

This information is brought to you by:

Nitrolingual®
Pumpspray
(nitroglycerin lingual spray)
0.4 mg nitroglycerin per spray
www.nitrolingual.com



Not Actual Size

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.

Ask your healthcare professional if Nitrolingual is right for you.

Please see full Prescribing Information enclosed.

What is Angina?³

Angina (an-JI-nuh or AN-juh-nuh) is chest pain or discomfort that occurs if an area of your heart muscle doesn't get enough oxygen-rich blood.

Angina may feel like pressure or squeezing in your chest. The pain also can occur in your shoulders, arms, neck, jaw, or back. Angina pain may even feel like indigestion. Angina isn't a disease; it's a symptom of an underlying heart problem. Angina usually is a symptom of coronary heart disease (CHD).

CHD is the most common type of heart disease in adults. It occurs if a waxy substance called plaque (plak) builds up on the inner walls of your coronary arteries. These arteries carry oxygen-rich blood to your heart.

Types of Angina

Stable Angina is the most common type of angina. It occurs when the heart is working harder than usual. Stable angina has a regular pattern. ("Pattern" refers to how often the angina occurs, how severe it is, and what factors trigger it.)

If you have stable angina, you can learn its pattern and predict when the pain will occur. The pain usually goes away a few minutes after you rest or take your angina medicine.

Stable angina isn't a heart attack, but it suggests that a heart attack is more likely to happen in the future.

Unstable Angina doesn't follow a pattern. It may occur more often and be more severe than stable angina.

Unstable angina also can occur with or without physical exertion, and rest or medicine may not relieve the pain. Unstable angina is very dangerous and requires emergency treatment. This type of angina is a sign that a heart attack may happen soon.

What Is Holding You Back?

Barriers	Solution Examples
Time	Make being active a priority. Find some flex time in the mornings or evenings.
Disability	Consult with your physician or nurse to find out what activities would be best to get you started.
Access to Cardiac Rehab Center	Walk the dog around the neighborhood. Find alternatives to traditional exercise.
No Activity Buddy	Join your local Cardiac Rehab Center.
Lack of Motivation	Choose an activity that you enjoy. Find an activity buddy.
Afraid	Start slowly to build your confidence and fitness level.

References:

- 1 Cleveland Clinic, Diseases and Conditions, Activity Guidelines: http://my.clevelandclinic.org/disorders/heart_failure/hic_heart_failure_exercise_activity_guidelines.aspx; accessed on 10/10/11.
- 2 Franklin BA, et al. Cardiac rehabilitation and secondary prevention of coronary heart disease: An American Heart Association scientific statement from the Council on Clinical Cardiology and the Council on Nutrition, Physical Activity, and Metabolism, in collaboration with the American Association of Cardiovascular and Pulmonary Rehabilitation. *Circulation*. 2005;111:369-376.
- 3 National Heart, Lung and Blood Institute, Health Topics, Angina: <http://www.nhlbi.nih.gov/health/health-topics/topics/angina/>; accessed on 10/10/11.
- 4 Data on file at Espero Pharmaceuticals.
- 5 Wittig T, Beuscher N, et al. Increased physical performance following administration of glycerol trinitrate in spray form. *Fortschritte der Medizin*. 1999;117 (III):109-113.
- 6 2008 Physical Activity Guidelines for Americans, US Department of Health and Human Services, www.health.gov/paguidelines; accessed on 11/03/11.
- 7 World Heart Federation and the Preventive Cardiovascular Nurses Association, Sidney C. Smith, Jr, et al. AHA/ACCF secondary prevention and risk reduction therapy for patients with coronary and other atherosclerotic vascular disease: 2011 update: A guideline from the American Heart Association and American College of Cardiology Foundation. *J Am Coll Cardiol*. Published online Nov 3, 2011; doi:10.1016/j.jacc.2011.10.824.

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Staying Active With Angina:

A Resource for Patients

Why Should I Be More Active?¹



Regular exercise has multiple benefits. Exercise, especially aerobic exercise, can:

- Strengthen your heart and cardiovascular system
- Reduce your heart disease risk factors, such as high blood pressure and being overweight
- Improve your circulation and help the body use oxygen better
- Help reduce stress, tension, anxiety, and depression
- Improve sleep
- Make you look fit and feel healthy

Effects of Exercise-Based Cardiac Rehabilitation on Mortality Rates²

Death Rates

DEATH FROM ALL CAUSES ↓ 20% P=0.005

CARDIAC-RELATED DEATH ↓ 26% P=0.002

Percentage of difference between exercise-trained and usual-care control group is based on a meta-analysis of 48 randomized trials with a total of 8,940 patients.

Afraid to Get Started? You Are Not Alone.

- 74% of patients are afraid to exercise after experiencing a cardiac event⁴
- 85% of patients would exercise if they knew their angina medication could be used as a preventive measure before exercise⁴



Nitrolingual® Pumpspray (nitroglycerin lingual spray) improves patients' exercise tolerance, while addressing the acute symptoms of angina pectoris.⁵

In a study of patients who had previously experienced a cardiac event (n=51), Nitrolingual Pumpspray 0.4mg:

- **Increased time-to-onset of angina versus placebo spray**
- **Increased maximum exercise duration versus placebo spray**

Indications and Usage:

Nitrolingual® Pumpspray is indicated for acute relief of an attack or prophylaxis of angina pectoris due to coronary artery disease.

Important Safety Information

Nitrolingual Pumpspray should not be used if you are allergic to nitroglycerin or if you are using medications for erectile dysfunction such as avanafil, sildenafil, vardenafil, or tadalafil. Using Nitrolingual Pumpspray with these products may cause low blood pressure (hypotension), fainting, or heart attack.

Nitrolingual Pumpspray should not be used if you have anemia.

Nitrolingual Pumpspray should not be used in patients with increased intracranial pressure. Talk to your doctor if you had a cerebral hemorrhage or traumatic brain injury before taking Nitrolingual Pumpspray.

You might develop a tolerance to this drug or to other nitrates and nitrites. Only the smallest number of doses required for effective relief of the acute angina attack should be used.

You should use nitroglycerin with caution in the early days after a heart attack and it may aggravate the angina caused by a condition known as hypertrophic cardiomyopathy. Increased hypotension, mainly when standing upright, may occur even with small doses of nitroglycerin and may result in slow heart beat and increased angina. It should be used with caution if you are dehydrated due to drug therapy or if you have low blood pressure.

Headache is the most reported side effect and may be severe and persistent. Other side effects that have been reported are dizziness, numbness and tingling of the skin, drowsiness, nausea, increased heart rate.

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Some Physical Activity Is Better Than None.⁶

For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.



Consider the Following Questions When Choosing a Physical Activity¹

- **What physical activities do I enjoy?**
- **Do I prefer group or individual activities?**
- **What programs best fit my schedule?**
- **Do I have physical conditions that limit my choice of exercise?**
- **What goals do I have in mind? (losing weight, strengthening muscles or improving flexibility, for example)**

What Type of Activity Is Best for You?

Exercise can be divided into three basic types:¹

- Stretching
- Cardiovascular or aerobic
- Strengthening

How Often Should I Exercise?

30–60 minutes 5–7 days a week⁷

Consult with your physician before engaging in a physical activity to ensure it is safe and appropriate for your condition based upon a risk assessment.

Examples of Aerobic and Muscle-Strengthening Physical Activities for Older Adults⁶

Aerobic

- Walking
- Dancing
- Swimming
- Water aerobics
- Bicycle riding
- Some activities of gardening
- Tennis
- Golf

Muscle-Strengthening

- Exercises using exercise bands, weight machines, hand-held weights
- Calisthenic exercises
- Digging, lifting, and carrying as part of gardening
- Carrying groceries