

Any delay in treatment could be fatal.¹⁴

Anaphylaxis is a severe, life-threatening allergic reaction. It can be triggered by certain types of food (like peanuts and shellfish), insect stings, medicine, latex, exercise and unknown causes.

MOUTH: itching, swelling of the lips and/or tongue

THROAT: itching, tightness, closure, hoarseness

SKIN: itching, hives, redness, swelling

GUT: vomiting, diarrhea, cramps.

LUNG: shortness of breath, cough, wheeze

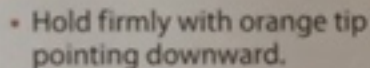
HEART: weak pulse, dizziness, fainting

Only a few of these symptoms may be present.

Epinephrine (the active ingredient in the EpiPen® Auto-Injector) is the medication recognized by healthcare professionals as the emergency treatment of choice for severe allergic reactions.

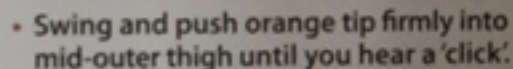
If any of the symptoms listed above are exhibited, administer the EpiPen® Auto-Injector immediately.

1



- Remove blue safety cap by pulling straight up. Do not bend or twist.

2



- Hold on thigh for several seconds.



- When the EpiPen® Auto-Injector is removed, the orange needle cover automatically extends to cover the injection needle, ensuring the needle is never exposed.



After administration, patients should seek medical attention immediately or go to the emergency room. For the next 48 hours, patients must stay within close proximity to a healthcare facility or where they can call 911.

For more information, or to order more posters, go to EpiPen.ca

Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of sedentary middle-aged men. The subjects were 20 men, aged 40-50 years, who were sedentary and had no history of cardiovascular disease. They were randomly assigned to either a control group or a training group. The training group performed a 12-week program of aerobic exercise, resistance training, and flexibility exercises. The control group did not exercise. Physical fitness was measured by a battery of tests including a maximal aerobic test, a submaximal aerobic test, a resistance test, and a flexibility test. Health was measured by a battery of tests including a blood pressure test, a lipid profile test, and a glucose tolerance test. The results of the study showed that the training group had significantly higher levels of physical fitness and health than the control group at the end of the 12-week program. The training program was effective in improving the physical fitness and health of sedentary middle-aged men.

100



EPIPEN

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Internal C

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INSIDE