

abbvie

GETTING STARTED WITH BOTOX

A GUIDE FOR PEOPLE WITH
CHRONIC MIGRAINE



BOTOX[®]
onabotulinumtoxinA

STARTING TREATMENT WITH BOTOX

As a chronic migraine sufferer, you likely experience frequent headaches that can last for hours. To help treat your condition, your doctor has prescribed BOTOX - which can be used to prevent headaches from developing in adults with chronic migraine who experience headaches at least 15 days a month with each one lasting at least 4 hours a day.

This booklet is designed to help you learn more about BOTOX and what you can expect from treatment.

The more you know, the better equipped you will be to make informed decisions about your health

Your doctor is the best source of information regarding your condition and treatment. Be sure to talk to him or her if you have any questions.

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ABOUT CHRONIC MIGRAINE

UNDERSTANDING BOTOX

Chronic migraine means having:

15+
days

15 or more days of experiencing headaches each month (also called headache days)

4+
hours

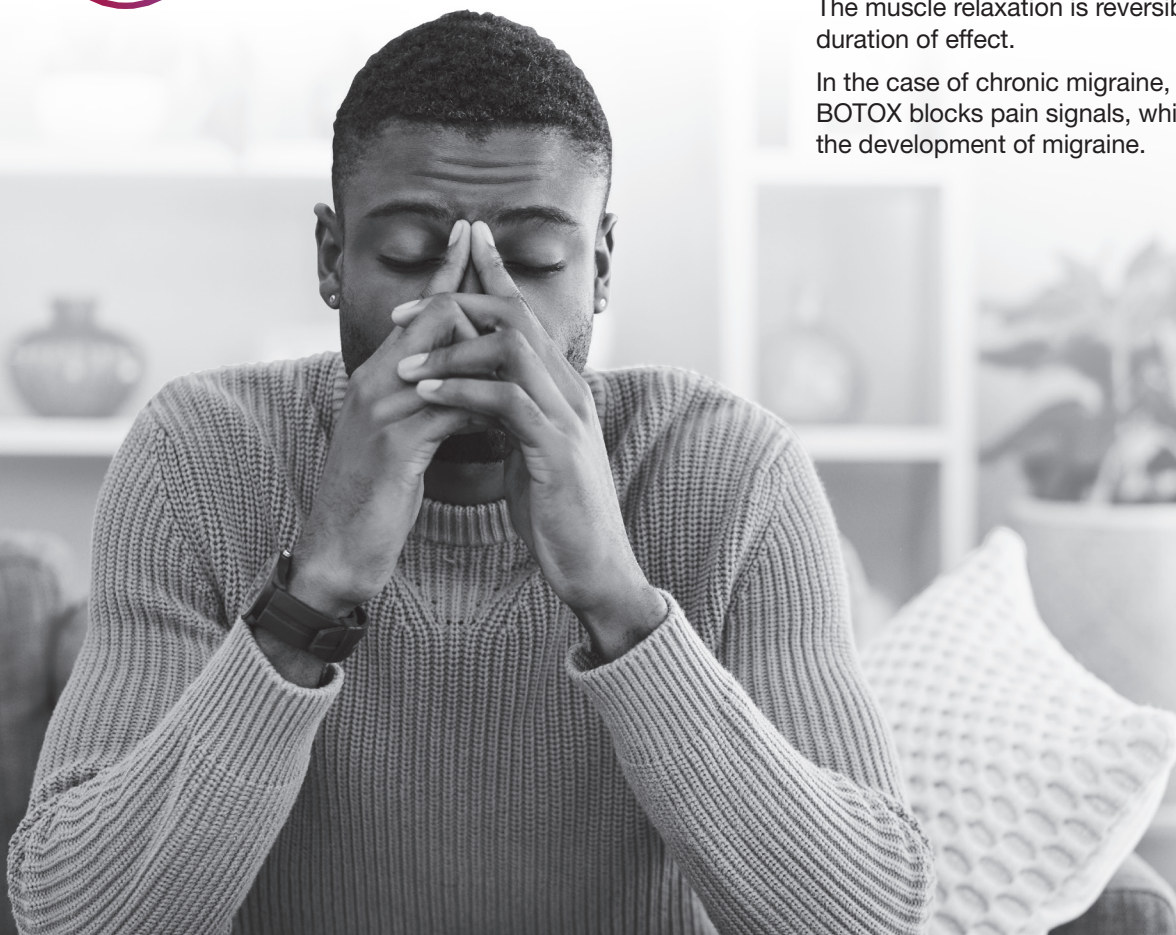
Each headache lasts for 4 or more hours each day

BOTOX is a treatment that can be used to prevent headaches in adults with chronic migraine, and in fact, it has been shown to significantly reduce the number of headache days per month in migraine sufferers.

How BOTOX works

BOTOX is a muscle relaxant that is injected into the muscles or deep into the skin. It works by partially blocking the nerve impulses to any muscles that have been injected and reduces excessive contractions of these muscles. The muscle relaxation is reversible with a time-limited duration of effect.

In the case of chronic migraine, it is thought that BOTOX blocks pain signals, which indirectly block the development of migraine.



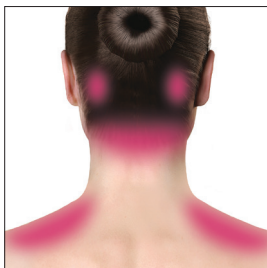
HOW BOTOX IS ADMINISTERED

How BOTOX is administered

BOTOX is given via an intramuscular (into the muscles) injection. In the case of chronic migraine, BOTOX is injected into 7 specific head and neck muscle areas that may be contributing to the development of headaches.

Your doctor will determine the number of injection sites required to treat your specific condition.

BOTOX injection sites for chronic migraine include the areas shown here:



The recommended dose of BOTOX is 155 units in 31 sites, but if your doctor thinks it is necessary, he or she may decide to inject additional units of BOTOX.

It is recommended that you receive your BOTOX treatments 12 weeks apart.

There are several possible explanations for a lack of or diminished response to an individual treatment with BOTOX. These include: the dose given may not have been adequate, the selected areas of injection may not have been appropriate or the muscles selected for injection may not have been easily accessible.

Should you feel that you had a lack of or diminished response from treatment, be sure to talk to your doctor.

Preparing for treatment

Keep in mind that:



The treatment should take approximately 15 minutes



The needle size is very small



You can go home as soon as your treatment is done

POSSIBLE SIDE EFFECTS

BOTOX has the potential to cause side effects.

General side effects that have been reported in association with BOTOX for the treatment of multiple medical conditions, include:

- Pain
- Tenderness and/or bruising at the injection site
- Malaise (generally feeling unwell) lasting up to 6 weeks after the injection
- Weakness and rarely, changes in the way the heart beats
- Chest pain
- Skin rash
- Allergic reaction (symptoms include shortness of breath, wheezing/difficulty breathing, swelling of the face, lips, tongue or other parts of the body, rash, itching or hives on the skin)
- Anaphylaxis
- Cardiovascular events
- Seizures
- Dysphagia
- Respiratory compromise

The following has been reported rarely (<0.1%) in people who have used BOTOX for multiple medical conditions:

- Skin rash
- Itching
- Allergic reaction
- Facial paralysis

There have also been rare reports of adverse reactions involving the cardiovascular system, including arrhythmia and myocardial infarction, some with fatal outcomes. Some of these people had risk factors, including cardiovascular disease.

POSSIBLE SIDE EFFECTS

Common side effects that were experienced by people being treated specifically for **chronic migraine** include:

- Headache
- Facial muscle weakness
- Drooping of the eyelids
- Muscle spasm
- Muscle tightness
- Injection pain
- Rash

Keep in mind that these are not all the possible side effects you may experience with BOTOX. Be sure to talk to your doctor about any side effect you may experience.



WHAT YOU SHOULD KNOW BEFORE STARTING TREATMENT

What you should know before starting treatment

To help avoid side effects and to ensure proper use, talk to your doctor before taking BOTOX about any health conditions or problems you may have if you:

- Have myasthenia gravis or Eaton Lambert Syndrome, amyotrophic lateral sclerosis or another muscle disorder
- Are allergic or sensitive to BOTOX
- Have an infection at a proposed injection site
- Are scheduled to have surgery using a general anesthetic
- Are taking or are likely to take antibiotics, especially aminoglycoside antibiotics
- Are pregnant or planning to become pregnant while taking BOTOX
 - Repeated doses of BOTOX given to rabbits during pregnancy have caused abortion or fetal malformations
- Are nursing
 - It is not known whether BOTOX is excreted in human milk, but many medications are excreted in human milk

The effects of BOTOX may be increased by:

- Aminoglycoside antibiotics (e.g. streptomycin, tobramycin, neomycin, gentamicin, netilmycin, kanamycin, amikacin)
- Spectinomycin
- Polymyxins
- Tetracyclines
- Lincomycin
- Other medications that interfere with neuromuscular transmission

Be sure to talk to your doctor about all medications you are taking, including any vitamins, minerals, natural supplements or alternative treatments.

BOTOX should not be used if you:

- Are allergic or sensitive to any of the ingredients
- Have an infection in the muscles where it would normally be injected
- Have any muscle disorders in other parts of your body, including myasthenia gravis, Eaton Lambert Syndrome or amyotrophic lateral sclerosis

Medicinal ingredient: OnabotulinumtoxinA for injection, a sterile form of purified botulinum neurotoxin type A complex

Non-medicinal ingredients:
Albumin and sodium chloride

If you are not sure if you are allergic to any of these ingredients, talk to your doctor

Learn from the experience of others
Visit BOTOXcounselling.ca or scan the QR code below to hear directly from other people who suffer from chronic migraine



USING THE CANADIAN MIGRAINE TRACKER

An easy-to-use headache diary

The Canadian Migraine Tracker helps you keep a simple and focused migraine diary directly from your smartphone or tablet so that you can monitor what is important to you. This includes migraine attacks, symptoms you may feel and how you feel following treatments. This way, communicating with your doctor can be easier and more effective.

Key concepts of the Canadian Migraine Tracker



Designed and developed by the Canadian Headache Society with input from both Canadian migraine sufferers and headache specialists



Provides three different approaches for you to communicate your results with your doctor, via print, email or fax



Contains a detailed calendar view for an in-depth analysis each month

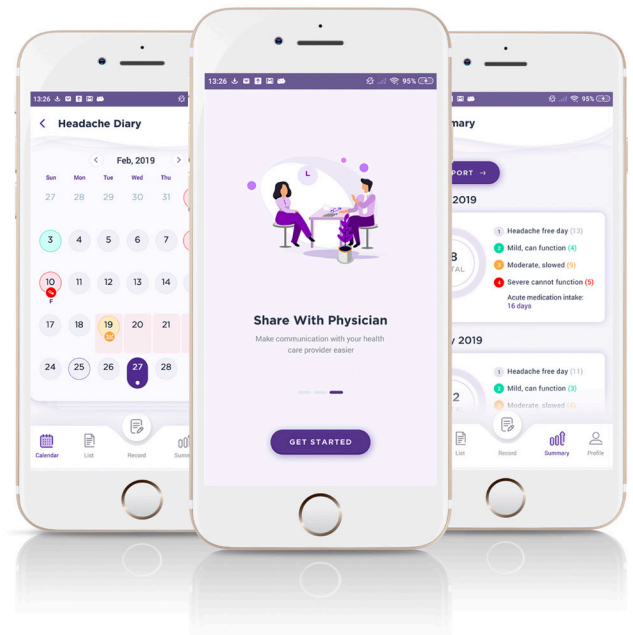


Gives you control in deciding what to track at your own convenience, including:

- Headache frequency
- Migraine frequency
- Symptoms and medications

Tracking the frequency and severity of your headaches or migraines over time will allow you to compare your results from before you started treatment.

Download the Canadian Migraine Tracker
in English and French in both the
Apple and Play Store



TAKE NOTE

Use this section to record any questions you may have for your doctor. Feel free to bring this booklet with you to your appointments.

Learn from the experience of others
Visit [BOTOXcounselling.ca](https://www.botoxcounselling.ca) or scan the
QR code below to hear directly from other
people who suffer from chronic migraine



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