

# YOU GOT THIS

## YOU'RE STRONGER THAN CHRONIC MIGRAINE

### Do you really know how many headaches and migraines you have in a month?

If you have 15 or more headache days a month, that means you're spending more than half the month with headaches. And if you also have migraine on at least 8 of those days, and each headache lasts 4 hours or longer per day, you may have a distinct condition called Chronic Migraine.

Your headache and migraine tracker can help your doctor determine if you have Chronic Migraine. If you do have Chronic Migraine, you and your doctor can decide if BOTOX® should be part of your treatment plan.

**BOTOX® prevents headaches and migraines before they even start.**

**On average 8 to 9 headache days and migraine/probable migraine days a month (vs 6 to 7 for placebo).**

**Track your headaches and migraines on the following pages or text TRACK to 50334.\***

\*See Privacy & Terms & Conditions: [www.chronicmigrainesupport.com/](http://www.chronicmigrainesupport.com/). Msg & data rates may apply. Msg Freq May Vary. Text HELP for help, STOP to end.



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## TALK WITH YOUR DOCTOR ABOUT BOTOX® FOR CHRONIC MIGRAINE

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### Indication

BOTOX® is a prescription medicine that is injected 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 or older.

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

### 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 pre-existing before injection. Swallowing problems may last for several months

**Please see additional Important Safety Information and Summary of Information about BOTOX® on the following pages.**

  
onabotulinumtoxinA injection

# MAKE THE MOST OF YOUR HEADACHE AND MIGRAINE TRACKER



## JOT DOWN IMPORTANT FACTORS



Which days of the month you had any headache or migraine (not just the bad ones)



Medicines you're taking (prescription, over-the-counter, and herbal supplements)



How many headaches and migraines you've had each month

## SHARE YOUR TRACKER'S RESULTS WITH YOUR DOCTOR

- Discuss how headaches and migraines are affecting your life
- Ask what else you can do to reduce the number of headache and migraine days you have each month
- Find out if BOTOX® for Chronic Migraine should be part of your treatment plan

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KEEPING TRACK OF YOUR HEADACHES AND MIGRAINES FOR SEVERAL MONTHS CAN HELP WITH YOUR TREATMENT PLAN

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### IMPORTANT SAFETY INFORMATION (continued)

- **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 and drooping eyelids, hoarseness or change or loss of voice, trouble saying words clearly, loss of bladder control, trouble breathing, and trouble swallowing

Please see additional Important Safety Information and Summary of Information about BOTOX® on the following pages.

  
onabotulinumtoxinA<sub>injection</sub>

MONTH/YEAR: \_\_\_\_\_

HEADACHE/MIGRAINE DAY	MEDICINES YOU TOOK	HOW IT AFFECTS DAILY ACTIVITIES
Sample entry: <input checked="" type="checkbox"/> SUNDAY	Acetaminophen	Missed dinner with parents
<input type="checkbox"/> SUNDAY		
<input type="checkbox"/> MONDAY		
<input type="checkbox"/> TUESDAY		
<input type="checkbox"/> WEDNESDAY		
<input type="checkbox"/> THURSDAY		
<input type="checkbox"/> FRIDAY		
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TOTAL NUMBER OF HEADACHE AND MIGRAINE DAYS THIS MONTH: \_\_\_\_\_

**BRING YOUR TRACKER TO YOUR NEXT DOCTOR'S APPOINTMENT**

Please see additional Important Safety Information and Summary of Information about BOTOX® on the following pages.



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**BRING YOUR TRACKER TO YOUR NEXT DOCTOR'S APPOINTMENT**

Please see additional Important Safety Information and Summary of Information about BOTOX® on the following pages.



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TOTAL NUMBER OF HEADACHE AND MIGRAINE DAYS THIS MONTH: \_\_\_\_\_

**BRING YOUR TRACKER TO YOUR NEXT DOCTOR'S APPOINTMENT**

Please see additional Important Safety Information and Summary of Information about BOTOX® on the following pages.



## BOTOX® IMPORTANT INFORMATION

### Indication

BOTOX® is a prescription medicine that is injected 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 or older.

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

### 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 pre-existing 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 and drooping eyelids, hoarseness or change or loss of voice, trouble saying words clearly, loss of bladder control, trouble breathing, and trouble swallowing

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 taking BOTOX®. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

**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.

**The dose of BOTOX® is not the same as, or comparable to, another botulinum toxin product.**

**Serious and/or immediate allergic reactions have been reported** including itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint. Get medical help right away if you experience symptoms; further injection of BOTOX® 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; weakness of forehead muscles; trouble raising your eyebrows; drooping eyelids; 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.**

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® include:** dry mouth, discomfort or pain at the injection site, tiredness, headache, neck pain, eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, dry eyes; and drooping eyebrows.

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 [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

**Please see accompanying Summary of Information about BOTOX®.**



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## Summary of Information about BOTOX® (onabotulinumtoxinA)

### What is the most important information I should know about BOTOX®?

**BOTOX® may cause serious side effects that can be life threatening. Call your doctor or 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 pre-existing 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 and drooping eyelids, hoarseness or change or loss of voice, trouble saying words clearly, loss of bladder control, trouble breathing, and trouble swallowing

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 taking BOTOX®. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

**BOTOX® dosing units are not the same as, or comparable to, any other botulinum toxin product.**

### What is BOTOX®?

BOTOX® is prescription medicine a medical professional injects into muscles 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 or effective to prevent headaches in people with migraine who have 14 or fewer headache days each month (episodic migraine).

### Who should not receive BOTOX®?

Do not receive BOTOX® if you are: allergic to any of the ingredients in BOTOX® such as botulinum toxin type A and human serum albumin; had an allergic reaction to another botulinum toxin product such as Myobloc® (rimabotulinumtoxinB), Dysport® (abobotulinumtoxinA), or Xeomin® (incobotulinumtoxinA); or have a skin infection at the planned injection site.

### What should I tell my doctor before treatment?

Tell your doctor about all your muscle or nerve conditions, such as amyotrophic lateral sclerosis (Lou Gehrig's disease), myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects.

Tell your doctor if you have or have had breathing problems such as asthma or emphysema; swallowing problems; bleeding issues; plan to or have had surgery; have forehead muscle weakness such as trouble raising your eyebrows; drooping eyelids; or any changes to your face.

Tell your doctor if you are pregnant, plan to become pregnant, are breastfeeding or plan to breast feed. It is not known if BOTOX® (onabotulinumtoxinA) can harm your unborn baby or if BOTOX® passes into breast milk.

### What Are Common Side Effects?

The most common side effects include neck pain; headache; migraine; slight or partial facial paralysis; drooping eyebrows; eyelid drooping; bronchitis; musculoskeletal stiffness; muscular weakness; pain in 1 or more muscles, ligaments, tendons, or bones; muscle spasms; injection site pain; and high blood pressure. Other side effects have been reported including allergic reactions e.g. itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint.

These are not all of the possible side effects. Call your doctor for medical advice if you experience any side effects after treatment with BOTOX®.

### What Should I Tell My Doctor About Medicines and Vitamins I Take?

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.** Tell your doctor if you have received an injection with another botulinum toxin product in the last 4 months, such as Myobloc®, Dysport®, or Xeomin®. Be sure your doctor knows which product you received.

Tell your doctor about all prescription and over-the-counter medicines, vitamins and herbal supplements you take; recent antibiotic injections; anticholinergics; muscle relaxants; allergy or cold medicine; sleep medicine; aspirin-like products; and blood thinners. **Ask your doctor if you are not sure whether your medicine is listed above.**

### To Learn More

If you would like more information, talk to your doctor and/or go to [BotoxChronicMigraine.com](http://BotoxChronicMigraine.com) for full Product Information.

You may report side effects to the FDA at [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

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Dysport® is a registered trademark of Ipsen Biopharm Limited Company.

Xeomin® is a registered trademark of Merz Pharma GmbH & Co KGaA

