

→ 7-step solution

Serenity now:
Breathe in,
then exhale the
stress away.



Instant Calm

Feeling a little frazzled? Banish tension in a flash with this easy stress-busting routine. *By Leslie Barrie*

BETWEEN YOUR BUSY WORK SCHEDULE, TAKING CARE OF THE KIDS, running errands, and, oh, the hundred other things you have to do in a day, it's easy to forget the amount of stress you're actually under. But your body is well aware. And the scary truth is, all that tension could start a chain reaction of health problems. "When you repeatedly get stressed, your nervous system stays keyed up, so even small amounts of stress can make you feel overwhelmed," says Henry Emmons, MD, author of *The Chemistry of Calm*. "Chronic stress can also affect your immune system and may make current health conditions worse." That's why it's so important to build in a relaxation routine for those times when life goes haywire. Learn how to cultivate calm with these simple suggestions.

STEP #1:

Look for the signs

The best way to manage your stress is to keep it from building up in the first place. But it can be hard to tell when you're headed toward the danger zone, because your body's signals can be subtle. "People often aren't aware that stress affects quality of sleep—you may get eight hours, but still not get much deep sleep, so you feel worn out," Dr. Emmons says. Other hints you need to relax: mysterious weight gain (or difficulty losing weight), hypertension, chronic pain, muscle tension, even relationship issues, such as suddenly feeling like you're being criticized or rejected. To keep your stress level in check, take a few minutes each day to think over any unusual changes in your habits or physical health that may be spurred by anxiety.

STEP #2:

Shift your focus

When you're feeling tense—say, after a rough day at work or a fight with your guy—you may get the (unproductive) urge to mentally replay what went wrong over and over in your mind. Dr. Emmons recommends shifting your focus to your body instead. Find a quiet place to sit down, and concentrate on feeling the seat beneath you. Then take long, deep breaths from your diaphragm; try inhaling through your nose for a count of four, holding for two, and exhaling through your mouth for seven. Exhaling longer than you inhale deepens your breathing, which helps calm your nervous system. "You can even practice your breathing when you're not stressed, so

7-step solution

Patient Information VESicare® - (VES-ih-caree) (solifenacin succinate)

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 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 (leaking).

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 "gastro 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 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?

VESicare may cause allergic reactions that may be serious. Symptoms of a serious allergic reaction may include swelling of the face, lips, throat or tongue. If you experience these symptoms, you should stop taking VESicare and get emergency medical help right away.

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 of 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 (800) 827-7903 toll free, or visit www.VESicare.com.

What are the ingredients in VESicare?

Active ingredients: solifenacin succinate
Inactive ingredients: lactose monohydrate, corn starch, hydroxypropylcellulose, magnesium stearate, polyethylene glycol 8000 and titanium dioxide with yellow ferric oxide (5 mg VESicare tablet or red lacic oxide (10 mg VESicare tablet).

Rx Only

Manufactured by:
Astellas Pharma Technologies, Inc.
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you know exactly what deep-breathing counts soothe you," Dr. Emmons says.

STEP #3:

Get a move on

It's easy to use stress as an excuse to skip exercise—you've got way too many other things on your mind, right? But working out actually helps balance stress hormones, Dr. Emmons says. (Plus, you shed calories in the process—a win-win.) So take a break, and walk up and down a few flights of stairs, or sign up for that kickboxing class you've been dying to try. Then cool down from your routine with some mellow music: Make a special "soothing" playlist for your iPod, recommends Beth Hamilton, MD, co-author of *So Stressed: The Ultimate Stress-Relief Plan for Women*. Research suggests that your brain waves will sync up with the slow rhythm, putting you in a meditative state.

STEP #4:

Snack right

During stressful times, it's human nature to want to treat yourself to a piece of cake. But it's more important than ever to stick to your healthy eating habits, says Elizabeth Somer, RD, author of *Eat Your Way to Happiness*. Sugary munchies spike your blood-glucose level, making you feel even more jittery. For a healthy yet stress-busting treat, dip fresh strawberries in dark chocolate sauce, Somer suggests. The fruit's vitamin C decreases stress-induced free radicals, while dark chocolate helps reduce stress hormones (such as cortisol) in the body. Another option: Snack on carrots or celery sticks. Chomping on crunchy (but healthy!) snacks helps you release pent-up frustration, Somer says.

STEP #5:

Phone a friend

Spending time with pals helps our bodies pump out the feel-good hormone oxytocin. So meet up with a friend at the end of a crazy-busy day, or call during your lunch break. Even better: Make time to hang out regularly—you'll

When you feel all wound up, stretch and reach ... for the phone to dial a pal.



get a continuous boost to your well-being. Just don't turn your talks into bitchfests; ranting will get you worked up again, Dr. Emmons says.

STEP #6:

Get out!

Holing up at your desk can make you get stuck in "I'm overwhelmed!" mode. Simply breathing some fresh air can improve your outlook, helping you deal with tough situations more calmly. Step outside and enjoy the head-clearing moment rather than thinking of all the things you have to get done. If there's a garden nearby, stop and smell the flowers. Research shows that inhaling certain scents (like lavender) can help reset a stressed immune system to normal levels.

STEP #7:

Prep for bed

You know how it goes: Just when you lie down for a good night's sleep, all your worries come rushing back. And the lack of sleep only makes you feel more anxious. To combat this vicious cycle, reach for a pad and pen, and jot down any negative thoughts or to-dos that pop into your head, says Sue Patton Thoele, author of *The Mindful Woman*. It's counterintuitive, but getting your thoughts on paper actually helps you put them aside. ☺