



Consider an alternative to daily estrogen pills.

LEARN MORE INSIDE.



How can I take control of my hot flashes?



Can a hysterectomy cause menopause?



Could estrogen therapy be right for me?

Get answers to questions like these inside and take a **menopause self assessment** to share with your doctor at your next appointment.

Or, visit www.vivelledot.com to learn more about menopause, estrogen therapy, and hysterectomy.

VIVELLE dot[®]
(estradiol transdermal system)
0.025, 0.0375, 0.05, 0.075, 0.1 mg/day

**The #1 prescribed
transdermal estrogen therapy¹**

**Please see important safety information on page 14
and full Prescribing Information for Vivelle-Dot.**

Reference: 1. IMS Health, National Prescription Audit Plus™,
December 2008.

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Novartis Pharmaceuticals Corporation
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PHARMACEUTICALS

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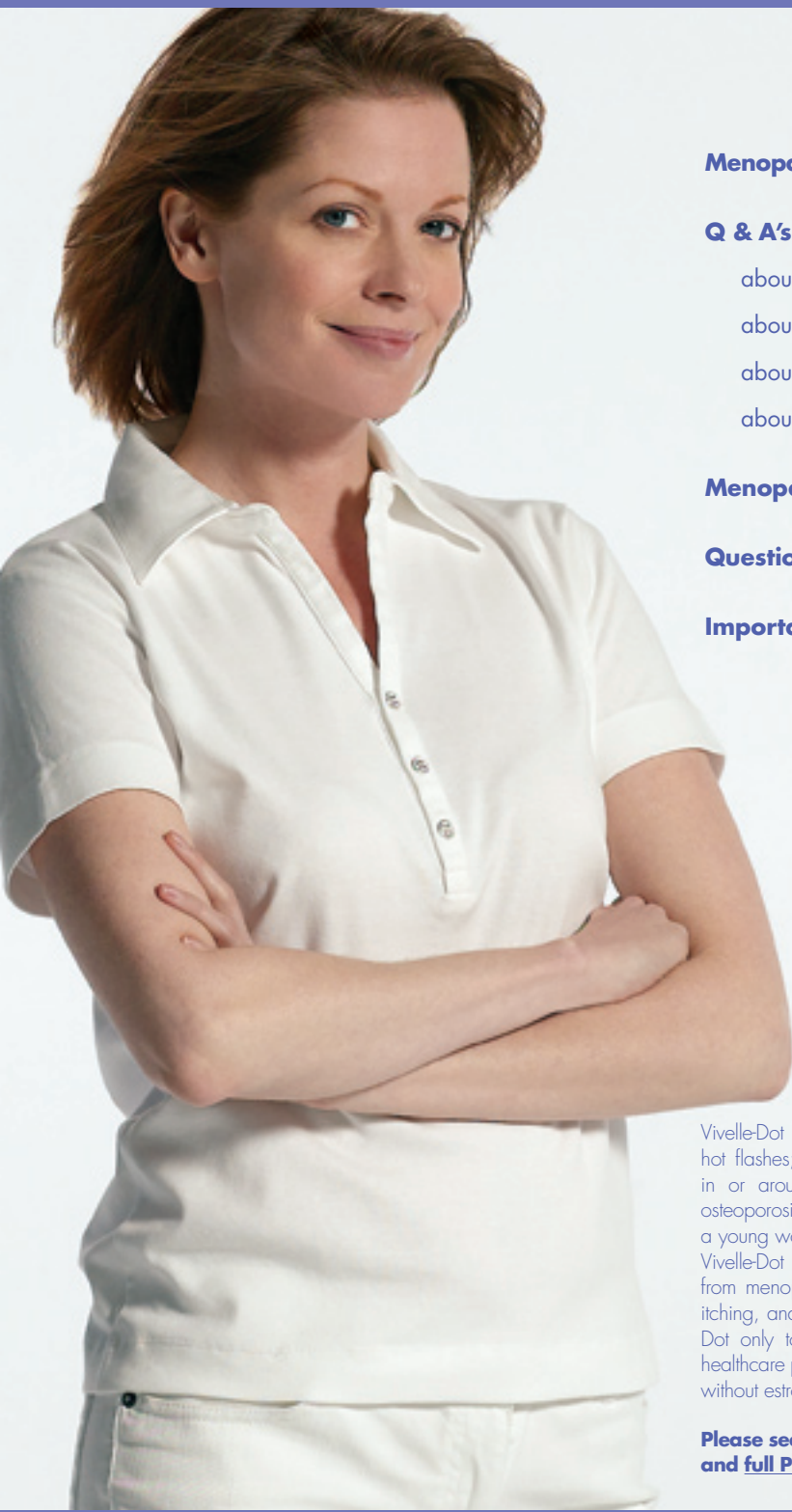
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Q & A

**Frequent questions and answers about
NATURAL & SURGICAL
MENOPAUSE, AND
ESTROGEN THERAPY**

This brochure is provided to help you understand menopause. It is not intended to replace or influence your healthcare professional's clinical evaluation of your condition or his or her treatment recommendation. Information in this brochure only represents general points to consider and is not meant to be comprehensive.



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Vivelle-Dot is used after menopause to: reduce moderate to severe hot flashes; treat moderate to severe dryness, itching, and burning in or around the vagina; help reduce your chances of getting osteoporosis (thin weak bones); and treat certain conditions in which a young woman's ovaries do not produce enough estrogens naturally. Vivelle-Dot 0.025 mg/day is only used to prevent osteoporosis from menopause. If you use Vivelle-Dot only to treat your dryness, itching, and burning in and around your vagina or if you use Vivelle-Dot only to prevent osteoporosis from menopause, talk with your healthcare professional about whether a different treatment or medicine without estrogens might be better for you.

Please see important safety information on page 14 and full Prescribing Information for Vivelle-Dot.



Menopause: a time of changes and choices

There's been a major change in attitude about menopause in the past decades. No longer something to be whispered about, menopause is a subject discussed openly as women have become proud of their age and more accepting of their bodies' natural changes.

However, while increasing openness and discussion about menopause is a welcome change, an overload of conflicting information and advice may leave you feeling more confused than informed. If you are considering estrogen therapy (ET), it is important to get the facts, weigh the risks and benefits, and communicate openly with your doctor.

Estrogens increase the chances of getting cancer of the uterus (womb). 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 chances of getting heart attacks, strokes, breast cancer, and blood clots. Using estrogens with progestins may increase your risk of dementia (decline in memory and thinking skills).

Please see important safety information on page 14 and [full Prescribing Information for Vivelle-Dot](#).

This brochure is designed to help you understand the causes of menopause and how it may affect your life. But more importantly, the questions and answers on these pages are meant to empower you to talk with your doctor to decide if you need an estrogen therapy treatment, and to determine the type of estrogen therapy that's right for you. One important decision if you decide to take ET will be how you'll take estrogen therapy—today, a daily pill isn't your only option!

This brochure also provides you with information about Vivelle-Dot® (estradiol transdermal system)—the #1 prescribed estrogen therapy patch.¹ Vivelle-Dot delivers estradiol, a form of estrogen similar to your body's own, to reduce moderate to severe hot flashes, treat dryness, itching and burning in or around the vagina, and reduce your chances of getting postmenopausal osteoporosis.

Vivelle-Dot is used after menopause to: reduce moderate to severe hot flashes; treat moderate to severe dryness, itching, and burning in or around the vagina; help reduce your chances of getting osteoporosis (thin weak bones); and treat certain conditions in which a young woman's ovaries do not produce enough estrogens naturally. Vivelle-Dot 0.025 mg/day is only used to prevent osteoporosis from menopause. If you use Vivelle-Dot only to treat your dryness, itching and burning in and around your vagina or if you use Vivelle-Dot only to prevent osteoporosis from menopause, talk with your healthcare professional about whether a different treatment or medicine without estrogens might be better for you.

Q What is natural menopause?

A woman's ovaries produce estrogen, primarily in the form of estradiol. Estradiol helps to develop and regulate the reproductive system, and plays an important role in growth and development. Menopause, also known as "change of life," occurs when the ovaries stop producing estrogen, causing the reproductive system to cease functioning. Menopause is confirmed when 12 months have passed since a woman's last menstrual period.

The most common symptom of menopause—and the easiest to recognize—is the hot flash (a sudden wave of heat and sweat). Other symptoms include night sweats and associated sleep disturbances, and dryness and itching and burning in and around the vagina.

Q What is surgical menopause?

Some women enter menopause as a result of surgery. Removal of your uterus (hysterectomy) and ovaries (oophorectomy) will initiate menopause at any age. Premenopausal women who have their uterus, cervix and ovaries removed (called a total, or complete, hysterectomy) will go into menopause right away. Their periods will stop, and they may experience more severe, more frequent and longer-lasting hot flashes.

Depending on your age, removal of the uterus alone, although stopping menstruation, does not cause menopause because the ovaries produce hormones, not the uterus. However, women who have only the uterus removed may experience menopause sooner, depending on ovarian function before the hysterectomy.

It's important to note that the experience of menopause—whether natural or surgical—is different for every woman.

Please see important safety information on page 14 and full Prescribing Information for **Vivelle-Dot®** (estradiol transdermal system).

Q What can I do to relieve menopause symptoms?

The following symptoms, when moderate to severe, are treatable with estrogen therapy:

- Hot flashes
- Night sweats, which are hot flashes with drenching perspiration that occur at night
- Dryness, irritation, and tenderness in and around the vagina that may make sexual intercourse painful

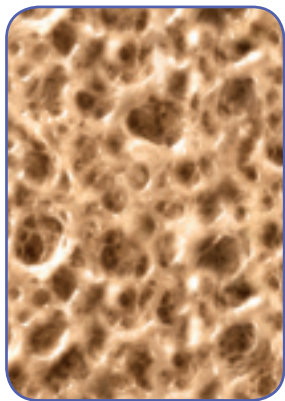
To treat these symptoms, your doctor may suggest estrogen therapy. However, if you use estrogen therapy only to treat dryness, itching and burning in and around your vagina, talk with your healthcare professional about whether a different treatment or medicine without estrogens might be better for you.

Q What is postmenopausal osteoporosis?

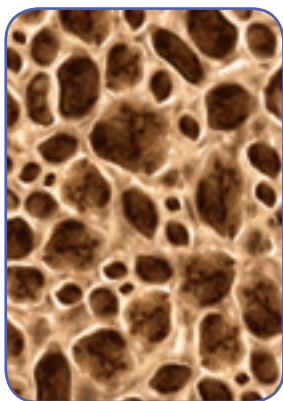
Osteoporosis, or thin weak bones, is a major health concern after menopause. Bone density reaches its peak by the age of 30. After that, bone loss occurs gradually, and at 2 to 3 years before menopause the loss accelerates to 2% per year. Women receiving no estrogen therapy can lose about 20% of their bone mineral density (BMD) during the first 10 years after menopause.

While not all osteoporosis is due to menopause, menopause is a common cause for thinning bones. In fact, most women who have gone through menopause have low bone mass. Both natural and surgically induced menopause raise the risk of osteoporosis.

Estrogens increase the chances of getting cancer of the uterus (womb). 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 chances of getting heart attacks, strokes, breast cancer, and blood clots. Using estrogens with progestins may increase your risk of dementia (decline in memory and thinking skills).



Microscopic view of healthy bone



Microscopic view of thinning bone

What steps can I take to prevent postmenopausal osteoporosis?

Your healthcare professional may suggest ET for the prevention of postmenopausal osteoporosis. That's because, in addition to addressing the symptoms of menopause, such as hot flashes, ET can also help to protect your bones from postmenopausal osteoporosis. All doses of Vivelle-Dot® (estradiol transdermal system) are approved for the prevention of postmenopausal osteoporosis. Vivelle-Dot 0.025 mg/day patch is only used to prevent osteoporosis from menopause; however, if you use estrogen therapy such as Vivelle-Dot only to prevent osteoporosis from menopause, talk with your healthcare professional about whether a different treatment or medicine without estrogen might be better for you.

In addition to estrogen therapy or other medications, your healthcare professional may suggest weight-bearing exercise and a diet high in calcium and vitamin D to help reduce the risk of osteoporosis. Talk to your doctor before beginning any exercise regimen or changing your diet.

The most common side effects that may occur with Vivelle-Dot are headache, breast tenderness, and back pain.

Please see important safety information on page 14 and full Prescribing Information for Vivelle-Dot.

Estrogen therapy: What are my options?

There are different types of estrogen therapy. The type of treatment that is right for you depends upon your medical history, the type of menopausal symptoms that you have, and the severity of those symptoms. Lifestyle considerations may also be important, such as whether you prefer medication that is derived from a plant or animal source, or whether you prefer taking daily pills or a less frequent ET option.

Before deciding on any course of treatment, it's important to evaluate the risks and benefits. Consult with your doctor to see if estrogen therapy is right for you.

Estrogen therapy may be taken orally, transdermally (through the skin), or vaginally to treat menopausal symptoms. Certain therapies, like Vivelle-Dot, are available in multiple dosage strengths to allow physicians to customize treatment for each patient.

Prescription options for estrogen therapy include:

- **Pills**—taken daily by mouth
- **Patches**—applied once or twice weekly to the abdomen below waistline
- **Topicals**—applied directly to the skin on a daily basis
- **Vaginal ring**—about 2 inches in diameter and is inserted every 3 months by the woman

In recent years more and more women have been turning to transdermal ET options, such as Vivelle-Dot. Vivelle-Dot is used after menopause to relieve moderate to severe menopausal symptoms such as hot flashes, and dryness, itching, and burning in or around the vagina. Vivelle-Dot is also used to prevent postmenopausal osteoporosis. If you use Vivelle-Dot only to prevent osteoporosis from menopause, talk with your healthcare professional about whether a different treatment or medicine without estrogens might be better for you.

Estrogens increase the chances of getting cancer of the uterus (womb). 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 chances of getting heart attacks, strokes, breast cancer, and blood clots. Using estrogens with progestins may increase your risk of dementia (decline in memory and thinking skills).

Q What's so special about Vivelle-Dot®?

Vivelle-Dot provides effective menopause symptom relief by delivering a consistent flow of estradiol, a form of estrogen similar to your body's own, to your bloodstream through your skin.

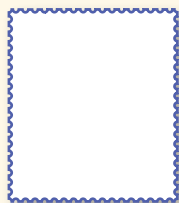
Vivelle-Dot is unique in that it is the smallest estrogen therapy patch in the world. It's so small and thin, you probably won't notice that you're wearing it. Vivelle-Dot uses a patented technology that allows it to stay on even during bathing, swimming or exercise.

Try it out!

See for yourself how small and comfortable Vivelle-Dot is to wear! For a free non-medicated sample, [click here](#).

0.05 mg/day patch

standard postage stamp



**The #1 prescribed
transdermal estrogen therapy¹**

Vivelle-Dot should not be used if you have unusual vaginal bleeding; currently have or have had certain cancers, including cancer of the breast or uterus; have had a stroke or heart attack in the recent past (for example, in the past year); currently have or have had blood clots; currently have or have had liver problems; or think you may be, or know that you are, pregnant.

Q How is Vivelle-Dot different from estrogen pills?

Vivelle-Dot achieves effective hormone levels with smaller total doses compared to pills. That's true in part because the estrogen in Vivelle-Dot passes directly through the skin and into your bloodstream, avoiding the digestive tract and liver metabolism. This does not mean that Vivelle-Dot is safer or more effective than estrogen pills.

Q Will Vivelle-Dot fit into my lifestyle?

Not only is Vivelle-Dot the smallest patch, it also has a lot of other features that make it easy to use:

- Stays on even while you're bathing, swimming or exercising
- Low incidence of skin irritation
- Change only twice a week, such as every Sunday/Wednesday

Q Where does the estrogen in Vivelle-Dot come from?

For women interested in the source of estrogen in their therapy, the estrogen in Vivelle-Dot is chemically synthesized from a plant source. This does not mean that Vivelle-Dot is safer or more effective than other hormone therapies.

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Please see important safety information on page 14 and [full Prescribing Information for Vivelle-Dot](#).

Q How do I get Vivelle-Dot®?

Vivelle-Dot is available by prescription only and is covered with a low copay by most healthcare plans. Talk to your healthcare professional to find out if Vivelle-Dot may be right for you.

Q How often do I need to change Vivelle-Dot?

Unlike daily pills and topical ET treatments, you only need to change it twice a week.

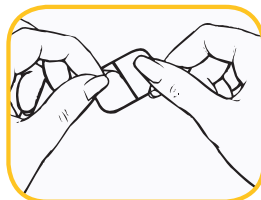
- There is a calendar printed on the inside cover of the box of Vivelle-Dot patches
- Mark the days you want to change the patch, such as Sunday/Wednesday, and then change your patch on those same 2 days every week



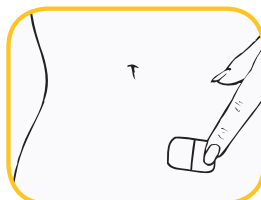
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Q Where and how do I apply Vivelle-Dot?

Vivelle-Dot should be applied to the lower abdomen (stomach), on clean (freshly washed), dry, cool skin that is free of powder, oil, moisturizer, or lotion. Area should be free of cuts and/or irritations (rashes or other skin problems). DO NOT APPLY TO YOUR BREASTS.



- Remove adhesive liner



- Place below the waist on the lower abdomen



- Smooth down the patch
- Alternate between sides of the lower abdomen when changing the patch

In the rare event that the patch should come off, just put the same patch back on a different site. When changing your patch, based on your twice-a-week schedule, apply your new patch to a different site. Do not apply a new patch to that same area for at least one week.

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Menopause symptoms self assessment

No two women are alike, and neither are their menopausal symptoms. To some, menopausal symptoms may be only a minor distraction. For others, it may disrupt everyday activities, disturb sleep patterns, and cause tiredness and irritability, especially if left untreated over time.

The questions below can help you gauge how menopause symptoms affect you. Fill them out and discuss your answers with your healthcare professional to determine how to manage any symptoms you may be experiencing.

Hot Flashes

1. Do you experience hot flashes (a sudden wave of heat)?
 Yes No
2. If so, how often do you experience them?
 Several times per day A few times per month
 Several times per week Rarely
3. If you experience hot flashes, how severe are they?
 Severe Moderate Mild

Night Sweats

1. Do you experience night sweats?
 Yes No
2. If so, how often do you experience them?
 Every night A few times per month
 Several times per week Rarely
3. If you experience night sweats, how severe are they?
 Severe Moderate Mild
4. Are they severe enough that they disturb your sleep?
 Yes No

Vaginal Dryness, Itching and Burning

1. Do you experience vaginal dryness, itching and/or burning?
 Yes No
2. If so, does it cause discomfort during sexual intercourse?
 Yes No
3. If you experience vaginal dryness, itching and burning, how severe is it?
 Severe Moderate Mild

Please see important safety information on page 14 and full Prescribing Information for Vivelle-Dot.

What questions should I ask my healthcare professional?

After reading this brochure, you've probably learned something about menopause—but it is no substitute for speaking with your healthcare provider.

Here are some questions you may be considering:

...about menopause

- What should I expect?
- Should I have an exam to make sure my symptoms aren't caused by other health issues?
- Where can I get more information?

...about treatment

- What treatments are available to help my symptoms?
- Am I a candidate for estrogen therapy?
- What are the risks and benefits of estrogen therapy?
- What is the difference between transdermal therapy and therapy with pills?
- Am I a candidate for transdermal therapy?
- Is one therapy safer than another?
- If I choose estrogen therapy, how long should I take it?
- Would a healthier lifestyle such as proper diet, exercise, sleep, or reducing stress help reduce my symptoms?

...about osteoporosis

- What is my risk for postmenopausal osteoporosis?
- What therapies are available to help prevent postmenopausal osteoporosis?

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What is the most important information I should know about Vivelle-Dot® (an estrogen hormone)?

Estrogens increase the chances of getting cancer of the uterus (womb). 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).

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 chances of getting heart attacks, strokes, breast cancer, and blood clots. Using estrogens with progestins may increase your risk of dementia (decline in memory and thinking skills).

Vivelle-Dot should not be used if you have unusual vaginal bleeding; currently have or have had certain cancers, including cancer of the breast or uterus; had a stroke or heart attack in the recent past (for example, in the past year); currently have or have had blood clots; currently have or have had liver problems; or think you may be, or think that you may be, or know that you are, pregnant.

The most common side effects that may occur with Vivelle-Dot are headache, breast tenderness, and back pain.

You and your healthcare professional should talk regularly about whether you still need treatment with Vivelle-Dot.

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.

