



Spiriva[®] HandiHaler[®]
(tiotropium bromide inhalation powder)

DO NOT SWALLOW SPIRIVA CAPSULES
FOR ORAL THERAPY ONLY.
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INDICATIONS AND USAGE
SPIRIVA HandiHaler is indicated for the long-term, once-daily, maintenance treatment of bronchospasm associated with chronic obstructive pulmonary disease (COPD) in patients who are symptomatic.

CONTRAINDICATIONS
SPIRIVA HandiHaler is contraindicated in patients with a known hypersensitivity to tiotropium bromide or any component of the product.

WARNINGS
SPIRIVA HandiHaler is a long-acting anticholinergic medication and should be used with caution in patients with narrow-angle glaucoma, prostatic hypertrophy, or urinary retention.

PRECAUTIONS
As a prescription drug, SPIRIVA HandiHaler should be used with caution in patients with a history of dizziness, blurred vision, or dry mouth.

ADVERSE REACTIONS
The most common adverse reactions reported in clinical trials include dry mouth, constipation, and blurred vision.

HOW SUPPLIED
SPIRIVA HandiHaler is supplied as a white, oval-shaped inhalation powder in a HandiHaler device.

HOW TO USE
Patients should inhale the powder through the HandiHaler device as directed in the patient information leaflet.

HOW TO STORE
Store SPIRIVA HandiHaler at room temperature (20° to 25°C) in its original container.

HOW TO OBTAIN
SPIRIVA HandiHaler is a prescription drug and is available from participating pharmacies.

HOW TO ORDER
For more information, visit www.americanprofile.com.

HOW TO CONTACT
For more information, call 1-800-578-2899.

Reader Recipes

SPINACH AND OYSTER DRESSING

"This recipe has been a part of every holiday gathering in my family for many years. It is always the most popular dish, and whenever I make it, I never fail to have many requests for the recipe. It's definitely one of my most prized recipes." *

SPINACH AND OYSTER DRESSING

- 1 1/2 cups French or Italian bread, cut into 1/2-inch cubes
- 5/8 pound pancetta or bacon, chopped
- 2 tablespoons olive oil
- 2 cups finely chopped onion
- 1/2 cup thinly sliced leek, white part only
- 1 1/2 cups thinly sliced celery
- 1 (16-ounce) package frozen chopped spinach, thawed and squeezed dry
- 1/2 cup butter, melted
- 1 tablespoon chopped frozen chopped spinach, thawed and squeezed dry
- 1 tablespoon minced garlic (about 6 medium cloves)
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 1/2 cups reduced-sodium chicken or turkey broth
- 1 (shiraz) container sliced oysters, drained



American Profile

1. Arrange bread cubes on sheets of wax paper or foil in a single layer and let dry overnight. (Or place cubes on foil-lined oven rack and bake in a 325°F oven 25 minutes, or until golden.)

2. Preheat oven to 350°F. Grease a 13-by-9-inch glass baking dish.

3. Heat a large skillet over medium-high heat. Add pancetta and cook until crisp. Remove from skillet and drain on paper towels.

4. Add olive oil to pan drippings. Reduce heat to medium and cook until celery is tender, about 7 minutes, stirring frequently.

5. Combine bread cubes, pancetta, onion mixture, spinach,

butter, sage, garlic, salt and pepper in a large bowl. Toss and well blended. Stir in broth and fold in oysters. Spoon mixture into pan.

6. Bake, covered with foil, 30 minutes, until thoroughly heated. Remove foil and bake 15 minutes longer, or until lightly golden. Serves 16.

Tips From Our Test Kitchen: Be sure to rinse the leeks well before slicing as sand tends to get trapped inside the stalks. Add 1 bottom egg before folding in oysters, to add moisture, if desired.

Nutritional facts per serving: 340 calories, 13g fat, 9g protein, 21g carbohydrates, 2g fiber, 710mg sodium.



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Do You Have the Cutest Pet? Enter Now to Win \$3,000

American Profile's First-Ever Pet Contest Announced

Pet Owners Urged to Enter Early - Contest Ends December 31, 2008

Portion of Entry Fee to Benefit Happy Tales Humane

Franklin, Tenn. - America's hometown magazine, **American Profile**, recently announced that they've launched the search for America's Cutest Pet. "Pets are part of our family, not just an animal. There are so many hearty contests out there for people, we felt it was important that we find the cutest pet in all of America," said Laurel Morris from the magazine.

Upon entering, pet owners will be able to enter friends and family to vote for their pet. Voters and entrants will have a daily view of how their pet is ranked in the contest.

Mary Sue Perkinson from Wisconsin plans to enter the contest as soon as it opens. She not so humbly said: "My Border Collie Charlie is cuter than my husband, and certainly cuter than any other pet I've ever seen!"

Entrants will have the opportunity to win \$3,000, and a portion of the proceeds will go to the Happy Tales Humane shelter in Franklin, Tennessee.

To enter the contest or vote:

1. Go to www.AmericanProfile.com or vote.
2. Click on the Enter Contest or Pets button in the middle of the page and follow the online instructions.
3. VOTE! Encourage your family and friends to vote to put you in the winners circle.

Will Miss Charlotte win \$3,000.00? DON'T MISS OUT!

NOTE: The winning pet's photo will be featured in *American Profile*. Complete contest rules can be found at www.AmericanProfile.com/pest.

Void where prohibited. Open to legal residents of the continental US who are age 18 or older at time of entry. Contest begins October 16, 2008 and ends December 31, 2008.