

CENTER STAGE

WITH CHRONIC MIGRAINE

Featuring Emmy® and
Tony® award-winning
actress and singer

**KRISTIN
CHENOWETH**



CENTER STAGE

WITH CHRONIC MIGRAINE

Starring

KRISTIN CHENOWETH &
DR. LARRY CHARLESTON, IV

Sponsored By

abbvie

If you are one of the 3.3 million Americans living with Chronic Migraine, associated with 15 or more headache days a month, you might find that this debilitating disease plays an unwelcome starring role in your life.

Emmy® and Tony® award-winning actress and singer, Kristin Chenoweth, understands this all too well. She has been living with Chronic Migraine for decades, but over the years, she has worked with her doctor to put her health front and center stage. AbbVie, in partnership with Kristin, launched the *Center Stage with Chronic Migraine* program, which aims to help and empower other people living with Chronic Migraine to manage their disease.

WHO'S WHO



KRISTIN CHENOWETH

Kristin Chenoweth is an Emmy® and Tony® award-winning actress and singer, known for her Broadway roles in 'Wicked' and 'You're a Good Man, Charlie Brown,' as well as her work on TV shows like 'The West Wing' and 'Pushing Daisies.' Kristin has been living with Chronic Migraine for most of her adult life and is passionate about helping others put their health *front and center stage*.



*As an actor, days under hot, bright studio lights have triggered many migraine attacks. Chronic Migraine not only affected my ability to perform onstage, but it also impacted my personal life. Over the years, I have worked closely with my doctor to manage my Chronic Migraine with a treatment plan that works for me and that includes **BOTOX® (onabotulinumtoxinA) for Chronic Migraine every 12 weeks**. I know how debilitating Chronic Migraine can be, and I am passionate about helping others learn more about how to manage this disease.* ”

LARRY CHARLESTON, IV, MD, MSC, FAHS

Dr. Charleston is a neurologist with a specialty in headaches. He currently serves as Professor, Director of Headaches & Facial Pain and Director of Faculty Development in the Department of Neurology and Ophthalmology at Michigan State University College of Human Medicine. He is also the Chief Consultant at Charleston Health Neurology & Pain Consultants. Dr. Charleston is passionate about helping people living with Chronic Migraine prioritize their health and find a treatment plan that works for them. Outside of work, Dr. Charleston enjoys writing songs, producing music, and playing the piano, saxophone, guitar and bass.



Kristin and Dr. Charleston have been compensated by AbbVie for their participation in the *Center Stage with Chronic Migraine* program.

BOTOX® prevents headaches in adults with Chronic Migraine, 15 or more headache days a month, each lasting 4 or more hours. BOTOX® is not approved for 14 or fewer headache days a month.

IMPORTANT SAFETY INFORMATION

BOTOX may cause serious side effects that can be life threatening. Get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX:

- **Problems swallowing, speaking, or breathing**, due to weakening of associated muscles, can be severe and result in loss of life. You are at the highest risk if these problems are preexisting before injection. Swallowing problems may last for several months.
- **Spread of toxin effects**. The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms, including loss of strength and all-over muscle weakness; double vision; blurred vision; drooping eyelids; hoarseness or change or loss of voice; trouble saying words clearly; loss of bladder control; trouble breathing; and trouble swallowing.

Please see full Indication, Limitations of Use, and additional Important Safety Information throughout this brochure.

ACT ONE: MORE ON KRISTIN'S STORY



Kristin had her first migraine attack at just 25 years old in the middle of her performance with the Virginia Symphony. She started getting what she now calls, “kaleidoscope eyes” - meaning she saw flashes of light and couldn't see clearly. She also got what felt like a brain freeze, like when you drink a slushie too fast, and the music sounded like it had been turned all the way up.

Fast forward to a few years later. The migraine attacks became more frequent, and Kristin received her official Chronic Migraine diagnosis - meaning she was having 15 or more headache days a month, each lasting four or more hours.

She had a migraine attack the night she won her first Emmy® Award. As an actor, this was a moment Kristin dreamed about, but she couldn't even celebrate because taking pictures and socializing was just too much. For anyone living with Chronic Migraine, it can be devastating to miss work and important life events because of this disease.

Since then, Kristin has worked closely with her doctor to manage her Chronic Migraine. She is on a treatment plan that works for her and that includes BOTOX® (onabotulinumtoxinA) for Chronic Migraine every 12 weeks. BOTOX® prevents headaches before they even start. In clinical trials, BOTOX® reduced headache days and migraine/probable migraine days by 8-9 per month on average (vs 6-7 with placebo).

For Kristin, the injections feel like tiny pinches, and she can resume her day after she leaves the doctor's office. For people living with Chronic Migraine, it's so important to find a headache specialist to be open and honest with, someone who listens carefully and is willing to work together to find a treatment plan. Kristin wants people living with Chronic Migraine to know they are not alone.

INDICATION

BOTOX® (onabotulinumtoxinA) is a prescription medicine that is injected into muscles and used to prevent headaches in adults with chronic migraine who have 15 or more days each month with headache lasting 4 or more hours each day in people 18 years and older.

It is not known whether BOTOX is safe and effective to prevent headaches in patients with migraine who have 14 or fewer headache days each month (episodic migraine).

IMPORTANT SAFETY INFORMATION (CONTINUED)

There has not been a confirmed serious case of spread of toxin effect away from the injection site when BOTOX has been used at the recommended dose to treat Chronic Migraine.

BOTOX may cause loss of strength or general muscle weakness, vision problems, or dizziness within hours to weeks of receiving BOTOX. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

Please see additional Important Safety Information throughout this brochure.

Throughout her years living with Chronic Migraine, Kristin has learned a thing or two about what's helpful to her in managing this disease with the help of her doctor. That's why she's partnered with AbbVie on their *Center Stage with Chronic Migraine* program to share her firsthand experience with those who may have this disease. Here's what Kristin had to say:



I PRIORITIZE BEING OPEN ABOUT MY TRIGGERS AND MY DISEASE.

It may look funny, but I wear sunglasses everywhere because of my Chronic Migraine. I've learned that, for me, bright lights, alcohol and a high-salt diet can be triggers for a migraine attack. Chronic Migraine is a disease that can't always be seen but can be always there. There have been people and colleagues in my life who just get it and some that don't, but I feel empowered to overcome the stigma of Chronic Migraine and let my colleagues and friends know when I need a break. I don't want this next generation to feel like they always need to "tough it out."



I AM LESS HARD ON MYSELF.

As a performer, I'm always thinking about that little girl in the audience who is in New York City to see a Broadway show for the first time, and I want to make sure I give her the best show I can, but sometimes you need to take time for yourself.



I NEED TO BE OPEN WITH MY DOCTOR.

Don't be afraid to be open and honest with your doctor. Over the years, I've learned how powerful it is to be open about my disease. It allows me to better work with my doctor so that we find a treatment plan that works for me.

To learn more about BOTOX® (onabotulinumtoxinA) for Chronic Migraine and to find a BOTOX® specialist, go to www.BotoxChronicMigraine.com.

IMPORTANT SAFETY INFORMATION (CONTINUED)

Do not receive BOTOX if you are allergic to any of the ingredients in BOTOX (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as Myobloc® (rimabotulinumtoxinB), Dysport® (abobotulinumtoxinA), or Xeomin® (incobotulinumtoxinA); have a skin infection at the planned injection site.

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ACT TWO:

MYTHS VS FACTS - WHAT YOU NEED TO KNOW ABOUT CHRONIC MIGRAINE

MYTH: Migraine is just a headache.



FACT: The fact is migraine is a neurological disease that can significantly affect patients' day-to-day activities. Chronic Migraine, in particular, is associated with 15 or more headache days per month, with each headache lasting 4 or more hours.

MYTH: I just need to change my diet to cure my Chronic Migraine.



FACT: There is no diet that can completely prevent Chronic Migraine. Genetics can play a major role in whether someone will experience migraine attacks. One thing people with Chronic Migraine can do is know their own triggers and try to avoid them. Additionally, talk to a neurologist/headache specialist about treatment options.

MYTH: There are no treatment options out there for the preventive treatment of Chronic Migraine.



FACT: There may be treatment options available to you. Remember you are on a journey in partnership with your neurologist or headache specialist to find the right treatment plan that will work for you. Make sure to schedule an appointment with your doctor.

IMPORTANT SAFETY INFORMATION (CONTINUED)

Serious and/or immediate allergic reactions have been reported, including itching; rash; red, itchy welts; wheezing; asthma symptoms; dizziness; or feeling faint. Get medical help right away if you experience symptoms; further injection of BOTOX (onabotulinumtoxinA) should be discontinued.

Tell your doctor about all your muscle or nerve conditions, such as ALS or Lou Gehrig's disease, myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects, including difficulty swallowing and difficulty breathing from typical doses of BOTOX.

Tell your doctor about all your medical conditions, including if you have or have had bleeding problems; have plans to have surgery; had surgery on your face; have weakness of forehead muscles, trouble raising your eyebrows, drooping eyelids, and any other abnormal facial change; are pregnant or plan to become pregnant (it is not known if BOTOX can harm your unborn baby); are breastfeeding or plan to (it is not known if BOTOX passes into breast milk).

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Using BOTOX with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX in the past.**

Please see additional Important Safety Information throughout this brochure.

ACT THREE:

DR. CHARLESTON'S TOP 5 TIPS FOR SPEAKING WITH A DOCTOR ABOUT CHRONIC MIGRAINE



CONSIDER A HEADACHE SPECIALIST.

Headache specialists focus on headache disorders, including Chronic Migraine. Not all neurologists have this specialty, so it's important to look for doctors in your area that can provide the best support for you throughout your Chronic Migraine journey. You can visit www.BOTOXChronicMigraine.com to find the nearest Chronic Migraine specialist near you.



EDUCATE YOURSELF.

Take the time to learn about Chronic Migraine, including symptoms, triggers, and treatment options. A neurologist/headache specialist can help you better understand this disease.



COME PREPARED.

A week before your appointment, start brainstorming a list of questions you'd like to ask your doctor, such as: Could it be Chronic Migraine? Is there a preventive treatment for Chronic Migraine that could help?

Additional things to remember to bring to your appointment include:

- A list of your current medications.
- Updates to your medical history.
- Referral.
- Headache and Migraine Tracker for symptoms and frequency of attacks.



KEEP A DIARY.

What is the time from onset to peak pain/disability (in minutes or hours)? What do headaches prevent you from doing? Do you have any signal that your headache will occur soon? How often are you having headaches and migraine attacks? Jot down all of this information before your appointment.



BE OPEN AND HONEST.

Don't hold back during your appointment. Explain how Chronic Migraine is impacting your life. If you're currently on treatment and it's not working, let your doctor know, and he or she can talk through other treatment options with you.

IMPORTANT SAFETY INFORMATION (CONTINUED)

Tell your doctor if you received any other botulinum toxin product in the last 4 months; have received injections of botulinum toxin such as Myobloc®, Dysport®, or Xeomin® in the past (tell your doctor exactly which product you received); have recently received an antibiotic by injection; take muscle relaxants; take an allergy or cold medicine; take a sleep medicine; take aspirin-like products or blood thinners.

Other side effects of BOTOX (onabotulinumtoxinA) include dry mouth; discomfort or pain at the injection site; tiredness; headache; neck pain; eye problems such as double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes; drooping eyebrows; and upper respiratory tract infection.

For more information, refer to the Medication Guide or talk with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit <http://www.fda.gov/medwatch> or call 1-800-FDA-1088.

Please see BOTOX® full [Product Information](http://www.rxabbvie.com/pdf/botox_medguide.pdf), including Boxed Warning and Medication Guide, at http://www.rxabbvie.com/pdf/botox_medguide.pdf.

If you are having difficulty paying for your medicine, AbbVie may be able to help. Visit AbbVie.com/myAbbVieAssist to learn more.

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Please see additional Important Safety Information continued on the following page.

BOTOX® (onabotulinumtoxinA) IMPORTANT SAFETY INFORMATION (CONTINUED)

Tell your doctor about all your medical conditions, including if you have or have had bleeding problems; have plans to have surgery; had surgery on your face; have weakness of forehead muscles, trouble raising your eyebrows, drooping eyelids, and any other abnormal facial change; are pregnant or plan to become pregnant (it is not known if BOTOX can harm your unborn baby); are breastfeeding or plan to (it is not known if BOTOX passes into breast milk).

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Using BOTOX with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX in the past.**

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You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see BOTOX® full [Product Information](#), including Boxed Warning and [Medication Guide](#), at https://www.rxabbvie.com/pdf/botox_medguide.pdf.

If you are having difficulty paying for your medicine, AbbVie may be able to help. Visit AbbVie.com/myAbbVieAssist to learn more.

Please see additional Important Safety Information, including Boxed Warning, throughout this brochure.

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