

abbvie

GETTING STARTED WITH BOTOX[®]

A GUIDE FOR ADULTS WITH FOCAL
SPASTICITY (PERSISTENT MUSCLE
SPASMS IN THE ARM/LEG)



BOTOX[®]
onabotulinumtoxinA

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INTRODUCTION

You and your doctor have decided that BOTOX is a treatment that can help manage your condition. ^{Pr}BOTOX[®] (onabotulinumtoxinA) works by temporarily weakening overactive muscles that may cause persistent muscle tightness (spasms) in the arms and/or legs in adults, which is also known as adult focal spasticity.

This pamphlet has been designed to help you gain a better understanding of focal spasticity and BOTOX, including what it is, how it works and potential side effects.

Please read the *Patient Medication Information* carefully before you start taking BOTOX and each time you get treatment. Talk to your health care professional about your medical condition and treatment, and ask if there is any new information about BOTOX.

**Learning more about your condition
may help you 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.

ABOUT FOCAL SPASTICITY

What is focal spasticity?

Focal spasticity is the medical term used to describe a condition where a single muscle or small group of muscles become overactive or stiff.

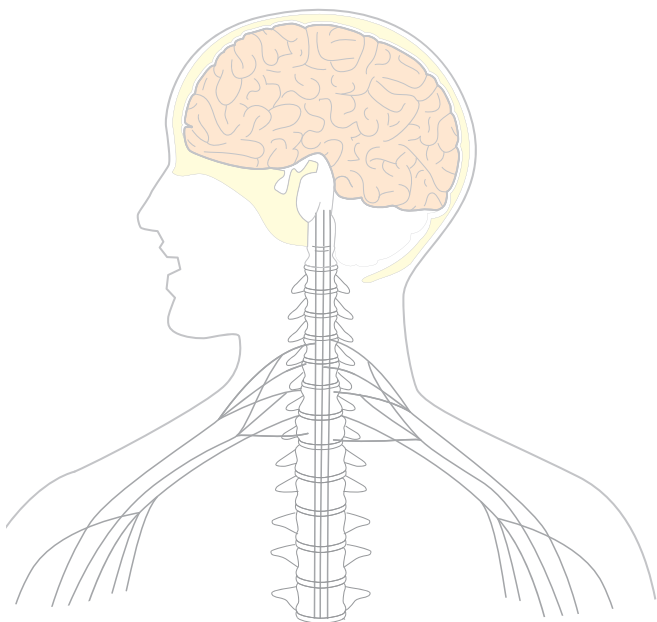


Example of focal spasticity

It is important to seek medical care when spasticity is experienced for the first time.

How does focal spasticity happen?

Focal spasticity can be caused following damage to the spinal cord or injury to the brain, such as a stroke. People may experience different degrees of focal spasticity.



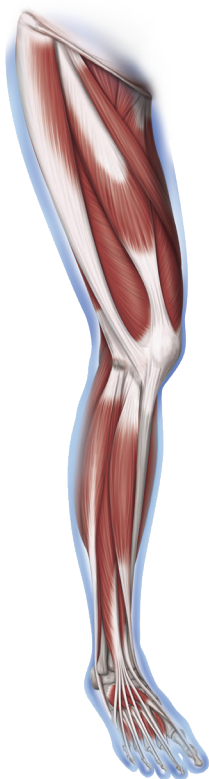
ABOUT FOCAL SPASTICITY

What muscles are affected?

Upper limbs

Focal spasticity may affect muscle groups in the:

- Shoulders
- Elbow area
- Forearms
- Wrists
- Hands



Lower limbs

Focal spasticity may affect muscle groups in the:

- Hips
- Knees
- Feet



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ABOUT FOCAL SPASTICITY

How is focal spasticity managed?

Because spasticity varies from person to person, your doctor may work with a team of specialists or create a customized treatment plan to help manage your condition.

Depending on your condition, it may be necessary for your doctor to re-assess spasticity management plans regularly.



Specialists involved with managing focal spasticity

Neurologists

Medical doctors trained to diagnose and treat disorders affecting the brain and nervous system. They are able to:

- Perform examinations of the nervous system
- Examine muscle strength and movement, balance and walking ability
- Conduct tests for reflexes, sensation, memory, speech and language

Physiatrists

Medical doctors who specialize in physical medicine and rehabilitation. They are trained to evaluate and treat individuals with impaired functional abilities, which can happen after a stroke.

Physiatrists can diagnose spasticity and help organize individualized rehabilitation programs. They may also work closely with other doctors, physiotherapists and occupational therapists.

ABOUT FOCAL SPASTICITY

Specialists involved with managing focal spasticity

Physiotherapists

Physiotherapists are primary health care professionals who play a significant role in health promotion and treating injury and disease. They combine their in-depth knowledge of the body and how it works with specialized hands-on clinical skills to assess, and treat symptoms of illness, injury or disability. They work to help:

- Maintain or improve mobility and function
- Reduce pain
- Prevent injuries

Occupational therapists

Occupational therapists are health care professionals who help people resume or participate in a variety of tasks, such as their jobs, caring for themselves and their home, and in leisure and social activities. They may help you learn new skills, assist with managing day-to-day activities and offer advice for making adjustments at home.

Specialists involved with managing focal spasticity

Certified orthotists and prosthetists

They are health care professionals who are educated and trained to provide comprehensive orthotic and prosthetic care. Their primary goal is to provide optimal care and independence, restore mobility and prevent or limit disability.

- **Orthotists** design braces and splints (known as orthoses) for people injured or affected by nerve, muscle or bone disorders
- **Prosthetists** provide care to people who have partial or total absence of a limb by evaluating, designing, fitting and aligning artificial limbs (known as prostheses)

To help your doctor gain a better understanding of your condition, it is important to talk to him/her about your experiences with focal spasticity. Have an open discussion with your doctor to help set appropriate expectations with BOTOX.

UNDERSTANDING BOTOX FOR FOCAL SPASTICITY

How does BOTOX work to treat focal spasticity?

BOTOX is a muscle relaxant that is injected into the muscles or deep into the skin. When injected into the muscles, BOTOX blocks part of the nerve signals (impulses) and reduces muscle movement. This causes the muscles to relax, which goes away over time.

In people with focal spasticity, BOTOX has been shown to:

- Reduce muscle contractions
- Reduce disability related to muscle contractions
- Increase range of movement



How is BOTOX administered?

BOTOX is given via an intramuscular (into the muscles) injection using a very fine needle. Your doctor may give more than one injection in the affected muscles.

The dose and number of injections given may depend on different factors, including:

- Your needs
- The muscle(s) to be injected and their size
- Local muscle weakness
- Your response to previous treatments
- Severity of spasticity

BOTOX should only be given by physicians with the appropriate qualifications and experience in the treatment and the use of required equipment.



UNDERSTANDING BOTOX FOR FOCAL SPASTICITY

When should BOTOX not be used?

BOTOX shouldn't 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 have questions or are not sure if you are allergic to any of these ingredients, talk to your doctor.





What possible side effects may be experienced with BOTOX?

The following side effects have been reported in people with focal spasticity:










Upper limb spasticity in adults

Most side effects reported in people treated for spasticity were mild to moderate and they went away without needing medical attention.

Common side effects include:

-  Pain in the affected limb
-  Increased sensitivity to touch or pain
-  Changes in ease of movement of the muscle
-  Headache

Less common side effects include:


-  Fever
-  Skin problems
-  Flu-like symptoms
-  Nausea
-  Weakness or loss of energy
-  "Pins & needles"
-  Lack of coordination
-  Itching
-  Joint pain

Lower limb spasticity in adults

Very common side effects include:

-  Joint pain

Common side effects include:

-  Fall and pain in extremity

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

Looking for more information?

Contact your doctor if you have questions about your treatment with BOTOX or call AbbVie Care to explore the support services available to you.

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