

Health Check-Up: New Tool for People with High Blood Pressure

(NAPSA)—Are you among the estimated 74 million adults in the US who have high blood pressure? If you are taking a two-drug combination of certain medicines to lower your blood pressure and it's not enough, there may be a new medicine for you to try.

The US Food and Drug Administration (FDA) recently approved Exforge HCT (amlodipine, valsartan, hydrochlorothiazide), the only prescription blood pressure treatment to combine three medicines in a single pill. Exforge HCT combines the number one prescribed calcium channel blocker, angiotensin receptor blocker and diuretic in one pill, and is an important new option for patients who have tried taking dual combinations of these types of blood pressure medicines without success.

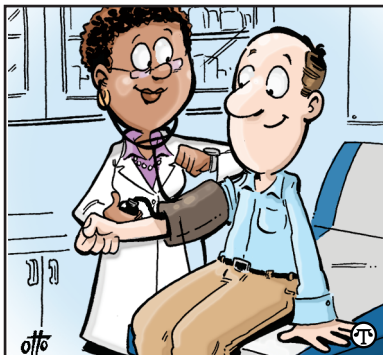
The majority of people with high blood pressure will require more than one medicine to control their blood pressure and it's not uncommon for patients with severe high blood pressure, and/or patients requiring stricter blood pressure control, to need three or more medicines. With a treatment that combines three medicines in one pill, appropriate patients may experience a simpler routine of a convenient, once-daily pill to help them control their high blood pressure.

Know your numbers! Normal blood pressure numbers are less than 120/80 mmHg. Anything above that number is considered pre-hypertension (up to 139/89 mmHg), stage 1 hypertension (up to 159/99 mmHg) and stage 2 hypertension ($\geq 160/100$ mmHg).



There are steps you can take to help keep your blood pressure under control:

- Lead a healthy lifestyle with proper diet, regular exercise and reduced stress
- Maintain a healthy weight and quit smoking
- Seek ongoing medical care and talk to your doctor about medicines that can help
- If you already take two of the types of medicines contained in Exforge HCT and are not at your blood pressure goal, speak to your



Blood pressure is one of the most important health numbers you should know. Do you know your blood pressure numbers?

doctor to see if Exforge HCT may be right for you

The important thing to know is that with proper medical care, high blood pressure can be successfully managed. Because high blood pressure often doesn't have symptoms, anyone considered at risk should have their blood pressure checked regularly. Some patients even use a home blood pressure monitor to check their numbers daily.

Risk factors for high blood pressure include:

- Being over 60 years of age
- Being overweight
- Lack of physical activity
- Being African American



Is Exforge HCT Right for You?

Exforge HCT is not for everyone. It's not designed to be the first high blood pressure medicine you take. You may be able to switch to the single pill combination Exforge HCT if your blood pressure is not adequately controlled with combination therapy with any two of the following high blood pressure medicines: calcium channel blockers, angiotensin II receptor blockers or diuretics.

Exforge HCT combines three effective medicines that each work in different ways, helping appropriate patients achieve a healthier blood pressure. By combining three pills into one, Exforge HCT also offers potential cost savings by reducing up to three co-payments to one.

Do not take EXFORGE HCT if you have low or no urine output

(anuria) or have allergic reactions to certain drugs known as sulfonamides. If you're taking EXFORGE HCT, tell your doctor about all your medical conditions and medicines you take, including: liver or kidney problems, Lupus or if you take lithium.

Serious side effects could occur such as:

- Low blood pressure (hypotension). Lie down if you feel faint or dizzy and call your doctor right away.
- Chest pain. Get emergency help if you get worse chest pain or chest pain that does not go away.
- Kidney problems. Call your doctor if you have swelling in your feet, ankles or hands, or unexplained weight gain.
- Changes in blood test results in people with congestive heart failure.
- Allergic reactions or skin rash. Call your doctor right away if you get an unusual rash.

What is the most important information I should know about EXFORGE HCT? If you become pregnant while taking EXFORGE HCT, stop taking EXFORGE HCT and call your doctor right away. EXFORGE HCT can harm an unborn baby, causing injury or death. Talk to your doctor about other treatment options to lower your blood pressure before taking EXFORGE HCT if you plan to become pregnant.



Tell your doctor about any of the following signs and symptoms of fluid and electrolyte problems: dry mouth, thirst, weakness, lack of energy (lethargy), drowsiness, restlessness, confusion, seizures, muscle pains or cramps, muscle fatigue, low blood pressure, very low urine output, fast heartbeat, or nausea and vomiting.

The most common side effects of EXFORGE HCT include dizziness; swelling (edema) of the hands, ankles or feet; headache; indigestion; tiredness; muscle spasms; back pain; nausea; and nasal congestion or sore throat.

For more information, including complete prescribing information, visit www.exforgehct.com or call (888) 839-3674.