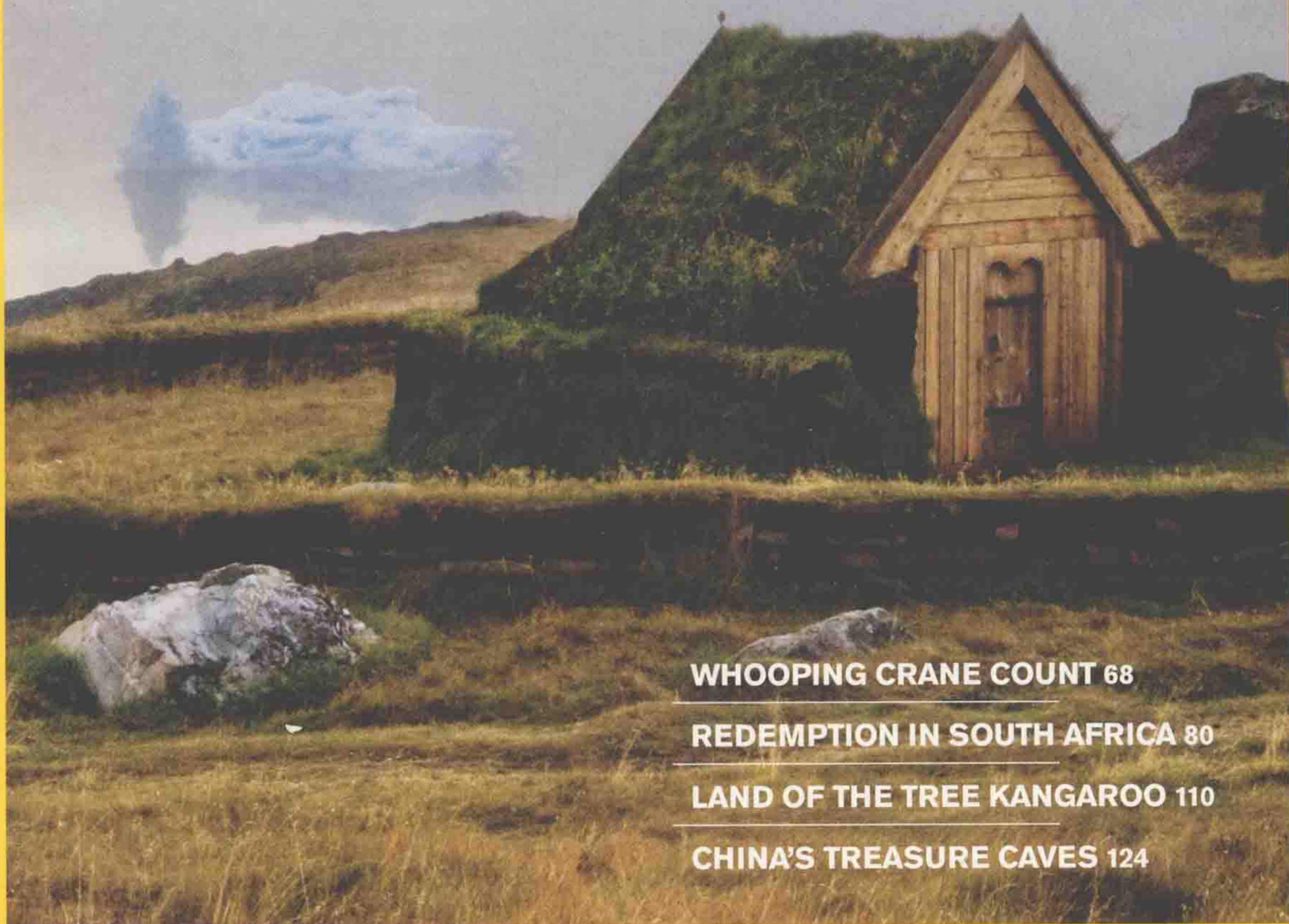


NGM.COM | JUNE 2010

# NATIONAL GEOGRAPHIC

## Greenland

**GROUND ZERO FOR GLOBAL WARMING**



**WHOOPING CRANE COUNT 68**

**REDEMPTION IN SOUTH AFRICA 80**

**LAND OF THE TREE KANGAROO 110**

**CHINA'S TREASURE CAVES 124**





## **2010 Toyota RAV4 4x2**

**MPG:** 28 – EPA est hwy

**Hwy Driving Range:** 445 miles

**Five-Star Crash Safety Rating:** no\*

**Powertrain Warranty:** 5 years/60,000 miles\*\*

**A Consumers Digest Best Buy:** no

**Automatic Crash Response:** not available

**Link to Emergency Services:** not available

\*Government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program ([www.safercar.gov](http://www.safercar.gov)).

\*\*Whichever comes first. See dealer for limited warranty details.

†Visit [onstar.com](http://onstar.com) for details and system limitations.





## 2010 Chevy Equinox FWD

MPG: 32 – EPA est hwy

Hwy Driving Range: 600 miles

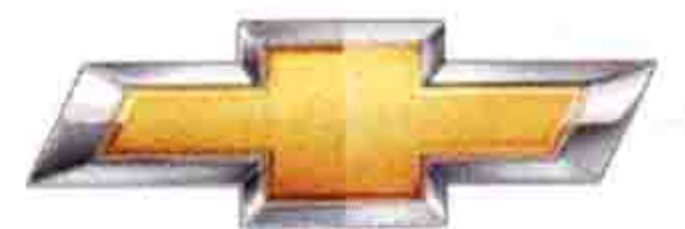
Five-Star Crash Safety Rating: yes\*

Powertrain Warranty: 5 years/100,000 miles\*\*

A Consumers Digest Best Buy: yes

Automatic Crash Response: OnStar®/1 year standard†

Link to Emergency Services: OnStar/1 year standard



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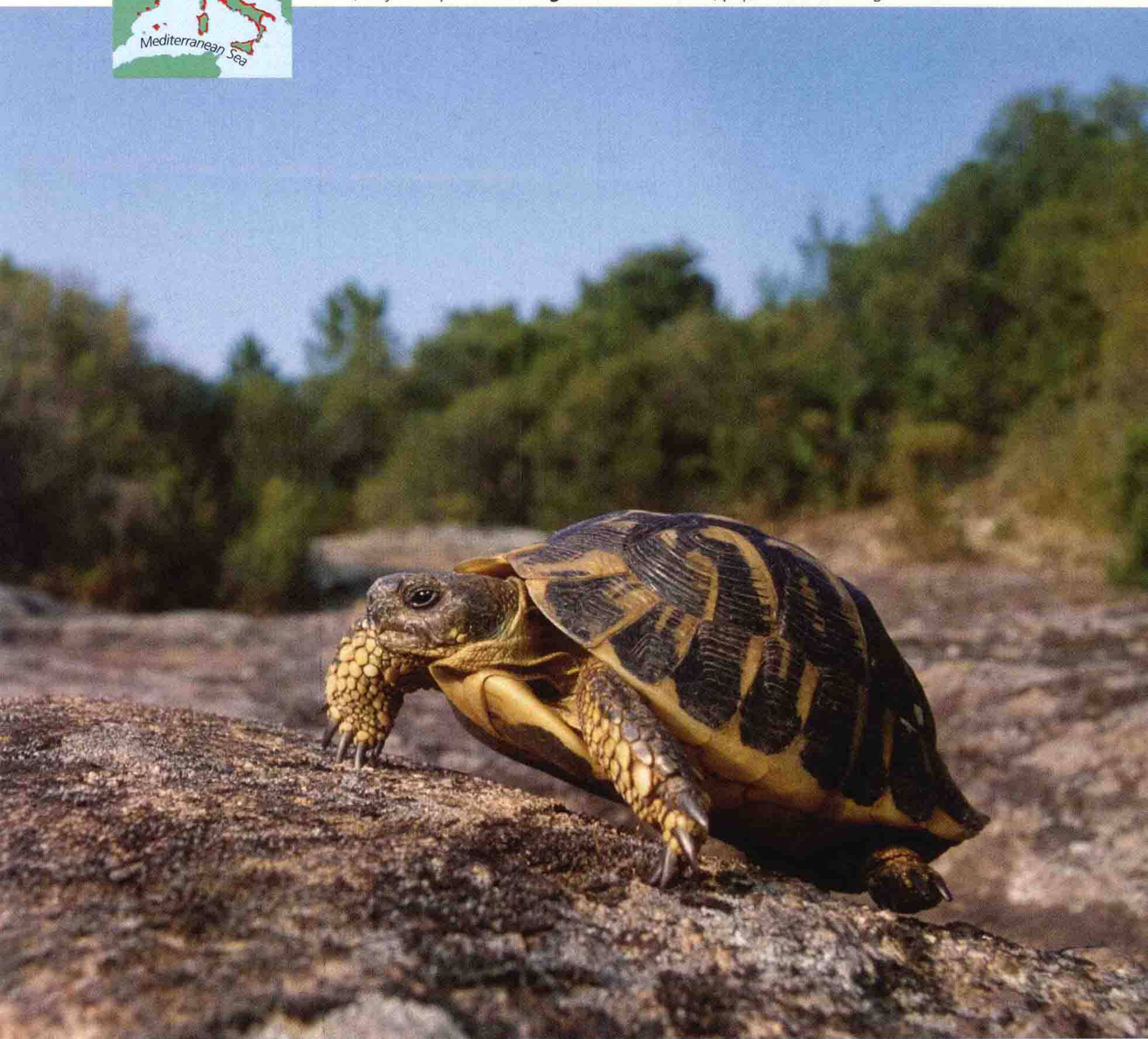




**Western Hermann's Tortoise** (*Testudo hermanni hermanni*)

**Size:** Head and body length, 11.9 - 18.3 cm (4.7 - 7.2 inches) **Weight:** 365 - 1,350 g (12.9 - 47.6 oz)

**Habitat:** Densely wooded hillsides and gentle slopes with coarse vegetation in coastal areas of southern France, Italy and Spain **Surviving number:** Unknown; populations declining



Photographed by Ingo Arndt

# WILDLIFE AS CANON SEES IT

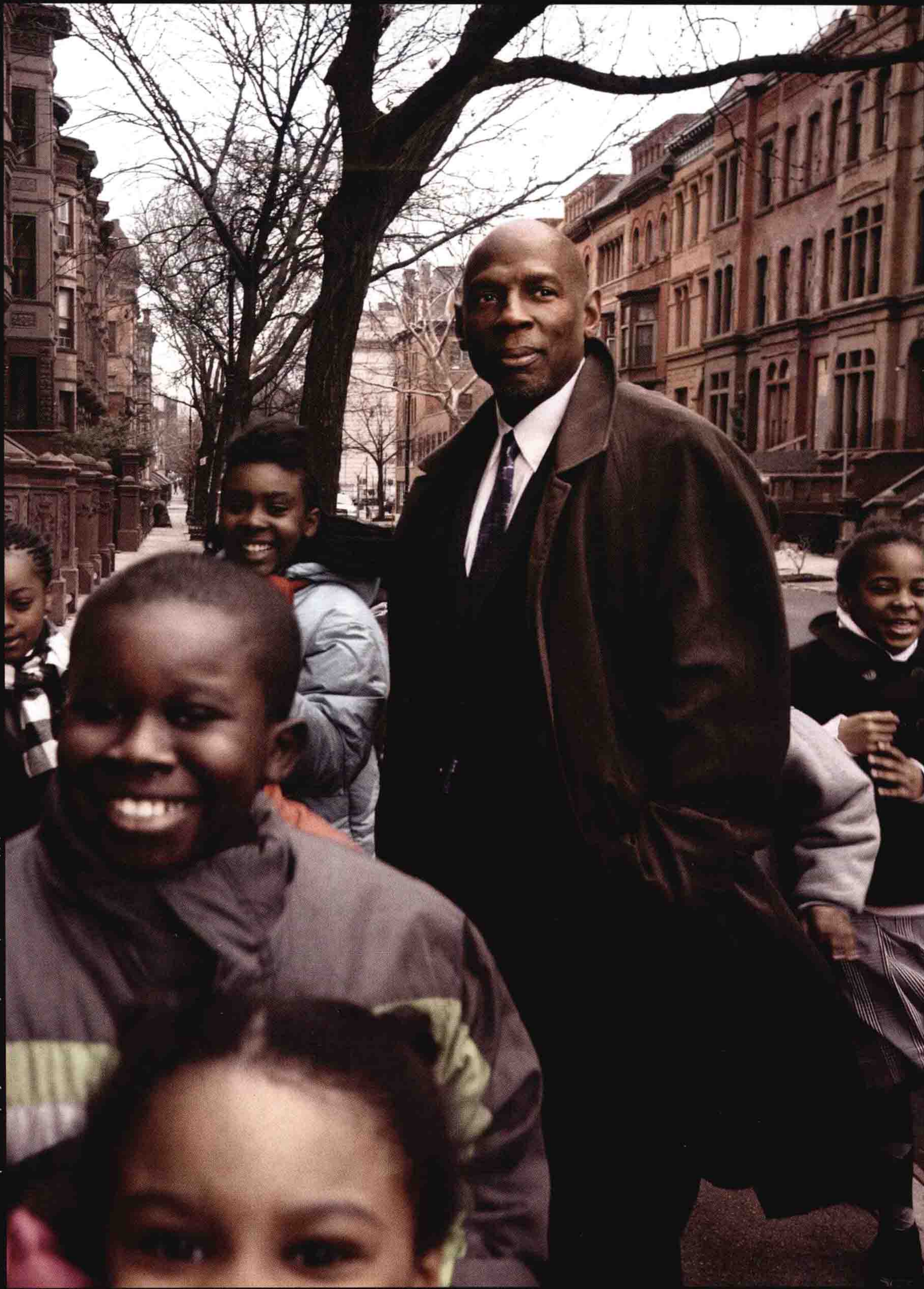
Hot or not? It's a question of considerable importance to the western Hermann's tortoise, as heat plays a key role in its life. For eight to ten days after emerging from hibernation, the tortoise ventures out during the warmest parts of the day to bask; this speeds its metabolism and inspires it to greater activity. Heat also determines the number of males or females that hatch, with hotter nest temperatures resulting in more females. When the

mercury rises too high, however, it can kill the mother as she lays eggs. With human encroachment threatening to upset the delicate balance in which it lives, the tortoise is now really feeling the heat.

As we see it, we can help make the world a better place. Raising awareness of endangered species is just one of the ways we at Canon are taking action—for the good of the planet we call home. Visit [canon.com/environment](http://canon.com/environment) to learn more.

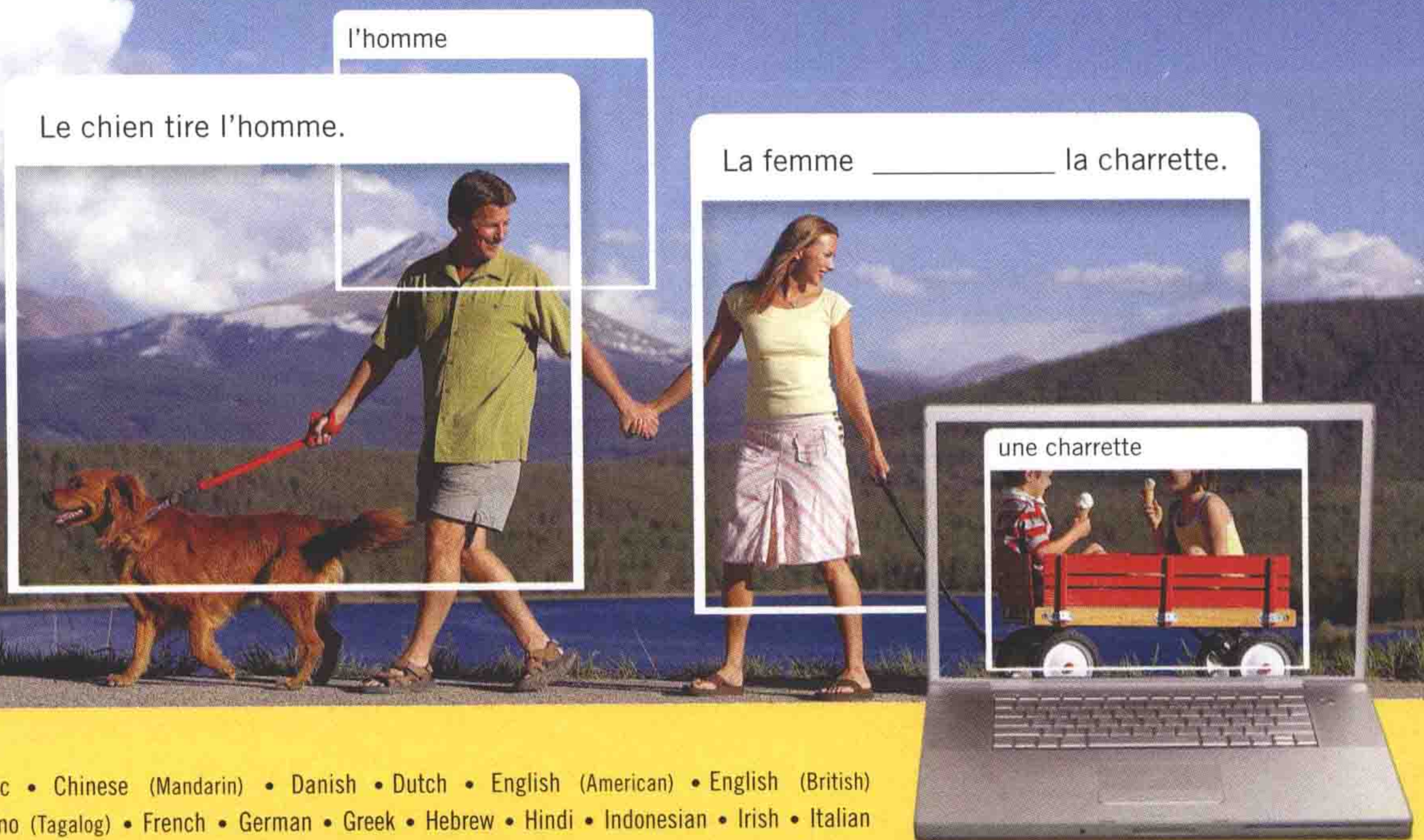
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**Sweden** Near the village of Enviken, where nostalgia for mid-century Americana runs deep, 17-year-old Fanny Bergman (at left) and mother Ulrika Dotzsky, 48, head to a rockabilly concert in their 1959 Mercury Montclair.





PHOTO: ÅSA SJÖSTRÖM, MOMENT/SYDSVENSKAN





**United States** Over the past 17 years a decidedly sticky situation has developed in Seattle's Post Alley, where countless colorful wads—pressed down with coins or used to spell out names and places—form the “gum wall.”





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PHOTO: JORDAN SIEMENS, AURORA PHOTOS





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\* Results may vary.

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**Talk to your doctor about SYMBICORT today.**

## IMPORTANT SAFETY INFORMATION ABOUT SYMBICORT FOR COPD

SYMBICORT 160/4.5 is approved for adults with COPD, including chronic bronchitis and emphysema. You should only take 2 inhalations of SYMBICORT twice a day. Higher doses will not provide additional benefits.

Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems.

SYMBICORT may increase your risk of lung infection, osteoporosis, and some eye problems (cataracts or glaucoma). You should have regular eye exams.

Thrush in the mouth and throat may occur.

Tell your doctor if you have a heart condition or high blood pressure before taking SYMBICORT. Do not use SYMBICORT with another long-acting beta<sub>2</sub>-agonist for any reason. SYMBICORT does not replace fast-acting inhalers for sudden symptoms.

**Please see Important Product Information on adjacent page and discuss with your doctor.**

*You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.*

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AstraZeneca 



# IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

**No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care professional. Only your health care professional has the training to weigh the risks and benefits of a prescription drug.**

## WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

**In patients with asthma, long-acting beta<sub>2</sub>-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), may increase the chance of death from asthma problems.** In a large asthma study, more patients who used another LABA medicine died from asthma problems, compared with patients who did not use that LABA medicine. Talk with your health care professional about this risk and the benefits of treating your asthma with SYMBICORT.

**SYMBICORT does not relieve sudden symptoms, so you should always have a fast-acting inhaler (short-acting beta<sub>2</sub>-agonist medicine) with you.** If you do not have this type of inhaler, talk with your health care professional to have one prescribed for you.

**Get emergency medical care if your breathing problems worsen quickly and your fast-acting inhaler does not relieve them.**

Do not stop using SYMBICORT unless your health care professional tells you to stop because your symptoms might get worse.

## WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine taken twice a day, every day, over long periods of time to control asthma and chronic obstructive pulmonary disease (COPD).

### Asthma

SYMBICORT 80/4.5 mcg or 160/4.5 mcg is used long-term, two times each day, to control symptoms of asthma and prevent symptoms such as wheezing in patients age 12 years and older.

### Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used every day, two times each day, to help improve lung function for better breathing in adults with COPD.

SYMBICORT contains two medicines:

- Budesonide (the same medicine found in PULMICORT FLEXHALER™ [budesonide inhalation powder]), an inhaled corticosteroid medicine, or ICS. ICS medicines help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®) is a long-acting beta<sub>2</sub>-agonist medicine, or LABA. LABA medicines are used in patients with COPD and asthma. LABA medicines help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

## WHO SHOULD NOT TAKE SYMBICORT?

You should not take SYMBICORT if your health care professional decides that your asthma or COPD is well controlled using another medicine, or you only use a fast-acting inhaler once in a while.

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

## WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE USING SYMBICORT?

Tell your health care professional about all of your health conditions, including if you

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are allergic to any medications
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant because it is not known if SYMBICORT may harm your unborn baby
- are breast-feeding because it is not known if SYMBICORT passes into your milk and if it can harm your baby. You and your health care professional should decide if you will be taking SYMBICORT while breast-feeding

Tell your health care professional about ALL the medicines you are taking, including all your prescription and nonprescription medicines, vitamins, and herbal supplements.

SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Be sure to keep track of ALL the medication you take. You might want to make a list and show it to your health care professional, including your pharmacist, each time you get any new medicine, just to be sure there are no potential drug interactions.

## HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care professional has carefully demonstrated how to do so. If you have any questions concerning the use of SYMBICORT, ask your health care professional. SYMBICORT should be taken twice (2 puffs each time) every day as prescribed by your health care professional.

SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care professional will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- Make sure that you rinse your mouth with water after each dose (two puffs) of SYMBICORT without swallowing and spit the water out
- Do not change or stop any of the medicines you use to control or treat your breathing problems. Your health care professional will adjust your medicines as needed
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care professional
- Always have a fast-acting inhaler with you. Use it if you have breathing problems between doses of SYMBICORT

## Seek emergency medical care if

- your breathing problems worsen quickly and your fast-acting inhaler does not relieve your breathing problems
- you experience any symptoms of a serious allergic reaction to SYMBICORT, such as a rash; hives; swelling of the face, mouth, or tongue; or breathing problems

## Contact your health care professional if

- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use four or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use up your entire fast-acting inhaler canister within 8 weeks
- your peak-flow meter results decrease. Your health care professional will tell you the numbers that are right for you
- your asthma symptoms do not improve after using SYMBICORT regularly for 1 week
- you have COPD and notice any symptoms such as increase in mucus or change in mucus color, fever, chills, increased cough, or increased breathing problems because these symptoms may mean you have pneumonia or another lung infection

## WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta<sub>2</sub>-agonist (LABA) for any reason, such as

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil® Aerolizer®, Brovana®, or Perforomist®

## WHAT ARE OTHER IMPORTANT SAFETY CONSIDERATIONS WITH SYMBICORT?

- Increased risk of pneumonia if you have COPD
- Eye problems, such as glaucoma and cataracts. Regular eye exams should be considered while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Immune system effects and a higher chance for infections
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness

## WHAT ARE OTHER POSSIBLE SIDE EFFECTS WITH SYMBICORT?

### Adults and children age 12 years and older with asthma

- Headache
- Sore throat
- Oral thrush
- Upper respiratory tract infection

### Patients with COPD

- Oral thrush

Long-acting beta<sub>2</sub>-agonists may increase the risk of asthma-related death. Tell your health care professional about any side effect that bothers you or that does not go away. These are not all the side effects with SYMBICORT. Ask your health care professional for more information.

**NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care professional about the full Prescribing Information and discuss it with him or her.**

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## Winning Photos

More than 208,000 images were submitted to the fourth annual National Geographic International Photography Contest. Participation was open to readership of *National Geographic's* English-language edition and 20 of its local-language partners; Poland and China accounted for 129,000 entries alone. Our judges selected photographs by Debra Jansen, Hugo Machado, and William Goodwin—in the categories of People, Places, and Nature—as grand-prize winners.

The winning photographers will receive all-expense-paid trips to National Geographic Society headquarters in Washington, D.C.

**NATURE** William Goodwin of Birmingham, Alabama, snapped this peppermint shrimp perched inside a tube sponge in Margate Bay, Bonaire, in the Netherlands Antilles.



**PLACES** Hugo Machado of Angra do Heroísmo, Portugal, captured the Licancábur Volcano on the border between Chile and Bolivia.



**PEOPLE** Debra Jansen from Atlanta, Georgia, got this shot of an elderly woman waiting at a bus stop in Chamblee, Georgia.