT therapy is generally well tolerated; excessively rapid increases in hemoglobin may be associated with hypertension and should be avoided.

In chemotherapy patients with nonmyeloid malignancies: any adverse experiences associated with PROCRT are believed to be related to chemotherapy, not to therapy with PROCRT. In trials, only diarrhea and edema occurred more often with PROCRT than placebo.

In zidovudine-treated, HIV-infected patients: any adverse experiences associated with PROCRT are believed to be related to the disease process of HIV, not to therapy with PROCRT.

Only your doctor can prescribe PROCRT. For full U.S. Prescribing Information and additional information on PROCRT and anemia, visit www.procrit.com.