



HEALTHY COPING

Diabetes can affect you physically and emotionally. Living with it every day can make you feel discouraged, stressed or even depressed. It is natural to have mixed feelings about your diabetes management and experience highs and lows. The important thing is to recognize these emotions as normal. Take steps to reduce the negative impact they could have on your self-care.

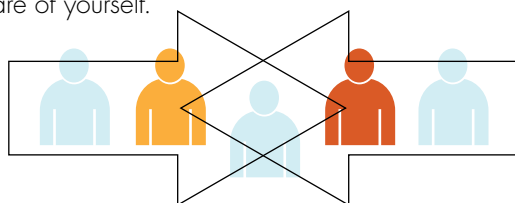
The way you deal with your emotional lows is called “coping.” There are lots of ways to cope with the upsets in your life—and not all of them are good for your health (smoking, overeating, not finding time for activity, or avoiding people and social situations).

However, there are healthy coping methods that you can use to get you through tough times (faith-based activities, exercise, meditation, enjoyable hobbies, joining a support group).

Having a support network is key to healthy coping. Be sure to develop and nurture partnerships in your personal life with your spouse, loved ones and friends. Go to group educational sessions where you can meet and relate to other people going through the same experiences. Build healthy relationships—and remember that you’re not alone.

Sometimes, emotional lows can be lengthy and have a more serious impact on your life, health, and relationships. This can be a sign of depression. Tell your diabetes educator if you:

- » Don't have interest or find pleasure in your activities.
- » Avoid discussing your diabetes with family and friends.
- » Sleep most of the day.
- » Don't see the benefit in taking care of yourself.
- » Feel like diabetes is conquering you.
- » Feel like you can't take care of yourself.



Did You Know?

Physical activity can influence your mood. If you are sad, anxious, stressed or upset, go for a walk, stand up and stretch, or take a bicycle ride. Exercise actually increases the chemicals in your brain that help make you feel good!

TRUE OR FALSE?

Nobody wants to hear about your problems. When you are feeling down, you should keep it to yourself.

FALSE. You need to talk about your emotions with friends, family, or your healthcare provider. Sometimes just talking about a problem will help you solve it...and loved ones can help you gain perspective.

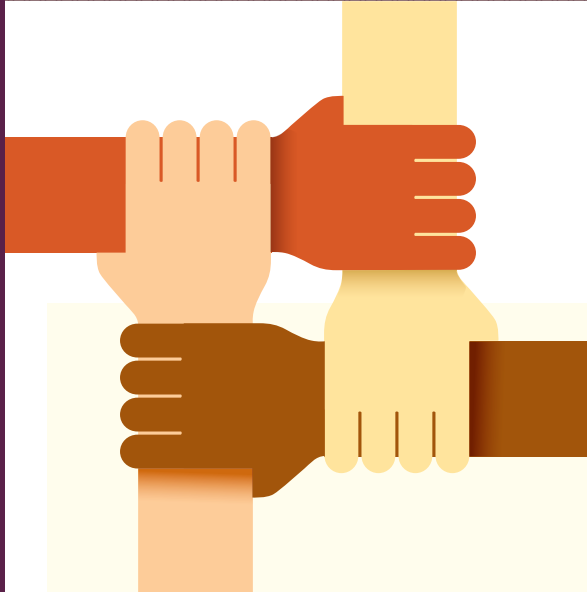


Recognize the power of positive thinking. When you are feeling down, think about your successes and feel good about the progress you've made toward a goal—even if it's just a little bit.

Find time to do something pleasurable every day.



ACTIVITIES



HEALTHY COPING

<i>Name 3 emotions that you feel when you think about your diabetes.</i>			
<i>Who can you talk to when you feel this way?</i>			
<i>Name 3 activities that will help you work through this emotion and feel better.</i>			

What might prevent you from doing these activities?

How can you overcome these obstacles?





TAKING MEDICATION

There are several types of medications that are often recommended for people with diabetes. Insulin, pills that lower your blood sugar, aspirin, blood pressure medication, cholesterol-lowering medication, or a number of others may work together to help you lower your blood sugar levels, reduce your risk of complications and help you feel better.

Your medications come with specific instructions for use—and they can affect your body differently depending on when and how you take them. It may take a while to figure out which medicines work best with your body. So it's important for you to pay attention to how you feel and how your body reacts to each new medicine or treatment. It's up to you to tell your pharmacist, doctor, nurse practitioner, or diabetes educator if you've noticed any side effects.

It's important to know the names, doses and instructions for the medications you're taking, as well as the reasons they are recommended for you.

REMEMBER TO:

- » **Ask your doctor, nurse practitioner or pharmacist** why this medication was recommended for you.
- » **Ask your diabetes educator** to help you fit your medication routine into your daily schedule. Be sure to bring all medications or labels with you when you go to health appointments.
- » **Ask a family member** to go with you to an appointment and take notes about any medication instructions. Or, ask someone to remind you to take your medications if you have difficulty remembering to take them.

DID YOU KNOW?

Some over-the-counter products, supplements, or natural remedies can interfere with the effectiveness of your prescribed medicines. Tell your diabetes educator about ANY supplements you are taking so that he/she can make the best recommendations for your care.

TRUE OR FALSE?

When you inject insulin, you need to rotate your injection sites.

TRUE. If you inject insulin in the same spot every time, your tissue can become damaged and won't absorb insulin as well. Be sure to rotate your injection sites between the fattier parts of your upper arm, outer thighs, buttocks, or abdomen.

Word Wall

INSULIN:

A hormone that helps the body use glucose (sugar) for energy

SIDE EFFECT:

An effect that a drug has on your body that it is not intended (i.e. diarrhea, nausea, headache)



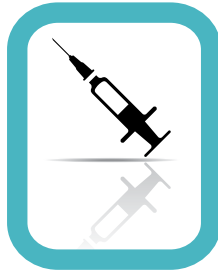
QUICK TIPS

If you often forget to take your medication, try to remind yourself by linking it to a specific activity—like watching the news every night or brushing your teeth—or by setting an alarm on your watch or cell phone.

Take a pen and some paper with you to your healthcare visit and take notes when your provider tells you about your medicine.

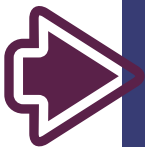


ACTIVITIES



How do you feel about having to take insulin or other medicines?

What is the hardest part about taking your medications?



Name one of your medications.

How much are you supposed to take?

When are you supposed to take it and how often?

Why do you have to take this medication?

What are some of the possible side effects?

What are you supposed to do if you experience side effects?

Anything else you need to know?

What do you do if you forget to take this medication?

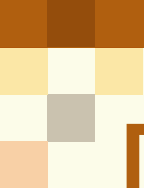
**Repeat this exercise for every medication. Be sure to ask your pharmacist or diabetes educator if you do not know the answers.*

National Institute of Mental Health

Depression and Diabetes



NIMH
National Institute
of Mental Health



Depression not only affects your brain and behavior—it affects your entire body.

Depression has been linked with other health problems, including diabetes. Dealing with more than one health problem at a time can be difficult, so proper treatment is important.



What is depression?

Major depressive disorder, or depression, is a serious mental illness. Depression interferes with your daily life and routine and reduces your quality of life. About 6.7 percent of U.S. adults ages 18 and older have depression.¹

Signs and Symptoms of Depression

- Ongoing sad, anxious, or empty feelings
- Feeling hopeless
- Feeling guilty, worthless, or helpless
- Feeling irritable or restless
- Loss of interest in activities or hobbies once enjoyable, including sex
- Feeling tired all the time
- Difficulty concentrating, remembering details, or making decisions
- Difficulty falling asleep or staying asleep, a condition called insomnia, or sleeping all the time
- Overeating or loss of appetite
- Thoughts of death and suicide or suicide attempts
- Ongoing aches and pains, headaches, cramps, or digestive problems that do not ease with treatment.

For more information, see the NIMH booklet on Depression at <http://www.nimh.nih.gov/health/publications/depression/index.shtml>.

What is diabetes?

Diabetes is an illness that affects the way the body uses digested food for energy. Most of the food we eat is broken down into a type of sugar called glucose. Glucose is an important source of fuel for the body and the main source of fuel for the brain. The body also produces a hormone called insulin. Insulin helps cells throughout the body absorb glucose and use it for energy. Diabetes reduces or destroys the body's ability to make or use insulin properly. Without insulin, glucose builds up in the blood, and the body's cells are starved of energy.

How are depression and diabetes linked?

Studies show that depression and diabetes may be linked, but scientists do not yet know whether depression increases the risk of diabetes or diabetes increases the risk of depression. Current research suggests that both cases are possible.

In addition to possibly increasing your risk for depression, diabetes may make symptoms of depression worse. The stress of managing diabetes every day and the effects of diabetes on the brain may contribute to depression.^{2,3} In the United States, people with diabetes are twice as likely as the average person to have depression.⁴

At the same time, some symptoms of depression may reduce overall physical and mental health, not only increasing your risk for diabetes but making diabetes symptoms worse. For example, overeating may cause weight gain, a major risk factor for diabetes. Fatigue or feelings of worthlessness may cause you to ignore a special diet or medication plan needed to control your diabetes, worsening your diabetes symptoms. Studies have shown that people with diabetes and depression have more severe diabetes symptoms than people who have diabetes alone.⁴

How is depression treated in people who have diabetes?

Depression is diagnosed and treated by a health care provider. Treating depression can help you manage your diabetes and improve your overall health. Scientists report that for people who have diabetes and depression, treating depression can raise mood levels and increase blood glucose control.⁵ Recovery from depression takes time but treatments are effective.

At present, the most common treatments for depression include:

- Cognitive behavioral therapy (CBT), a type of psychotherapy, or talk therapy, that helps people change negative thinking styles and behaviors that may contribute to their depression

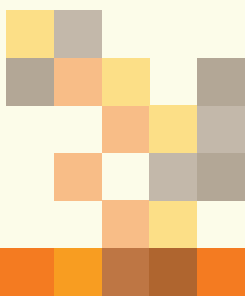
- Selective serotonin reuptake inhibitor (SSRI), a type of antidepressant medication that includes citalopram (Celexa), sertraline (Zoloft), and fluoxetine (Prozac)
- Serotonin and norepinephrine reuptake inhibitor (SNRI), a type of antidepressant medication similar to SSRI that includes venlafaxine (Effexor) and duloxetine (Cymbalta).

Some antidepressants may cause weight gain as a side effect and may not be the best depression treatment if you have diabetes. These include:

- Tricyclics
- Monoamine oxidase inhibitors (MAOIs)
- Paroxetine (Paxil), an SSRI⁶
- Mirtazapine (Remeron)

While currently available depression treatments are generally well tolerated and safe, talk with your health care provider about side effects, possible drug interactions, and other treatment options. For the latest information on medications, visit the U.S. Food and Drug Administration website at <http://www.fda.gov>. Not everyone responds to treatment the same way. Medications can take several weeks to work, may need to be combined with ongoing talk therapy, or may need to be changed or adjusted to minimize side effects and achieve the best results.

More information about depression treatments can be found on the NIMH website at <http://www.nimh.nih.gov/health/publications/depression/how-is-depression-detected-and-treated.shtml>. If you think you are depressed or know someone who is, don't lose hope. Seek help for depression.



For More Information on Depression

Visit the National Library of Medicine's

MedlinePlus <http://medlineplus.gov>

En Español <http://medlineplus.gov/spanish>

For information on clinical trials

<http://www.nimh.nih.gov/health/trials/index.shtml>

National Library of Medicine clinical trials database

<http://www.clinicaltrials.gov>

Information from NIMH is available in multiple formats. You can browse online, download documents in PDF, and order materials through the mail. Check the NIMH website at

<http://www.nimh.nih.gov> for the latest information on this topic and to order publications. If you do not have Internet access please contact the NIMH Information Resource Center at the numbers listed below.

National Institute of Mental Health

Science Writing, Press & Dissemination Branch

6001 Executive Boulevard

Room 8184, MSC 9663

Bethesda, MD 20892-9663

Phone: 301-443-4513 or

1-866-615-NIMH (6464) toll-free

TTY: 301-443-8431 or

1-866-415-8051 toll-free

FAX: 301-443-4279

E-mail: nimhinfo@nih.gov

Website: <http://www.nimh.nih.gov>

For More Information on Diabetes

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

National Diabetes Information Clearinghouse

1 Information Way

Bethesda, MD 20892-3560

Phone: 1-800-860-8747

TTY: 1-866-569-1162

Fax: 703-738-4929

E-mail: ndic@info.niddk.nih.gov

Website: <http://www.diabetes.niddk.nih.gov>

Citations

1. Kessler RC, Chiu WT, Demler O, Merikangas KR, Walters EE. Prevalence, severity, and comorbidity of 12-month DSM-IV disorders in the National Comorbidity Survey Replication. *Arch Gen Psychiatry*. 2005 Jun; 62(6):617–27.
2. Golden SH, Lazo M, Carnethon M, Bertoni AG, Schreiner PJ, Roux AV, Lee HB, Lyketsos C. Examining a bidirectional association between depressive symptoms and diabetes. *JAMA*. 2008 Jun 18; 299(23):2751–9.
3. Kumar A, Gupta R, Thomas A, Ajilore O, Hellemann G. Focal subcortical biophysical abnormalities in patients diagnosed with type 2 diabetes and depression. *Arch Gen Psychiatry*. 2009 Mar; 66(3):324–30.
4. Egede LE, Zheng D, Simpson K. Comorbid depression is associated with increased health care use and expenditures in individuals with diabetes. *Diabetes Care*. 2002 Mar; 25(3):464–70.
5. Anderson RJ, Freedland KE, Clouse RE, Lustman PJ. The prevalence of comorbid depression in adults with diabetes: a meta-analysis. *Diabetes Care*. 2001 Jun; 24(6):1069–78.
6. Antidepressants and weight gain: What causes it? July 23, 2008. <http://www.mayoclinic.com/health/antidepressants-and-weight-gain/AN01396>. Accessed on August 25, 2008.

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National Institute of Mental Health
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Revised 2011

DIABETES AND DEPRESSION

Are You At Risk?

Depression occurs more often in people with diabetes than in people without diabetes. If you have one or more of these signs or symptoms of depression for a week or more and don't know why, call your doctor. Don't wait. Medical treatment can help!

Common Signs of Depression

1. Often sad or irritable



2. Lose interest in things quickly

3. Sudden change in weight or appetite



4. Feel guilty or worthless



5. Change in sleeping habits

6. Can't concentrate, remember things, or make decisions

7. Fatigue or loss of energy



8. Often restless

9. Thoughts of death or suicide



Generic Drugs

A generic drug is a copy of a brand name drug. It works the same as the brand name drug.

Are generic drugs safe? Yes.

- The FDA requires that all drugs are safe and effective. Generic drugs use the same substances and work the same way in the body as brand name drugs. So they have the same risks and benefits as the brand name drug.

Are they as strong as brand name drugs? Yes.

- The FDA demands that generic drugs are just as strong, pure, and stable as brand name drugs. They must also be the same quality.

Will they take longer to work in my body? No.

- Generics work in the same way and in the same amount of time as brand name drugs.

Why are they cheaper?

- New drugs are developed under patents. A patent gives only that one company the right to sell the drug for a period of time. This protects those who create the drug and pay to research, develop, and market it.

- Other companies can apply to the FDA to sell a generic when the patent is about to expire. Generic companies do not have the same up-front costs to research and develop the drug. They can sell their drug at a lower cost because their makers don't have the costs of creating the new drug.
- Also, once generic drugs are approved, there are more people trying to sell the drug. This keeps the price down.
- Today, almost half of all prescriptions are filled with generic drugs.

Are brand-name drugs made in better factories? No.

- Both brand name and generic drug factories must meet the same standards. The FDA will not let drugs be made in poor quality factories. The FDA inspects about 3,500 factories a year to make sure they meet the standards. Often the same factories make both brand name and generic drugs.



Generic Drugs

Why don't the drugs look the same?

- In the United States, laws do not allow a generic drug to look exactly like the brand name drug. A generic drug must use the same substances as brand name drugs. Colors, flavors, and some other inactive parts may be different.

Does every brand name drug have a generic form? No.

- Brand name drugs are protected by patent for 20 years. When the patent expires, other drug companies can create generics. But they must be tested by the maker and approved by the FDA.

What is the best source of information about generic drugs?

- Contact your doctor, pharmacist, or insurance company for information on generic drugs.

FDA Office of Women's Health <http://www.fda.gov/womens>

To Learn More:

FDA Center for Drug Evaluation and Research
<http://www.fda.gov/cder/ogd/index.htm>



...A Dozen Questions to Help you Understand Your Medicines

A Dozen Questions to Help You Understand Your Medicines

Print this page and take it with you on your next visit to your doctor or pharmacist.

1. What are the brand and generic names of the medicines?
2. What is the medicine supposed to do?
3. How should I use the medicine?
 - by mouth
 - in the eye or ear?
 - on the skin?
 - by injection?
 - other?
 - how much?
 - how often and what time? (e.g., morning, at bedtime)
 - for how long?
 - with meals or without food?
4. What should I do if I miss a dose?
5. When will the medicine begin to work?
6. How will I know if the medicine is working and what should I do if it doesn't seem to work?
7. What tests, if any, will be needed once I start taking this medicine? When will my first test be?

8. What side effects should I watch for?
 - How long will they last?
 - What should I do if they occur?
 - How can I lessen the side effects?
9. While using this medicine, should I avoid:
 - driving, operating machines, lawn mowers, etc?
 - drinking alcohol?
 - eating certain foods?
 - taking certain medicines (prescription, over-the-counter, and/or dietary supplements)?
 - Are there any other precautions?
10. How should I store the medicine?
 - at room temperature?
 - in the refrigerator?
 - away from heat, sunlight, or humidity?
 - can the medicine be put in another container?
11. Can I get a refill? When?
12. Are there special instructions about how to use the medicine?

General Information About Using Medicines

...BEFORE YOU USE ANY NEW MEDICINE

Before you use any new medicine, you should tell your doctor, pharmacist, or nurse if you:

- are pregnant or plan to become pregnant
- are breast-feeding
- have any allergies
- are taking any other medicines, including over-the-counter medicines such as aspirin, cold medicines, if you are taking any vitamins, minerals, nutritional supplements, herbals, or alternative drugs
- have any other medical problem.

Take your medicines exactly as you are told by your doctor, pharmacist, or nurse. It is also a good idea to carry with you a list of all the medications that you take, along with their directions. (For a Personal Medication Organizer Form visit: www.usp.org/pdf/patientSafety/personalMedOrg.pdf)

Do not share your medicines with anyone, even if they have the same symptoms or condition that you have. It may hurt them.

Do not leave your medicines where children or pets can get them.

Discard unused and expired medicines. Know what to do if you think you have taken an overdose or if a child has taken a medicine by accident. Keep the telephone numbers of your doctor, pharmacist, nurse or poison control center (1-800-222-1222) handy so you can call them at once if needed.

More about using medicines safely

Medicines in My Home:

www.fda.gov/medsinmyhome

FDA Consumer Medicine Education:

www.fda.gov/usemedicinesafely

National Council on Patient Information and Education:

www.bemedwise.org

Medline Plus, NIH:

www.medlineplus.gov

Medline Plus, Over-the-Counter Medicines:

www.nlm.nih.gov/medlineplus/overthecountermedicines.html

Contact FDA: druginfo@fda.hhs.gov

1-888-INFO-FDA

Quick info

If someone uses too much medicine, call for help right away.

Doctor's phone number:

Pharmacy phone number:

24 hour Poison Control Center

1-800-222-1222
Publication No. (FDA) 07-1907



U.S. Department of Health and Human Services
Food and Drug Administration

Adult
version



Medicines In My Home

Information for adults on using
over-the-counter medicines safely

www.fda.gov/medsinmyhome



What is over-the-counter medicine?

A medicine (drug) changes the way your body works or treats or prevents a disease.

An over-the-counter (OTC) medicine is the kind you buy without a doctor's order (prescription). Before you use any medicine, you should always read the label.

The *Drug Facts* label

In the United States, all OTC medicines have a *Drug Facts* label. The *Drug Facts* label is there to help you choose the right OTC medicine for you and your problem and to use it safely. All medicines, even OTC medicines, can cause side effects (unwanted or unexpected effects). But if you follow the directions on the label, you can lower your chance of side effects.

The *Drug Facts* label tells you:

- the ingredients in the medicine
- what the medicine is for
- if the medicine is right for you and your problem
- if there are reasons to talk to your doctor first
- how to use your medicine



On pages 6 and 7 of this booklet you can learn about the parts of the *Drug Facts* label and see a sample.

Here are some safety tips and medicine facts for you and your family....

Are dietary supplements over-the-counter medicines?

Like over-the-counter medicines, dietary supplements can be bought off the shelf without a doctor's order (prescription). They can come as tablets, capsules, softgels, liquids, or powders, so they may also look a lot like medicine you take by mouth.

But dietary supplements aren't OTC medicines.

Dietary supplements are taken by mouth to add to the food you eat. Dietary supplements may contain vitamins, minerals, herbs, and other ingredients.

Dietary supplements have *Supplement Facts* labels. Over-the-counter medicines have *Drug Facts* labels.



You can read more about dietary supplements and their labels at: www.fda.gov/Food/DietarySupplements/ConsumerInformation/default.htm

Is it a medicine (drug)?

Type of product	Is it medicine?	Why?
Antiperspirant	Yes	Stops sweat glands from making sweat
Deodorant	No	Just covers up odor of sweat
Mouthwash for plaque and gum disease	Yes	Contains active ingredients that reduce plaque and gum disease
Regular mouthwash	No	Just makes breath smell better
Dandruff shampoo	Yes	Treats dandruff and itching
Regular shampoo	No	Just cleans hair
Fluoride toothpaste	Yes	Reduces cavities
Toothpaste without fluoride	No	Just cleans your teeth

Read the label each time before you use a medicine.

Be sure it's right in 5 ways:

1. the right medicine
2. for the right person
3. in the right amount
4. at the right time
5. in the right way (swallow, chew, apply to skin)



Safer by the dozen Tips for using medicines safely

1. Talk to your doctor, nurse, or pharmacist any time you have a question about a medicine.
2. Keep a record of what you use. Your record should include OTC and prescription medicines, vitamins, herbals, and other supplements you use. Give this list to your healthcare professionals so they can keep their records up-to-date and help you use medicine safely. (See "My Medicine Record" at www.fda.gov/medsinmyhome)
3. Before you start using something new, talk to your doctor or pharmacist. They can help you avoid medicines (and supplements) that don't mix well with each other.
4. Choose a medicine that treats only the problems you have. Extra medicine won't help you but could cause harmful or unwanted side effects.
5. Read the label each time before you use a medicine. No matter how well you think you know your medicine, check what it is, what it is for, and how to use it. Make sure you have enough light to see the label clearly.
6. Check the active ingredients in all medicines. These are the parts of the medicine that make it work. Don't use two medicines with the same active ingredient at the same time, because too much can hurt you.
7. Use the medicine dose listed on the label. Don't use more. If this dose doesn't help, talk to your doctor.



Tips for using medicines safely

- Use medicine only as long as the label says. If you think you need the medicine for a longer time, talk to your doctor.
- Keep medicine in the bottle, box or tube that it came in. That will make the directions easy to find.
- Keep medicine out of reach and sight of children and pets. A locked box, cabinet, or closet is best.
- Keep all medicines in a cool, dry place. This helps medicine last longer and work better.
- If a medicine is past the date on the package, it may not work as well. Your local government can help you find the safest way to throw away old medicines while keeping them away from children and pets.

About prescription medicine

Don't use other people's prescription medicine and don't share your prescription medicine with anyone else.

Use your prescription medicine only as directed. If you think you need a change in your medicine, talk to your doctor.

Make sure that your prescription medicines don't contain the same active ingredients as your OTC medicines. Ask your doctor or pharmacist about the active ingredients in prescription medicines.



More about active ingredients

Active ingredients are safer when you follow directions.

The active ingredients in OTC medicines can be harmful if you don't use them as directed on the label. Take for example, the active ingredients in OTC fever and pain medicines....

- Acetaminophen can damage your liver, especially if you use more than directed.
- Ibuprofen, naproxen, or ketoprofen can damage your kidneys.
- Children and teenagers shouldn't use aspirin for fever or flu because it may cause a severe illness called Reye's Syndrome.



Medicines can have more than one active ingredient.

Medicines with more than one active ingredient are usually made to treat more than one problem. Here are some examples:

- cold and flu medicines
- some allergy medicines
- cough and cold medicines

Choose a medicine that treats only the problems you have. Medicine you don't need won't help you and could cause harmful or unwanted side effects.

Problems OTC medicine can treat

Pain and fever are two of the most common reasons people use OTC medicines.

There are five active ingredients used to reduce fever and to treat mild aches and pains caused by headaches, muscle aches, backaches, toothaches, menstrual cramps, and the common cold:

- acetaminophen
- aspirin
- ibuprofen
- naproxen sodium
- ketoprofen



The last four active ingredients are all members of a drug family called non-steroidal anti-inflammatory drugs, or NSAIDs (said EN-saids), for short.

OTC medicines can treat or prevent other health problems. Here are some examples:

- nasal congestion (decongestants)
- allergies (antihistamines)
- cough (cough suppressants and expectorants)
- stomach upset (antacids and acid reducers)
- cigarette addiction (nicotine gum, lozenge, or patch)
- skin damage from sun (sunscreens)

People with high blood pressure or heart disease need to talk to their doctor before using these decongestants to treat nasal congestion or a stuffy nose.



How to measure liquid medicine

It is important to measure medicines correctly.

- Use the measuring spoon, cup, or syringe that comes with the medicine. It will give the most exact dose.
- If the medicine doesn't come with a special measuring tool, ask for one at the pharmacy. Spoons made for eating and cooking may hold the wrong amount of medicine.
- Check the markings to make sure your measuring tool can measure the right dose.

Most liquid medicines are measured in teaspoons (tsp) and milliliters (mL).

5 mL = 1 teaspoon (tsp)

15 mL = 3 teaspoons = 1 tablespoon (TBSP)

30 mL = 1 fluid ounce (oz)



Giving medicine to a child

- Use your child's weight to find the right dose of medicine on the *Drug Facts* label.
- If you don't know your child's weight, use his or her age to find the right dose.
- Never guess a dose. If a dose for your child's weight or age is not listed on the label or if you can't tell how much to use, ask your pharmacist or doctor what to do.

The *Drug Facts* Label

The **Active ingredient/ Purpose** section tells you about the part of your medicine that makes it work – its name, what it does, and how much is in each pill or teaspoon (5 mL).

The **Uses** section tells you the problems the medicine will treat.

The **Warnings** section tells you:

- when you should talk to your doctor first
- how the medicine might make you feel
- when you should stop using the medicine
- when you shouldn't use the medicine
- things you shouldn't do while using the medicine

Drug Facts	
Active ingredient (in each tablet)	Purpose
Chlorpheniramine maleate 4 mg.....	Antihistamine
Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: ■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat	
Warnings	
Ask a doctor before use if you have	
■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis	
■ trouble urinating due to an enlarged prostate gland	
Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives	
When using this product	
■ you may get drowsy ■ avoid alcoholic drinks	
■ alcohol, sedatives, and tranquilizers may increase drowsiness	
■ be careful when driving a motor vehicle or operating machinery	
■ excitability may occur, especially in children	
If pregnant or breast-feeding , ask a health professional before use.	
Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.	
Directions	
adults and children 12 years and over	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children 6 years to under 12 years	take 1/2 tablet every 4 to 6 hours; not more than 3 tablets in 24 hours
children under 6 years	ask a doctor
Other information ■ store at 20-25° C (68-77° F) ■ protect from excessive moisture	
Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch	

The **Warnings** section also tells you:

- to check with a doctor before using medicine if you are pregnant or breastfeeding
- to keep medicines away from children

The **Directions** section tells you how to safely use the medicine:

- how much to use
- how to use it
- how often to use it (how many times per day/ how many hours apart)
- how long you can use it

The **Other Information** section tells you how to keep your medicine when you aren't using it.

The **Inactive Ingredients** section tells you any parts of the medicine that aren't active ingredients. Inactive ingredients help form a pill, add flavor or color, or help the medicine last longer.



Need Help with Meds?

Prescription Help is Here

The Partnership for Prescription Assistance brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients without prescription drug coverage get free or low-cost medicines through the public or private program that's right for them.

1-888-4PPA-NOW (1-888-477-2669)

WWW.PPARX.ORG

NeedyMeds

NeedyMeds is a 501(3)(c) non-profit organization with the mission of helping people who cannot afford medicine or healthcare costs. The information at NeedyMeds is available anonymously and free of charge.

Address: P.O. Box 219, Gloucester, MA 01931

www.needymeds.org

PatientAssistance.com, Inc.

PatientAssistance.com is a free resource designed to help connect patients who can't afford their prescription medications with patient assistance programs.

Address: 11608 Darryl Drive, Baton Rouge, LA 70815

E-Mail: rbowden@patientassistance.com

RxAssist

RxAssist is a website with information, news, and a database that are all designed to help you find out about ways to get affordable, or free, medications. The database includes information on the pharmaceutical companies' patient assistance programs, or programs that provide free medication to low-income patients. RxAssist was created by Volunteers in Health Care, a national, nonprofit resource center for health care programs working with the uninsured.

Address: P.O. Box 66538, St. Louis, MO63166

Phone: 1-800-789-3880

Partnership for Prescription Assistance

The Partnership for Prescription Assistance brings together pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them. Some medications are free or at very low cost.

Phone: 1-888-477-2699

Website: www.pparx.org