

A close-up photograph of a woman's face and shoulder. She has light skin, blue eyes, and is wearing a light blue button-down shirt. The background is a bright, out-of-focus indoor setting. The text is overlaid on the top left of the image.

excessive
sweating?

Now there's a solution!

The BOTOX logo features a stylized, multi-colored swoosh (purple, orange, and red) above the word "BOTOX" in a bold, purple, sans-serif font. Below "BOTOX" is the text "Botulinum Toxin Type A" in a smaller, purple, sans-serif font.

BOTOX[®]
Botulinum Toxin Type A

what is hyperhidrosis?

when even the strongest drugstore antiperspirant still leaves you all wet, it's time to take control.

there's a name for it... hyperhidrosis

Everyone sweats, but for some people it's way beyond what an antiperspirant can handle. If your excessive sweating has you changing your clothes at work, dreading a handshake or choosing clothes because they won't show sweat stains, it could be a medical condition called hyperhidrosis.

what's hyperhidrosis?

Hyperhidrosis is a disorder that makes you sweat more than you need to. In primary hyperhidrosis, the cause is unknown and can affect specific areas, such as the armpits, hands, feet and/or face. Other factors such as diabetes, menopause, nerve damage and some medications can also cause excessive sweating, called secondary hyperhidrosis. Your doctor will need to do a full exam to arrive at a diagnosis.

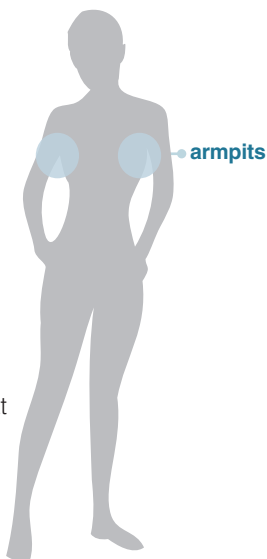
your quality of life is important!

Hyperhidrosis is not a life-threatening condition, but it can seriously affect your quality of life. Besides being a big inconvenience and costing you money, hyperhidrosis can cause skin breakouts, unpleasant odours and promote infection. It is estimated that 910,000 Canadians are affected by some form of hyperhidrosis.

hyperhidrosis is treatable

why me?

Producing some sweat is not a bad thing – in fact, sweat is necessary to keep your body at a healthy temperature. With hyperhidrosis, however, you produce way more sweat than your body needs. The cause of primary hyperhidrosis is still a mystery, but what is known is that the nerves that control the sweat glands become overactive.



taking control of excessive sweating

The good news about hyperhidrosis is that it can be successfully treated. There are a number of options, but there's no single "right" way to treat hyperhidrosis. You have taken the first step by discussing your condition with your doctor.

treatment options

focal injections interrupt the signal from the nerves to the sweat glands

topical treatments, such as aluminum chloride hexahydrate, inhibit sweating

oral medications treat the underlying conditions

iontophoresis involves applying a low-intensity electric current to the affected areas

surgery severs the nerves that cause excessive sweating

BOTOX[®] can help

BOTOX[®] works!

BOTOX[®] focal injections are an effective way to treat excessive sweating. In one study of excessive underarm sweating, 95% of patients experienced an average reduction in sweating of 83% in one week.¹ Plus, the effect lasts up to seven months on average.² BOTOX[®] is the only prescription medication approved for the treatment of hyperhidrosis.

BOTOX[®] safety

BOTOX[®] is well tolerated and effective when used correctly by a specially trained doctor. BOTOX[®] has been used for many years to treat other conditions and has been approved in Canada to treat muscle spasms affecting the eyes, neck and limbs, as well as muscle spasms in children as young as two years of age with cerebral palsy. The long-term safety of the drug is well proven. Please see safety information.

BOTOX[®] treatment is simple

The procedure for BOTOX[®] treatment is a simple one. A small amount of the drug is injected intradermally to the affected area using a very fine needle. The needle is placed just under the skin and any discomfort is minimal. You may also choose to have a local anaesthetic applied to the area before the injection if you are concerned about needles. You should notice a significant reduction of sweating in the treated areas within a week of treatment.

excessive sweating can be treated!

Hyperhidrosis is a medical condition that is highly treatable. In fact, getting help is easy.

Check your **health coverage** – you may already be covered for treatment. Many employers offer extended health benefits through their insurance plans.

Learn more about hyperhidrosis at **[sweatless.ca](https://www.sweatless.ca)**



BOTOX® treatment for excessive sweating is often covered by private health plans.

excessive sweating? now there's a solution

Safety Information³

BOTOX[®] is indicated for primary hyperhidrosis of the axillae for the treatment of hyperhidrosis of the axilla in patients 18 years of age or older.

Serious Warnings and Precautions

- The term "Allergan unit" upon which dosing is based is a specific measurement of toxin activity that is unique to Allergan's formulation of botulinum toxin type A. Therefore, the "Allergan units" used to describe BOTOX[®] activity are different from those used to describe that of other botulinum toxin preparations and the units representing BOTOX[®] activity are not interchangeable with other products.
- BOTOX[®] should only be given by physicians with the appropriate qualifications and experience in the treatment and the use of required equipment.
- Follow the recommended dosage and frequency of administration for BOTOX[®].
- DISTANT SPREAD OF TOXIN EFFECT: The effects of BOTOX[®] and all botulinum toxin products may spread from the area of injection to produce symptoms consistent with botulinum toxin effects. These symptoms have been reported hours to weeks after injection. Swallowing and breathing difficulties can be life-threatening and there have been reports of death. The risk of symptoms is probably greatest in children treated for spasticity but symptoms can occur in adults, particularly in those patients who have underlying conditions that would predispose them to these symptoms.

BOTOX[®] is onabotulinumtoxinA, a sterile, purified form of botulinum toxin type A.

Do not use BOTOX[®] if:

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

Before you receive BOTOX[®], talk to your healthcare professional if:

- you have an infection at a proposed injection site
- you are scheduled to have surgery using a general anaesthetic
- you are taking or are likely to take antibiotics, especially aminoglycoside antibiotics
- you are pregnant or become pregnant or are nursing while taking this drug

Tell your doctor if you are taking other medicines, including any you have bought at your pharmacy, supermarket or health food shop.

Pain, tenderness and/or bruising at the site of injection. Increase in sweating in other areas of the body and headaches. Malaise (generally feeling unwell), lasting up to six weeks after injection with BOTOX[®]. Weakness and rarely, changes in the way the heart beats, chest pain, skin rash and allergic reaction (symptoms: shortness of breath, wheezing or 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; and respiratory compromise. These are not all the possible side effects you may feel when taking BOTOX[®]. If you experience any side effects not listed here, contact your healthcare professional.

Consult the BOTOX[®] Product Monograph at <https://allergan-web-cdn-prod.azureedge.net/allergan-canada-specialty/allergan-canada-specialty/media/actavis-canada-specialty/en/products/pms/9060x-2018-10-16-en-botox.pdf> for complete safety information.

For more information about hyperhidrosis and how to manage your symptoms, go to sweatless.ca



References: 1. Naumann MK, Lowe NJ. Botulinum toxin type A in the treatment of bilateral primary axillary hyperhidrosis: randomized, parallel-group, double-blind, placebo-controlled trial. *British Medical Journal* 2001;323:1-4. 2. Naumann MK, Lowe NJ. Botulinum toxin type A is a safe and effective treatment for axillary hyperhidrosis over 16 months. *Archives of Dermatology* 2003;139:731-6. 3. BOTOX[®] Product Monograph. Allergan, Inc. October 16, 2018.

This booklet is intended for patients who have been recommended or prescribed BOTOX[®] by a doctor. Do not distribute without the advice of a doctor. If you have any questions or are not sure about any part of your treatment, please ask your doctor or pharmacist.

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