

The *Take Charge*<sup>®</sup>  
Healthy Lifestyle Program  
for Sleep Apnea Includes  
Everything You Need to  
Create a Stronger,  
Healthier You!

- Weekly educational meetings with your Take Charge Pharmacist
- Complete computerized body fat analysis
- Personalized Lifestyle IQ Health Risk Assessment
- Lifestyle IQ Patient Education Manuals
- Functional food “tools” to help assure results
- Ongoing support to assist you in reaching your goals

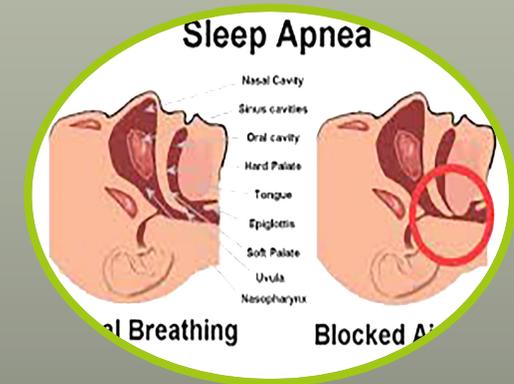


The Time is *NOW*  
to *TAKE*  
*CHARGE*<sup>®</sup>!

This Professional Education  
and Healthy Lifestyles  
Strategies System for Sleep  
Apnea is based on your  
Take Charge<sup>®</sup> Pharmacist  
teaching you how to live a  
healthier life through proper  
education, nutrition, and  
fitness!

Whether you are newly  
diagnosed or have been  
living with sleep apnea for  
years, Take Charge<sup>®</sup> is the  
answer to helping you live a  
longer, healthier life!

# Lifestyle Change for Sleep Apnea



Introducing  
**TAKE  
CHARGE**<sup>®</sup>

Lifestyle IQ  
Health & Nutrition  
Education

## Your Pharmacist is Your Coach!



**Take Charge**® is a 26 week, one-to-one Intense Behavioral Therapy (IBT) System of personalized Medical Nutrition Education administered by Pharmacists to help patients battling sleep apnea. Your **Take Charge**® pharmacist serves as educator, motivator, monitor and guide as you, through trial and error, learn to implement permanent lifestyle changes that improve your health and well being.

It is important for patients diagnosed with sleep apnea to maintain a healthy weight. People who are overweight -- especially those who carry weight around the jaw and neck -- are more likely to get sleep apnea than people who maintain a healthy weight. The extra fat and tissue around the neck can put pressure on the airway or tongue.

## **Diets DON'T Work...WE DO!!**

### **Facts about sleep apnea:**

1. The vast majority of sleep apnea cases are not inherited! They are caused by our own poor dietary and lifestyle choices.
2. Sleep apnea is more common than you may think, affecting approximately 10% of women and 25% of men.
3. Sleep apnea affects almost 42 million people and as many as 80% of those go undiagnosed.
4. You CAN do something about sleep apnea! Losing weight is sometimes all that is needed to reduce the symptoms or eliminate it all together.
5. If you have high blood pressure, type 2 diabetes, heart disease or acid reflux you are more likely to have sleep apnea.

### **We F.E.E.D. You!**

**F. Functional Foods:** Foods with a purpose over & beyond the nutrient content. Take Charge® foods are “tools” to use while you learn to eat on your own. Utilizing our foods enables you to get immediate results while learning to eat nutritionally sound food prepared yourself. Unlike other “programs” our foods are NOT the reason you will get ultimate results! They simply allow you to get results while you learn.

**E. Education:** The cornerstone of the Take Charge® Program is education! You will receive an educational booklet each week for 26 weeks that will teach different aspects of how foods work in your body. Your Take Charge® Pharmacist and Coach will use their skills to enhance your knowledge of heart healthy foods.



**E. Encouragement:** Your Take Charge® Pharmacist will help you set realistic goals you can be excited about! Their job is to prepare you in advance for any stumbling blocks you may encounter as you begin the process of changing lifestyle habits. It has to be fun for you to succeed!

**D. Direction:** The 26 week Take Charge® Program was created with you in mind. Your Pharmacist already provides you with guidance & direction concerning your medications and they are trained to provide the same instruction concerning your lifestyle habits. Your Pharmacist will help you create a custom, individualized blueprint for your new lifestyle!