

Healthy Starts:

**Help manage your high LDL
cholesterol and/or type 2 diabetes
with Welchol™ (colesevelam HCl)**



*Please see important information
on pages 10–11.*

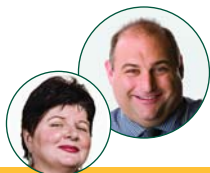
*Please see enclosed full product
information for Welchol.*

 **Welchol**^{TABLETS}[™]
(colesevelam HCl)

Your physician has prescribed Welchol™ (colesevelam HCl) as part of a treatment program to help lower your “bad” cholesterol, known as LDL cholesterol, and/or blood glucose. Your physician may recommend some lifestyle changes and other medications as well. It is important to always follow your physician’s instructions.

This brochure provides information to help you reach your bad cholesterol and/or blood glucose goals. It is divided into sections and will help you:

- ▲ Learn about high LDL cholesterol
- ▲ Learn about high blood glucose (HbA1-c)
- ▲ Learn how to get the most out of Welchol



What is the role of cholesterol in the body?

In the body, cholesterol is important for many functions, such as digesting food, building cells, and keeping tissues healthy.¹ Your liver generally makes all the cholesterol that you need, but you also get cholesterol from food.¹

What is bad cholesterol?

Your blood has bad cholesterol. Too much LDL-C can clog your arteries, blocking blood flow to vital organs like the heart.¹

Why is it important to treat my high cholesterol?

When too much bad cholesterol circulates in the blood, it can build up in the inner walls of your arteries. This buildup, called *plaque*, is a thick, hard deposit that can narrow the arteries and make them less flexible.¹ Over time, plaque can block an artery that supplies blood to your heart or brain. If plaque completely blocks the artery, then a heart attack or stroke can result.¹

Welchol has not been shown to prevent heart disease or heart attacks.



What can I do to help lower my cholesterol?

What can I do to manage my bad cholesterol?

Work with your physician, nurse, pharmacist, or other healthcare provider to monitor your cholesterol level. If your bad cholesterol levels are too high, diet and lifestyle changes can help you manage your cholesterol and keep it down.

The following pointers will help you stay healthy and promote low cholesterol²: Make sure to stick to a heart-healthy diet. Stay physically active and maintain a healthy weight. If you are a smoker, consider quitting; if you are not a smoker, do not start.

If you have been prescribed cholesterol medicine, take it as prescribed, and don't forget to follow any other recommendations your physician may have.

Welchol™ (colesevelam HCl) has not been shown to prevent heart disease or heart attacks.

Learn about high blood glucose

What is high blood glucose?

Blood glucose is the main sugar found in the blood and is the body's main source of energy.³ When you have type 2 diabetes, your body has trouble using blood glucose. An organ called the *pancreas* controls the amount of glucose in the blood.⁴ The pancreas makes insulin, which helps glucose go from the foods you eat into your cells. In a person with type 2 diabetes, the pancreas makes little or no insulin or the cells don't use insulin efficiently. As a result, the level of glucose in your blood becomes too high. Over time, high blood glucose causes problems.

One of the ways your physician measures your blood glucose is the hemoglobin (Hb) A1-c test—or A1C, for short.³ It shows your average blood glucose level over the last 3 months. This test is the best way to learn your overall blood glucose control during this period of time. Measuring your fasting plasma glucose (FPG) is another test that your physician can perform to measure your blood glucose.⁵



⁴ Please see important information on pages 10–11.

⁵ Please see enclosed full product information for Welchol.

Why is it important to treat my high blood glucose?

Type 2 diabetes is a serious condition. You may have heard people say they have “a touch of diabetes” or “my sugar is a little high.” These words suggest that type 2 diabetes is not a serious disease. That is not correct. Type 2 diabetes is associated with many serious health problems⁶:

People with type 2 diabetes need to make healthy food choices, stay at a healthy weight, and be physically active every day. Taking good care of yourself and your type 2 diabetes can help you feel better.

What can I do to help lower my blood glucose?

People with type 2 diabetes may avoid the long-term consequences of the disease, such as heart attack and stroke, by taking good care of themselves. When you have type 2 diabetes, you need to eat healthy food, control your weight, stay active, and take your medications.⁶

In addition to a healthy diet and exercise, your physician has prescribed Welchol™ (colesevelam HCl), along with one or more additional medications, to help you manage your blood glucose level. It is important to take these medications every day, even when you are feeling well. For more information about Welchol and how it can help you, please go to page 8.

The power to manage your type 2 diabetes is in your hands. It's important to reach the goals set by you and your physician. With diet, exercise, and the right medications, you can make changes that can help you succeed!

Welchol has not been shown to prevent heart disease or heart attacks.



Why has my physician prescribed Welchol?

Welchol is a prescription medication for people whose LDL-C, the bad cholesterol, is too high, despite diet and exercise. Welchol can also be used to improve blood glucose control in adults with type 2 diabetes who are already taking at least one other medication for blood glucose.

Welchol can be prescribed alone or with other cholesterol-lowering medications to lower LDL-C. When used with a statin, Welchol helps lower LDL-C more than a statin alone.

Your physician may also prescribe Welchol together with certain other type 2 diabetes medicines to help control blood glucose. When used with metformin, a sulfonylurea, or insulin, Welchol has been shown to lower blood glucose more than these individual medications alone.

Welchol has not been shown to prevent heart disease or heart attacks.

How do I take Welchol?

Welchol should be taken as directed by your physician. Welchol is dosed at 6 tablets per day (either as 3 tablets twice daily, or 6 tablets once daily, taken with meals and a liquid). Although 6 pills may seem like a lot, keep in mind that Welchol is a safe way to effectively lower your bad cholesterol and/or blood glucose. Unlike other cholesterol or type 2 diabetes medications, Welchol does not enter your bloodstream. Your liver or kidneys are not needed to make Welchol work or to remove Welchol from your body. Taking Welchol as prescribed by your physician gives you an opportunity to help reach your LDL-C and/or blood glucose goals.



Important information about Welchol™ (colesevelam HCl)

Welchol lowers LDL or "bad" cholesterol along with diet and exercise. It can be taken alone or with other cholesterol-lowering medications known as statins.

Welchol, along with diet and exercise, also lowers blood sugar levels in patients with type 2 diabetes mellitus when added to other antidiabetic medications (metformin, sulfonylureas, or insulin).

Ask your doctor if Welchol is right for you.

Welchol is not for everyone, especially those with intestinal blockage, those with blood triglyceride levels of greater than 500 mg/dL, or a history of pancreatitis (inflammation of the pancreas) due to high triglyceride levels.

Welchol has not been shown to prevent heart disease or heart attacks.

Tell your doctor if you have high triglycerides (greater than 300 mg/dL).

Tell your doctor if you have stomach or intestinal problems, including gastroparesis (when the stomach takes too long to empty its contents), abnormal contractions of the digestive system, major gastrointestinal tract surgery, or if you have trouble swallowing.

Tell your doctor if you have vitamin A, D, E, or K deficiencies.



Welchol has known interactions with glyburide (a drug for diabetes), levothyroxine (a drug used to treat an underactive thyroid) and certain oral contraceptives. Welchol has not been studied with all combinations of drugs and supplements. Please tell your doctor about all medications and supplements you may be taking before beginning Welchol, as your doctor may tell you to take your other medications and supplements 4 hours before taking Welchol.

Remember to tell your doctor if you are pregnant, plan to become pregnant, or are breastfeeding.

In patients with high LDL ("bad" cholesterol) side effects that occurred greater than placebo (a "sugar" pill) were constipation (11.0% vs. 7.0%), indigestion (8.3% vs. 3.5%), nausea (4.2% vs. 3.9%), accidental injury (3.7% vs. 2.7%), weakness (3.6% vs. 1.9%), sore throat (3.2% vs. 1.9%), flu-like symptoms (3.2% vs. 3.1%), runny nose (3.2% vs. 3.1%) and muscle aches (2.1% vs. 0.4%).

In patients with Type 2 Diabetes side effects that occurred greater than placebo were constipation (8.7% vs. 2.0%), inflamed nasal passages and throat (4.1% vs. 3.6%) indigestion (3.9% vs. 1.4%), low blood sugar (3.0% vs. 2.3%), nausea (3.0% vs. 1.4%) and high blood pressure (2.8% vs. 1.6%).

 **Welchol** TABLETS™
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References:

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Please see important information on pages 10–11.

Please see full product information for Welchol™ (colesevelam HCl) provided in each box.

**Please visit our Web site at:
www.welchol.com**



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