



Keeping Your Hot Flashes and Night Sweats Under Control with Divigel®

Divigel® is designed to help you live more comfortably

- Divigel® has been proven to reduce the severity and frequency of moderate to severe hot flashes, including night sweats, associated with menopause.¹
- Divigel® contains estradiol — a synthetic estrogen derived from a plant source that is identical to the hormone produced by women’s ovaries.¹
- Divigel® offers the lowest approved dose of estradiol gel or lotion, 0.25 g (0.25 mg estradiol), for hot flashes, including night sweats.³⁻⁵
- Divigel® is absorbed through your skin and goes directly into your bloodstream, avoiding circulation through the liver, so it can be delivered at lower doses than hormone pills.^{1,6}

Track your hot flashes and night sweats

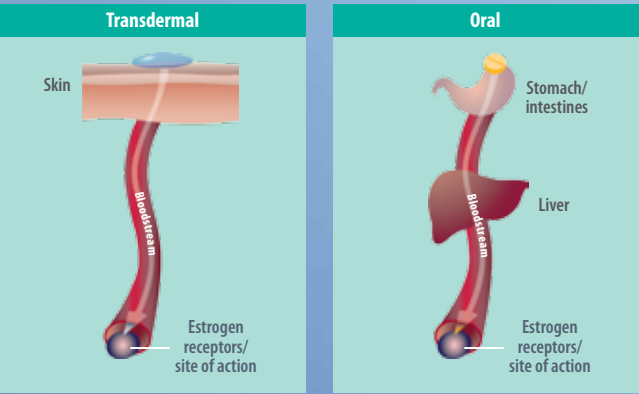
You may wish to keep track of your hot flashes and night sweats. This chart can help you track your progress. You may want to take it with you so you can discuss your progress with your healthcare provider at your next visit.

Over the first two months place a hash mark (#) in the column each day to record how many hot flashes and night sweats you have. You should gradually start to see them decrease.

For Example
Step one: For your first 4 hot flashes or night sweats (hot flashes at night) each day, place a hash mark (#) in the box below corresponding to the day of the week.
Step two: On your 5th occurrence, put a line through the 4 hash marks you created in step one, to indicate the 5th event.
Step three: Repeat step one and two as needed.
Step four: Total your hash marks at the end of the week.

Week 1							Weekly Total
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
###	###	###	###	###	###	###	43

The difference between transdermal and oral delivery^{6,7}



Helpful hints on getting the most out of your Divigel® therapy

- Every woman is unique and will respond to Divigel® differently. Many women will have significant relief from their hot flashes within the first 2 to 7 weeks.² Be patient. Continue using Divigel® as directed. It will take time for Divigel® or any estrogen to gradually improve your hot flashes.
- Stay in touch with your healthcare provider to ensure your treatment goals are being met.

Divigel® Savings

For more information on Divigel®’s Patient Savings Program visit www.divigel.com

Number of hot flashes and night sweats a day	Week 1							Weekly Total
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Week 2							Weekly Total
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Week 3							Weekly Total
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Week 4							Weekly Total	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Week 5							Weekly Total	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Week 6							Weekly Total	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Week 7							Weekly Total	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Week 8							Weekly Total	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		

Questions to ask your healthcare provider at your next visit

It's easy to forget the questions you want to ask your healthcare provider at your next visit. Write down your questions or anything you want to discuss and take this sheet with you. **If your questions are urgent, you should call your healthcare provider right away – and not wait until your next appointment.**

1. _____
2. _____
3. _____

For additional information or educational materials, visit:

- ◆ North American Menopause Society (NAMS) (Offers publication in Spanish)
www.menopause.org
- ◆ American College of Obstetricians and Gynecologists (ACOG)
www.acog.org
- ◆ American Association of Clinical Endocrinologists (AACE)
www.aace.com
- ◆ Food and Drug Administration
US Department of Health and Human Services
www.fda.gov/womens/default.htm
- ◆ National Women's Health Resources Center
www.healthywomen.org
- ◆ Upsher-Smith Laboratories, Inc.
www.divigel.com



To receive a free Divigel® Travel Compact
Visit: www.divigel.com

For more information on Divigel®,
please visit www.divigel.com or call 1-800-654-2299

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103184.02

Use this reminder for your next Divigel® refill and appointment with your healthcare provider.

I will refill my Divigel® prescription on: _____
(insert date)

I will visit my Divigel® provider on: _____
(insert date and time)

Important Safety Information

The following are not all the possible risks for Divigel®. Please read the Full Prescribing Information and talk to your healthcare provider.

Estrogens increase the chance of getting cancer of the uterus. Report any unusual vaginal bleeding right away while you are taking estrogens. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find out the cause. In general, the addition of a progestin is recommended for women with a uterus to reduce the chance of getting cancer of the uterus.

Do not use estrogens, with or without progestins, to prevent heart disease, heart attacks, or strokes. Using estrogens, with or without progestins, may increase your chance of getting heart attacks, strokes, breast cancer, and blood clots.

Do not use estrogens, with or without progestins, to prevent dementia. Using estrogens, with or without progestins, may increase your risk of dementia.

Do not use estrogen products, including Divigel®, if you have unusual vaginal bleeding, currently have or have had certain cancers, had a stroke or heart attack in the past year, currently have or have had blood clots, currently have or have had liver problems, are allergic to any Divigel® ingredients, or think you may be pregnant.

The most common side effects for all estrogen products are headache, breast pain, irregular vaginal bleeding or spotting, stomach/abdominal cramps and bloating, nausea and vomiting, and hair loss. The less common but serious side effects include breast cancer, cancer of the uterus, stroke, heart attack, blood clots, dementia, gallbladder disease and ovarian cancer.

In Divigel® clinical trials, the most common side effects were inflammation of the nasal passages and pharynx, upper respiratory tract infection, vaginal yeast infection, breast tenderness and vaginal bleeding. Call your healthcare provider right away if you have any symptoms that concern you.

Estrogen products should be used at the lowest dose possible for your treatment and only as long as needed. You and your healthcare provider should talk regularly about whether you still need treatment with Divigel®.

References

1. Divigel® [package insert]. Minneapolis, MN: Upsher-Smith Laboratories, Inc; 2007.
2. Hedrick RE, Ackerman RT, Koltun WD, et al. Transdermal estradiol gel 0.1% for the treatment of vasomotor symptoms in postmenopausal women. *Menopause*. 2009; 16(1):132-140.
3. EstroGel® [package insert]. Herndon, VA: Ascend Therapeutics, Inc; 2007.
4. Elestrin® [package insert]. Lincolnshire, IL: BioSante Pharmaceuticals, Inc; 2007.
5. Estrasorb® [package insert]. Bristol, TN: Graceway Pharmaceuticals, LLC; 2008.
6. AACE Menopause Guidelines Revisions Task Force. American Association of Clinical Endocrinologists medical guidelines for clinical practice for the diagnosis and treatment of menopause. *Endor Pract*. 2006; 12:315-337.
7. Minkin MJ. Considerations in the choice of oral vs. transdermal hormone therapy. *J Reprod Med*. 2004; 49(4):311-320.