

A guide for patients being treated with BOTOX[®] (Botulinum toxin type A) for chronic migraine

This information is only available to patients who have been prescribed BOTOX[®]. For more information about BOTOX[®] or chronic migraine please contact your healthcare professional.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/> or via the MHRA Yellow Card app, available in the Google Play or Apple AppStores.

By reporting side effects you can help provide more information on the safety of this medicine.



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Introduction

You have been given this leaflet as you will be receiving treatment with BOTOX[®] (botulinum toxin Type A) that is intended to help reduce the symptoms of your chronic migraine (headaches on at least 15 days per month of which at least 8 days are with migraine).

It is important to remember that everybody is different and therefore each person responds to medication differently. This is no exception.

This leaflet will tell you more about how the treatment works and what you can expect after the treatment.



What do we know about chronic migraine?

It is still not exactly clear what causes a migraine.

Several things may work together to start the chain of events leading to a migraine and it is even possible that these things are different in different people.

Research suggests that headaches and migraines are caused by confusing signals that are sent and received by the brain.

Nerves that detect pain seem to become over-sensitive to harmless activities (such as brushing your hair), and tell the brain that the head is in overwhelming pain when in reality it isn't.

Tell me more...

The most common symptoms of a migraine attack include:

- throbbing headache
- nausea
- vomiting
- sensitivity to light and/or sound
- lack of energy

Symptoms may vary from person to person. If you experience a headache on more than 15 days per month you may have **chronic** migraine.



What do we know about chronic migraine?

The symptoms are similar to that of migraine BUT the headaches occur MORE frequently. People can be diagnosed as having chronic migraine if they experience:

- 15 or more headaches per month

In addition, on 8 or more days a month, your headaches must have at least two of the following characteristics:

- affect only one side of the head
- cause a pulsating pain
- cause moderate to severe pain
- are aggravated by routine physical activity and they must cause at least one of the following:
 - nausea, vomiting, or both
 - sensitivity to light and sound

Tell me more...

As you know, experiencing headaches and migraines so frequently has a huge impact on your life and what you are able to do.

The one thing we can be certain of, however, is that you are not alone. It is estimated that between **1.4–2.2%** of the global population suffer from chronic migraine.

Coping with chronic migraine

You may have already tried lifestyle changes such as the ones listed below but, if you haven't, this is a good place to start.

- Limiting caffeine intake to no more than 4-5 cups per day
- Having regular sleep habits (aim for 8 hours a night; try to go to bed and wake up at the same time every day)
- Eating regularly throughout the day and not skipping meals
- Exercising regularly (aim for 3 times a week)
- Identifying and avoiding 'triggers' – things that may increase the chance of you having a migraine

Tell me more...

Triggers that are often associated with causing a migraine in a short time period are:

WEATHER

e.g. temperature change, high humidity

DIET

e.g. chocolate, aged cheese, caffeine, alcohol, additives, missed meals

SURROUNDINGS

e.g. bright lights, strong odours, loud sounds

PHYSICAL FACTORS

e.g. strenuous exercise like aerobics, poor quality of sleep

HORMONES

e.g. menstruation, birth control pills

STRESS

e.g. anxiety, worry



About your treatment with BOTOX®

Your treatment session

Starting treatment for chronic migraine is a major step. Before recommending this treatment, your doctor will have checked that it is suitable for you.

As a guide, you should not receive BOTOX® if:

- you have had a bad reaction to this treatment in the past
- you have an infection at or around any of the areas to be injected
- you are pregnant or breast feeding

Your doctor or health care professional may ask whether you are currently on any other medication, whether they've been prescribed to you or you have bought them.

Tell me more...

When used to treat chronic migraine, BOTOX® is believed to inhibit the nerves that cause pain, which means it may be able to help prevent the onset of a migraine.

While other treatments may help you once you already have a headache, a preventative therapy could help to reduce the number of headache and or migraine days as well as the severity of the headache.

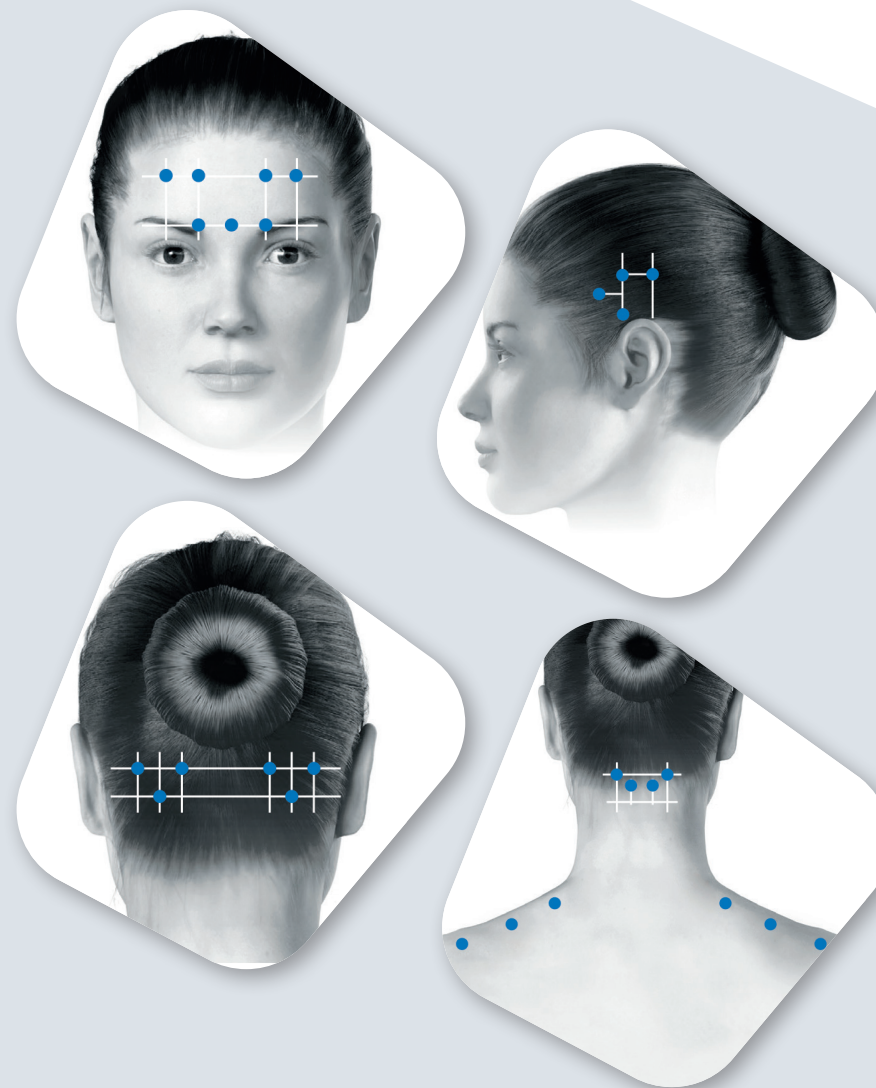
About your treatment with BOTOX®

During your treatment session

Typically, this treatment is administered as 31 small injections into seven head and neck muscle areas with a very fine needle.

For those that experience pain in specific areas during a migraine, additional injections in up to three of these muscles is possible.

When administered by an experienced healthcare professional you should feel very little pain or discomfort.



Treatment is administered as injections into seven head and neck muscle areas



About your treatment with BOTOX[®]

After your treatment session


Each person may respond differently, but this medication has been shown to:

- Reduce the number of headache and migraine attacks
- Reduce the duration of headache attacks
- Improve involvement in family life, work and social activities
- Lessen the need for pain medication

Before you leave the clinic, make sure you schedule a follow-up appointment with your doctor so that you know when you need to return for a check-up.

Tell me more...

The most common side effects with this medication, when used for the treatment of chronic migraine include:

- Increase in headache or migraine
 - Weakness of the face muscles
 - Drooping of the eyelid
 - Rash, itching
 - Pain where the injection was given
 - Muscle weakness, neck pain, muscle pain or cramp, muscle stiffness or tightness
- 



Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse.

This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/>

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Tell me more...


All medications have the potential to cause side effects, but not everyone will be affected.

If you do experience side effects, then they may subside over time as your body adjusts to the medication. Your healthcare professional can answer any further questions related to your treatment.

If you have any difficulty in breathing, swallowing or speaking after receiving this medication, contact your doctor immediately.

If you experience hives, swelling including swelling of the face or throat, wheezing, feeling faint and shortness of breath, contact your doctor immediately.

As with any injection, it is possible for the procedure to result in infection, pain, swelling, burning and stinging, increased sensitivity, tenderness, redness, and/or bleeding/bruising at the site of injection.





Useful information

Painkillers & migraine prescription medicine

With this treatment, although you may still get some headaches or migraines, they may happen less often and might not last as long.

If you have any further questions or concerns regarding any other medicines or painkillers, please discuss with your doctor.

To find more general information on chronic migraine, go to: <https://www.migrainetrust.org/>

(This is a third party website for which AbbVie has no input to or control over the content.)

Why it's important to keep a headache diary

You may find it useful to consider discussing the following with your doctor when you talk about migraine:

- How severe your headaches/migraines are
- How long your headaches/migraines normally last
- How you responded to treatments you've previously taken
- How the condition affects your daily life
- What types of treatments are available to prevent headache days

Please always refer to the patient information leaflet provided with your medication.

