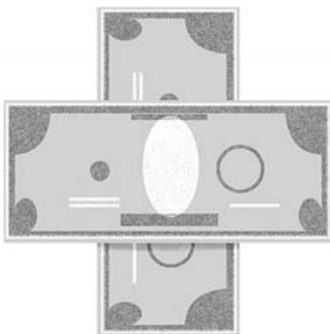


reasoning. Those hormones are suppressed by the Pill, encouraging the more general recall of right-brain thinkers.

12 Which health issue costs women the most money (in diagnosis and treatment) every year?

- (a) Incontinence
- (b) Breast cancer
- (c) The flu

Answer: (a). More than 38 percent of women suffer from urinary incontinence; these women pay more than \$20 billion per year to manage the condition. One way to reduce your risk: cut your coffee intake. Caffeine stimulates urine production and acts as a bladder irritant.



13 Which of these is an actual medical condition caused by a women's fashion trend?

- (a) Heavy Purse—it's
- (b) Tingling Thigh Syndrome
- (c) Stiletto Toe

Answer: (b). Skinny jeans are often to blame for Tingling Thigh Syndrome, a temporary condition that occurs when the nerve running across the outside of your thigh becomes compressed, causing your leg to feel as if it's gone to sleep, says Dr. Gary Gronseth, chief of neurology inpatient service at the University of Kansas Hospital. You might want to buy those jeggings one size up. **PA**

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Indications and usage

NovoLog® Mix 70/30 (70% insulin aspart protamine suspension and 30% insulin aspart injection, [rDNA origin]) is a man-made insulin that is used to control high blood sugar in adults with diabetes mellitus.

It is not known if NovoLog® Mix 70/30 is safe or effective in children.

Important safety information

Do not take NovoLog® Mix 70/30 if your blood sugar is too low (hypoglycemia) or if you are allergic to any of the ingredients in NovoLog® Mix 70/30. If you take too much NovoLog® Mix 70/30, your blood sugar may fall too low (hypoglycemia).

NovoLog® Mix 70/30 starts acting fast. If you have type 1 diabetes, inject it up to 15 minutes before you eat a meal. If you have type 2 diabetes, you may inject NovoLog® Mix 70/30 up to 15 minutes before or after starting your meal.

Check your blood sugar levels regularly. Ask your health care provider what your blood sugars should be and when you should check your blood sugar levels. Do not make any changes to your dose or type of insulin unless your health care provider tells you to. Alcohol, including beer and wine, may affect your blood sugar when you take NovoLog® Mix 70/30.

Before using NovoLog® Mix 70/30, tell your health care provider about all medicines you take and all of your medical conditions, including if you have kidney or liver problems or if you are pregnant or breastfeeding. It is not known if NovoLog® Mix 70/30 will harm your unborn baby or pass into breast milk. Your NovoLog® Mix 70/30 dose may change if you take other medicines.

Do not inject NovoLog® Mix 70/30 with any other insulin products or use in an insulin pump.

Do not share needles, insulin pens or syringes with others.

The most common side effects of NovoLog® Mix 70/30 include skin thickening or pits at the injection site (lipodystrophy), weight gain, swelling of your hands and feet, and vision changes. Serious adverse events may include low blood sugar (hypoglycemia), low potassium in your blood (hypokalemia), local allergic reactions at the injection site (like redness, swelling, and itching), and whole body reactions. Get medical help right away if you have any of these symptoms of an allergic

NovoLog® Mix 70/30 FlexPen®

70% insulin aspart protamine suspension and 30% insulin aspart injection, (rDNA origin)

reaction: a rash over the whole body, have trouble breathing, fast heart rate, sweating, or if you feel faint. Ask your health care provider or pharmacist for more information.

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.

Talk to your doctor about the importance of diet and exercise in your treatment plan.

Please see brief summary of Prescribing Information on next page.

*Once in use, NovoLog® Mix 70/30 FlexPen® must be kept at room temperature below 86°F for up to 14 days.

NovoLog® Mix 70/30 is a prescription medication.

Needles are sold separately and may require a prescription in some states.



Partnership for Prescription Assistance

If you need assistance with prescription drug costs, help may be available. Visit ppar.org or call 1-888-4PPA-NOW.

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- If primary coverage exists, input voucher information as secondary coverage and transmit using the COB segment of the NCPDP transaction. Applicable discounts will be displayed in the transaction response
- Not valid for patients participating in Medicare, Medicaid, or any other federal or state similar programs and where prohibited by law
- Not valid for secondary processing in Massachusetts
- For questions regarding claim transmission, call the McKesson helpdesk at 1-877-264-2440 (8:00 AM – 8:00 PM EST, Monday – Friday, excluding holidays)

*Off your first Novo Nordisk FlexPen® prescription. McKesson Specialty Arizona Inc – Scottsdale, AZ 85251 – Patent Pending.