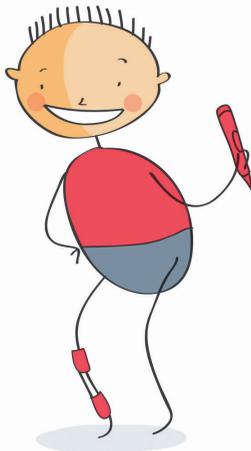


This is our story

An interactive book to use with kids with muscle stiffness of upper and lower limbs



BROUGHT TO YOU BY IPSEN BIOPHARMACEUTICALS INC.



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Dysport® (abobotulinumtoxinA) for injection, for intramuscular use 300- and 500-Unit vials.

Dysport is a prescription medicine that is injected into muscles and used to treat increased muscle stiffness in patients 2 years of age and older with upper and lower limb spasticity.

IMPORTANT SAFETY INFORMATION

What is the most important safety information I should know about Dysport?

Dysport may cause serious side effects, including problems breathing or swallowing and/or spread of toxin effects, that can be life threatening and death can happen as a complication. These problems can happen within hours, or days to weeks after an injection of Dysport.

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www.dysport.com/

Please see Important Safety Information throughout and accompanying full Prescribing Information, including Medication Guide with **Important Warning**.

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IT ALL STARTS HERE!

This book will help you do things like:

1. CAPTURE WHAT MAKES YOU UNIQUE
2. LEARN HOW OTHER KIDS LIVE WITH MUSCLE STIFFNESS IN THEIR ARMS OR LEGS (OR BOTH)
3. TALK TO YOUR FAMILY AND DOCTORS ABOUT YOUR ARM AND/OR LEG MUSCLE STIFFNESS
4. SET YOUR OWN GOALS

Follow the directions on each page.
Ask for help from parents, siblings, grandparents
or other family or friends when you need it.

ME AND MY FAMILY



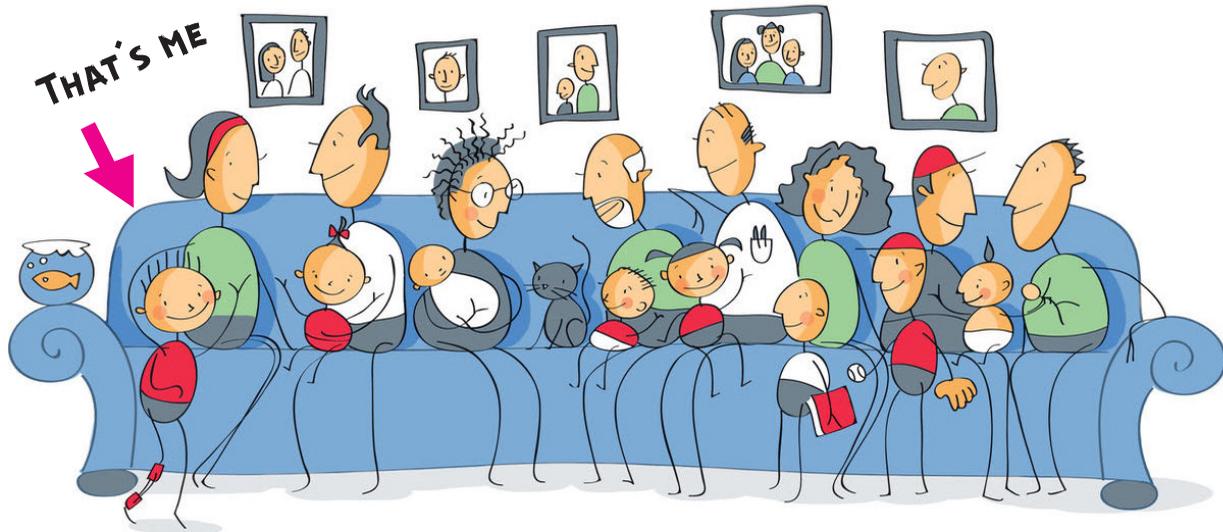
HI! MY NAME IS
KAI.

I'M 7 (AND A HALF!!)
YEARS OLD.

I LIVE IN COLUMBUS, OHIO.

I'VE GOT A **BIG** FAMILY.

THERE'S MY MOM, MY DAD, SPENCER (MY BIG BROTHER),
DRAGON (MY PET FISH), 4 GRANDPARENTS, 12 COUSINS,
AND A BUNCH OF AUNTS AND UNCLES. I WEAR A BRACE ON
MY LEG TO HELP ME BALANCE AND WALK BETTER, JUST LIKE
MY AUNT WEARS GLASSES TO HELP HER SEE BETTER!



YOUR TURN!

MY NAME: _____
(Write your name.)

AGE I WAS FIRST DIAGNOSED
WITH MUSCLE STIFFNESS
IN MY ARMS AND/OR LEGS*:

(Write your age in the box.)

WHERE I LIVE: _____
(Write your city above.
Then draw the shape of your state below in the box.)

WHAT I LOOK LIKE AND MY FAMILY:

TURN THE PAGE!



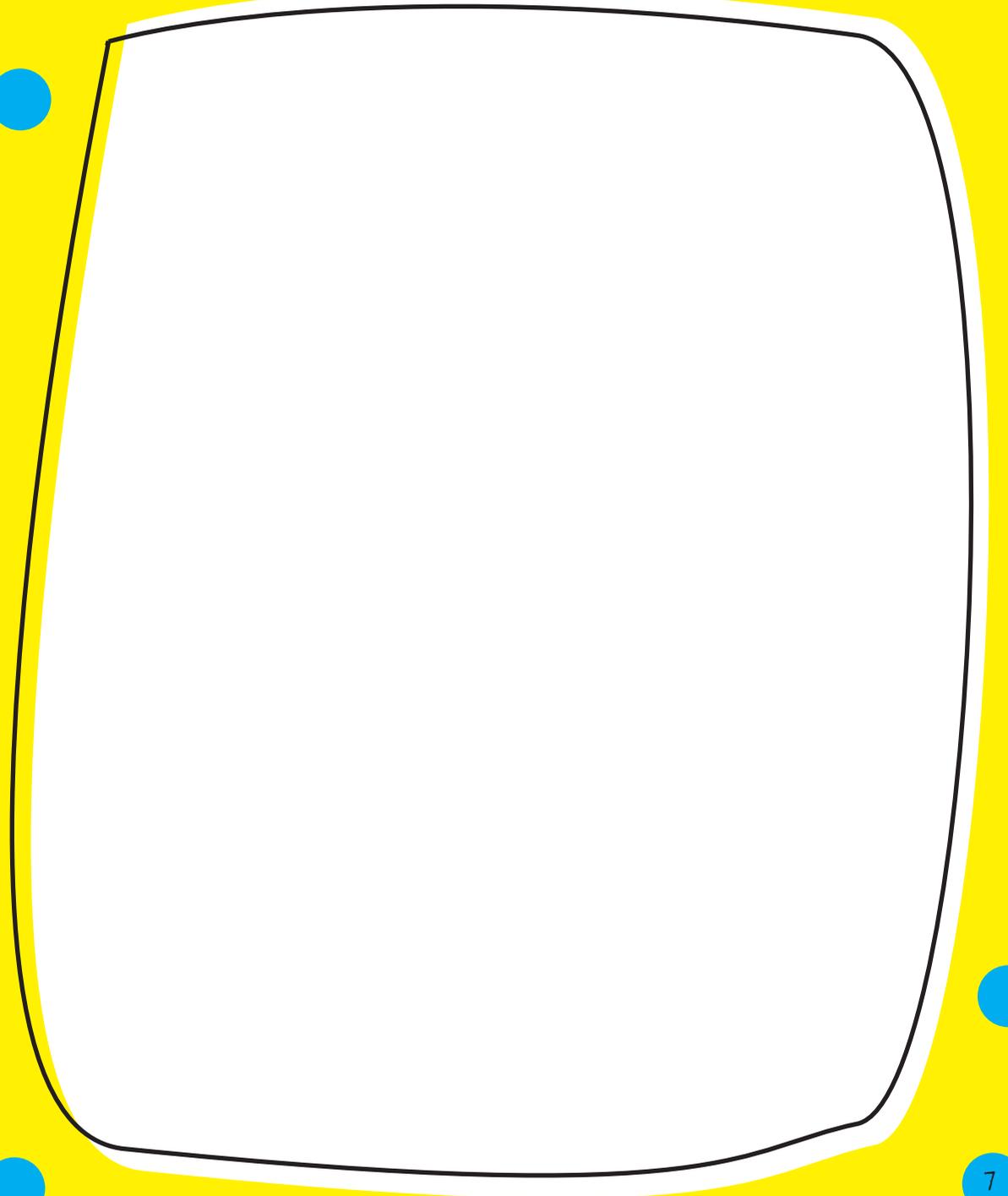
WHAT I LOOK LIKE:

(Draw or glue a picture of yourself in the frame below.)



MY FAMILY:

(In the frame below, write names, draw, glue, or tape pictures, to show who's in your family.)

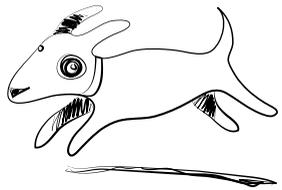


WHAT I LOVE

My name is
Ella! I'm 6!



these are the things that make me happy!



WHAT MAKES **YOU** HAPPY? 😊 😐

(List 6 things that make you happy and draw a picture next to it. Glue or tape pictures in the right column of more things that make you happy. Color and circle things on Ella's list that you love, too!)

(Glue or tape pictures below.)



pizza



MUSCLE STIFFNESS AND ME

HI! I'M OLIVER!
I'M 5 YEARS OLD!

I HAVE MUSCLE STIFFNESS IN MY ARMS AND LEGS.
IT STARTED WHEN I WAS 2 YEARS OLD. (I CAN'T REALLY REMEMBER, BUT THAT'S WHAT MY DAD SAYS.)

WHEN MY MUSCLES GET **STIFF**,
THEY FEEL **TIGHT** AND **CRAMPY**. NO FUN! :(

DIFFERENT THINGS HELP. SOMETIMES MY **MOM** RUBS MY STIFF MUSCLES.
SOMETIMES I STRETCH OR EXERCISE. SOMETIMES I GO TO OT OR PT.
SOMETIMES I GET MY DYSPORT INJECTIONS. AND SOMETIMES I WRAP
MYSELF IN MY SUPER SOFT KOALA BLANKET
AND WATCH VIDEOS ON THE SOFA.

HERE'S
WHERE
MY
MUSCLES
GET
STIFF

Ever since Oliver started getting Dysport injections, he gets relief from his muscle stiffness for about 6 months. That means more time doing the things he loves! We know it may be time for another injection when Oliver's muscles don't respond as well or his braces start to feel awkward.

—Oliver's Dad



IMPORTANT SAFETY INFORMATION

What is the most important safety information I should know about Dysport? (continued)

- **Problems swallowing, breathing, or speaking.** Treatment with Dysport can result in swallowing or breathing problems. People with pre-existing swallowing or breathing problems may be at greater risk following treatment with Dysport. Swallowing problems may last for several weeks; you may need a feeding tube to receive food or water. If swallowing problems are severe, food or liquids may go into your lungs.

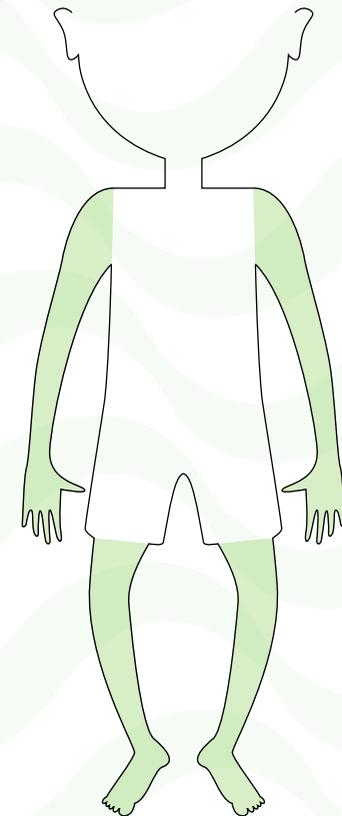
Please see Important Safety Information throughout and accompanying full Prescribing Information, including Medication Guide with **Important Warning**.

OT=occupational therapy; PT=physical therapy.

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WHERE IN YOUR ARMS AND/OR LEGS DO YOUR MUSCLES FEEL DIFFERENT?

(Circle or draw an arrow.)



(What does your hair look like?)

(What do your clothes look like?)

WHAT DO YOUR MUSCLES FEEL LIKE?

(Check as many as you want.)

Stiff

Tight

Crampy

Other

(Describe in your own words.)

NOW TURN THE PAGE!



THINGS THAT HELP WHEN YOUR MUSCLES FEEL STIFF:

(Circle as many as you want.)

(Add your own.)

MY MOM

MY DAD

MY BROTHER / SISTER

MY TEACHERS

MY FRIENDS

OT / PT

MY PET

MASSAGES

EXERCISING

STRETCHING

HEATING PADS

WARM BATHS

LISTENING TO MUSIC

MY DOCTOR

MY SUPPORT DEVICE

MY MEDICINE

MY STRETCHING BRACE

(Now, draw 4 of the items from your list!)

A large rectangular drawing area with a double-line border, divided into four quadrants by a vertical and a horizontal line. The quadrants are intended for drawing four items from the list on the previous page.

OT=occupational therapy; PT=physical therapy.

WHAT I WANT TO LEARN TO DO

MY NAME IS TAYLOR!
I'M 6 AND A HALF!

Since I started getting my Dysport injections, the muscle stiffness in my arms has gotten better. With looser muscles, I learned to zip my own jacket. Yes! My mom always reminds me that if I have a hard time swallowing, breathing, or speaking, or have any other side effects that I should let her know right away.

There are still soooooo many other things I want to learn, like how to:

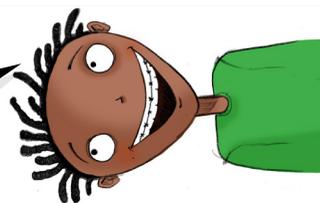
Pour my own cereal in the morning

Swim with my big brother

Brush my own teeth

(My Mom made me add that one! Hahaha!)

Since Taylor started getting his Dysport injections, he can keep up with me better when we play. He does have to wear his safety gear when we swim, so we play games together in the shallow end of the pool.
—Taylor's Big Brother



IMPORTANT SAFETY INFORMATION

What is the most important safety information I should know about Dysport? (continued)

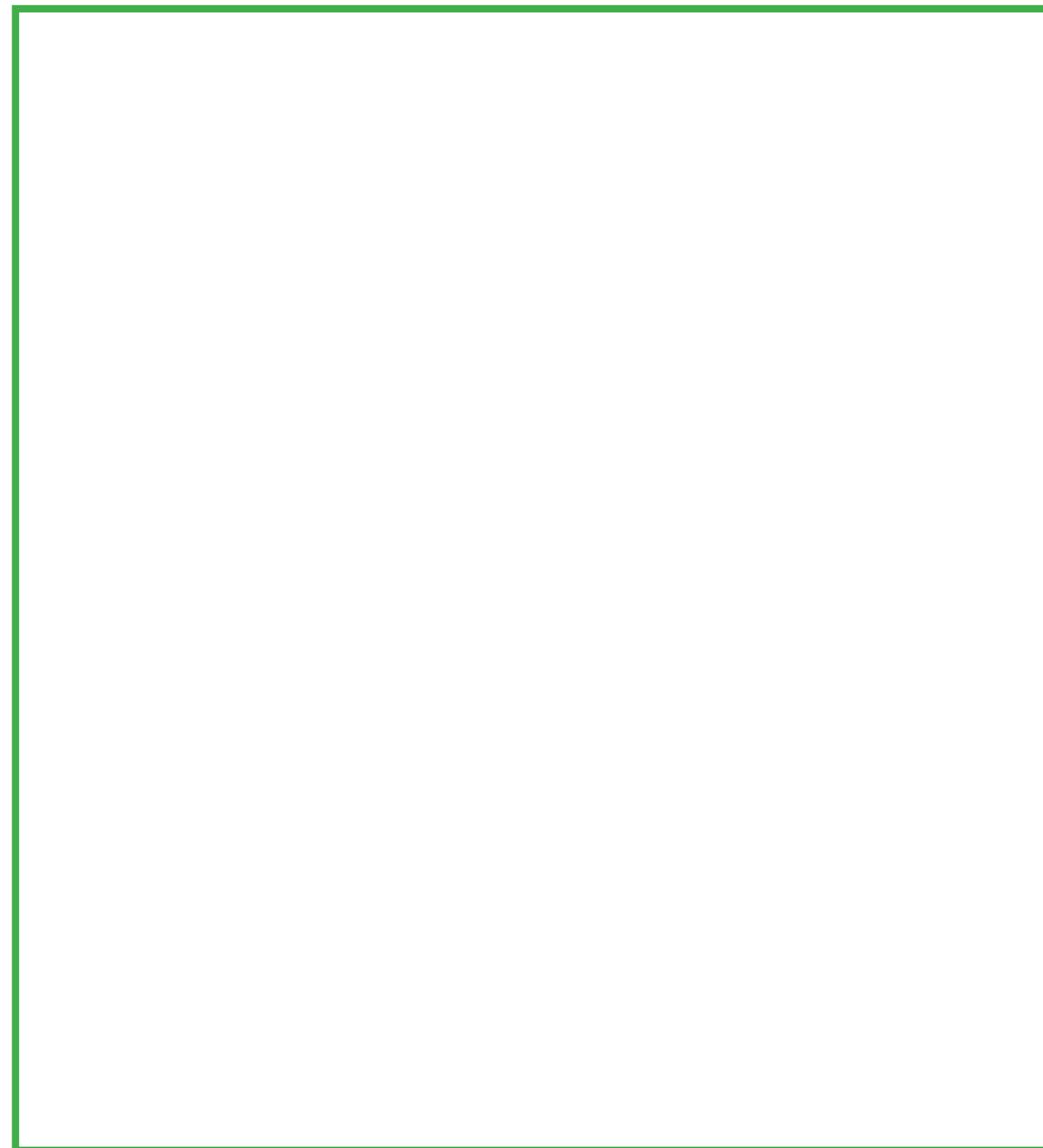
- **Spread of toxin effects.** The effects of botulinum toxin may affect areas of the body away from the injection site and cause symptoms of a serious condition called botulism which include: loss of strength and muscle weakness all over the body, double or blurred vision, and drooping eyelids, hoarseness or change or loss of voice, trouble saying words clearly, loss of bladder control, and trouble breathing or swallowing. The risk of these symptoms is probably greatest in children treated for spasticity. These problems could make it unsafe for you to drive a car, operate machinery, or do other dangerous activities.

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Make a collage of stuff you want to learn!

(Grab old magazines with lots of pictures and some glue or tape. Tear or cut out stuff you want to learn. Ask a parent or sibling to help. Ask them to add some pictures, too!)



VISITING THE DOCTOR

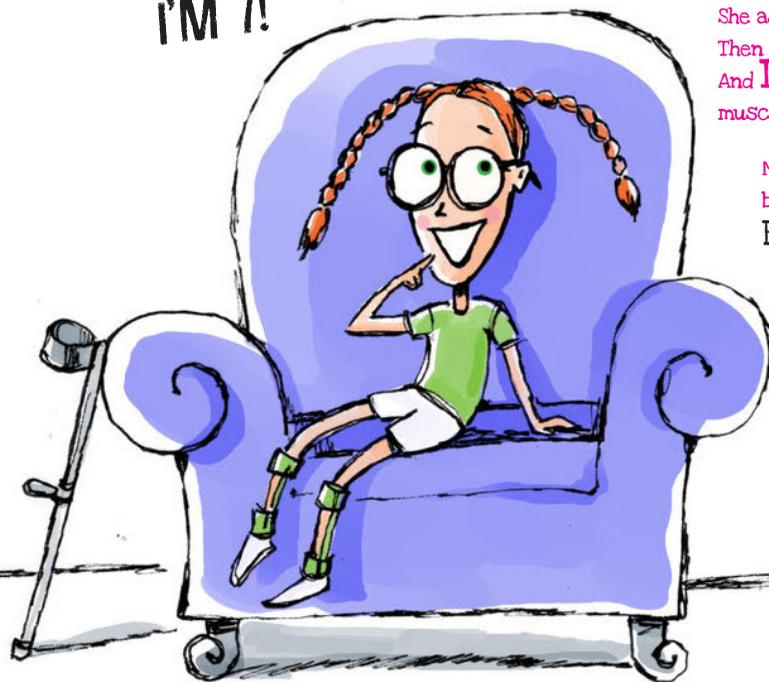
HEY!
I'M JAYDEN!
I'M 7!

When I go to the doctor, she checks out lots of stuff. She looks at how I move. How I walk. How strong I am. (Hint: Very!)

She asks **lots** of questions. Then it's my turn to ask questions. And **I've** got LOTS of them about the muscle stiffness in my arms and legs.

My dad and I write them **ALL** down before so we don't forget to ask **EVERYTHING** at my next doctor visit.

Here's the list of questions we've asked:



IMPORTANT SAFETY INFORMATION

What is the most important safety information I should know about Dysport? (continued)

Call your doctor or get medical help right away if you experience these problems after treatment with Dysport.

Do not receive a Dysport injection if: you are allergic to Dysport or any of its ingredients, or cow's milk protein; you had an allergic reaction to any other botulinum toxin product, such as Myobloc®, Botox®, or Xeomin®; or you have a skin infection at the planned injection site.

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My dad has questions, too. Here's his list:

- Why do I have muscle stiffness?
- What can we do to help my muscles feel less stiff?
- Can I get better at braiding hair?
- Can I learn to ride a scooter?
- How do Dysport injections help?
- Will injections hurt?
- Who can come with me to my injection appointments?
- How soon can I eat after injections?
- What about before my injections?
- Can I go swimming after I get my injections?
- Is an injection the same thing as a shot?
- What results can we expect with Dysport injections?
- How long do results typically last?
- When do we schedule a follow-up appointment?
- What is the injection experience like?
- What side effects should we be aware of with Dysport?
- Is there financial assistance to help us pay for Dysport injections?*
- What treatment goals should I set for Jayden?



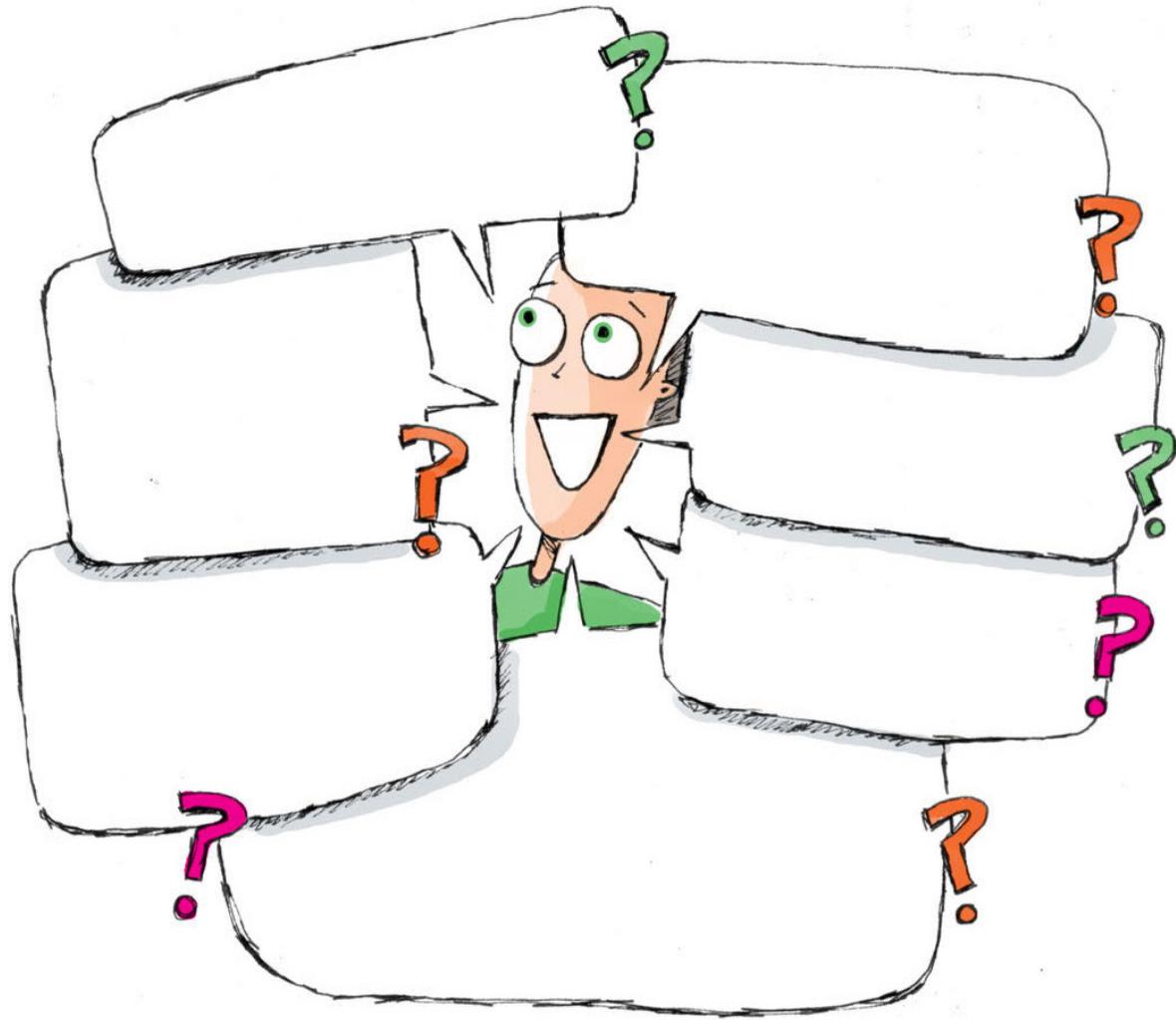
*Patients are not eligible for copay assistance if they are enrolled in any state or federally funded programs for which drug prescriptions or coverage could be paid in part or in full, including, but not limited to, Medicare Part B, Medicare Part D, Medicaid, Medigap, VA, DoD, or TRICARE, or where prohibited by law. Other terms and conditions apply.

**NOW TURN
THE PAGE!**

HERE!!

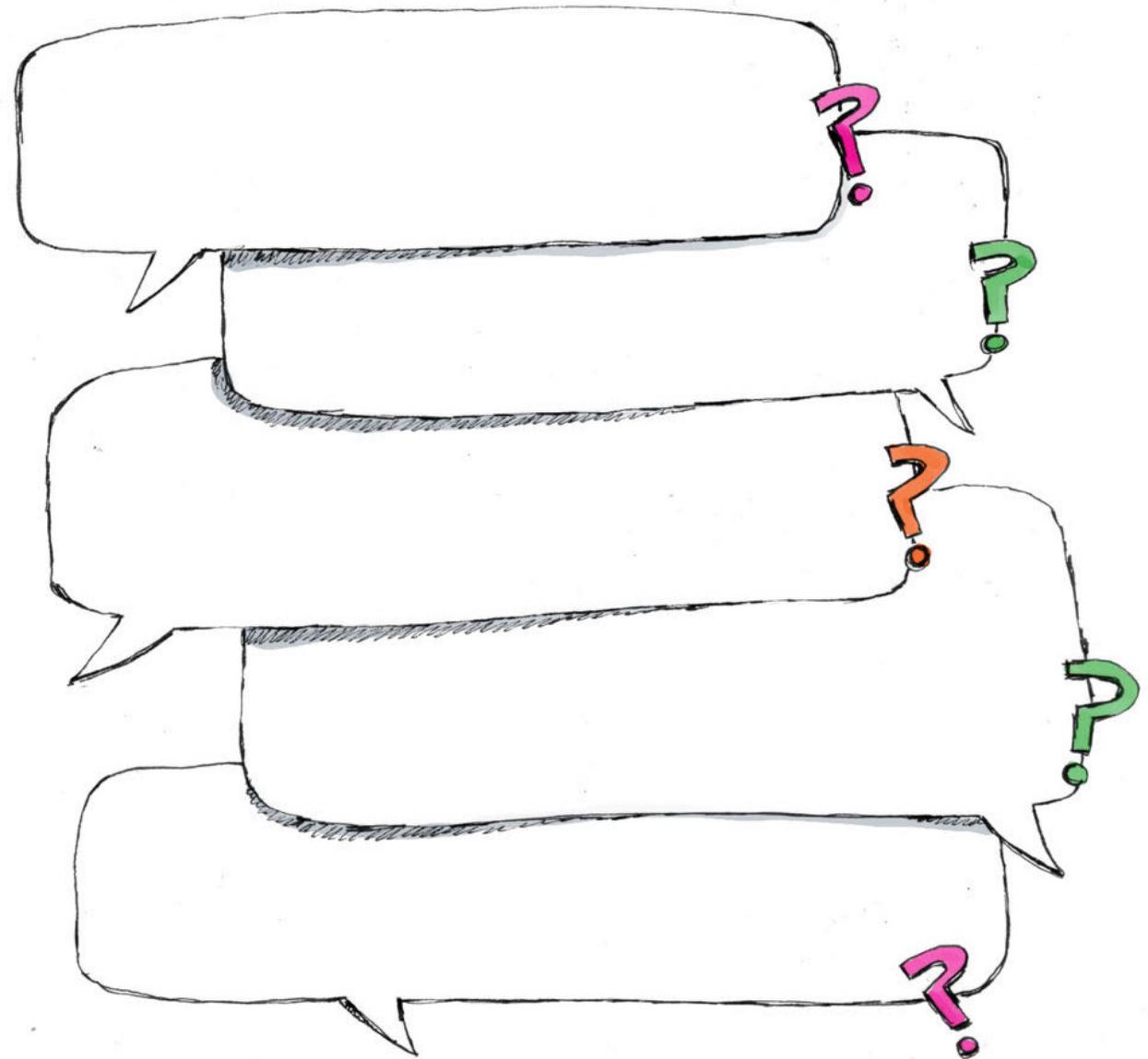
What questions do YOU have for Your doctor?

(Write your questions in the bubbles.)



What questions does Your FAMILY have for Your doctor?

(Talk to your mom, dad, brother, or sister to see if they have any questions they want to add to this page!)



INJECTION DAY

I'm Amy!
I'm 7!



GETTING INJECTIONS IS NO FUN

BUT I DO LIKE HOW MY MUSCLES FEEL AFTER MY INJECTION APPOINTMENT— WAY LESS STIFF.

(MY MOM SAYS THAT SOMETIMES, I'M TOO HONEST. WHATEVER THAT MEANS.)

I'VE BEEN GETTING INJECTIONS FOR A WHILE NOW AND THIS IS HOW IT WORKS FOR ME:

START HERE!!

When my arm or leg muscles get stiff I tell my mom right away.

My mom makes an appointment to see if I need another set of injections.

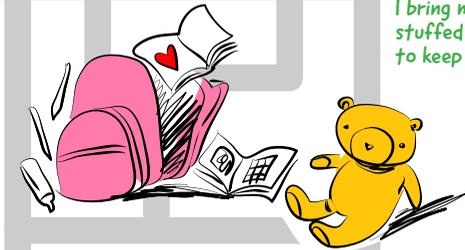


We tell my teachers I'll be out of school that day, and my mom takes off work.

I get a good night's sleep before my injection appointment. In the morning I eat breakfast as long as my doctor says it's okay.



I pack a backpack with games, puzzles, and books (like this one!)



I bring my favorite stuffed animal (Bear!) to keep me company.

Once they make sure I'm not sick, it's injection time.



The doctors and nurses do everything they can to make the injections as easy as possible.

MILKSHAKE TIME!! YUM



Help Amy get to the milkshake!

(Get a green crayon and trace the path to the milkshake!)

IMPORTANT SAFETY INFORMATION

Before you receive a Dysport injection tell your doctor:

- **About all your medical conditions**, including if you have a disease that affects your muscles and nerves (such as ALS or Lou Gehrig's disease [amyotrophic lateral sclerosis], myasthenia gravis, or Lambert-Eaton syndrome). You may be at increased risk of serious side effects, including difficulty swallowing or breathing.

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Having a regular plan for injection day reduces stress and makes the day run as smoothly as possible. It's also helpful that Amy now knows what to expect after the injections, like soreness at the injection site.
—Amy's mom



TRACKING MY PROGRESS

MY NAME IS DREW!

I'M 5.

my dad helps me do lots of things like get dressed.



He also helps me keep track of how I feel after my injections. We tell my doctor this stuff at our next visit.



The doctor says it helps her make the best choices about my injections.

That way, I can do more of the stuff I like to do!



IMPORTANT SAFETY INFORMATION

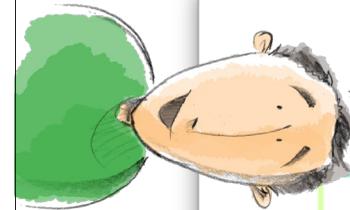
Before you receive a Dysport injection tell your doctor (continued):

- **If you have or have had any of the following:** a side effect from any botulinum toxin in the past; problems with breathing such as asthma or emphysema; swallowing; bleeding; diabetes; and slow heartbeat, or problems with your heart rate or rhythm.

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Drew's Tracker:



Hi!
This is Drew's dad! I track things like:



HOW DOES DREW FEEL AFTER HIS DYSPORT INJECTIONS?

(Sometimes a runny nose or slight fever.)

Other common side effects of Dysport that we look out for are upper respiratory infection, stuffy nose, sore throat, and cough. Our doctor also reminds us at each visit of potential serious side effects including problems breathing or swallowing.

How soon did we see reduction in muscle stiffness?

(Usually, muscles are most loose about a month after injections.)

Has his ability to do everyday tasks improved?

(For some things, yes. For others, no. But in general, the injections—along with all the other things like OT, PT, and practicing new skills—definitely help.)

How is Drew's progress?

(We usually see the doctor about 6 to 8 weeks post injection to evaluate how well his most recent injections are working.)



Give this book to your mom, dad, grandma, grandpa, or another adult to track your own progress: (Circle answers.)

My Tracker

I am feeling (Circle one) since my injections: **BETTER / WORSE / SAME**

Can you move better? (Circle) **YES NO**

How many weeks after your injection appointment did you start to feel less muscle stiffness — like you could move better, or felt more loose?

(Circle) **1 2 3 4 5 6**

Did you have any of these side effects?* (Circle) **UPPER RESPIRATORY INFECTION
SORE THROAT
STUFFY OR RUNNY NOSE
COUGH
FEVER**

Can you do more things you want to do? (Circle) **YES NO**

How many months after your last injections did your muscle stiffness come back? (Circle) **1 2 3 4 5 6**

*Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of Dysport. For more information, ask your doctor or pharmacist. You may report side effects to the FDA at www.fda.gov/medwatch or call 1-800-FDA-1088.

Notes & Goal Tracker

Use the blank pages at the back of the book for you and your family to take notes and track your progress :)

Remember, you can change your goals any time you want!

GOAL ACHIEVED!



IMPORTANT SAFETY INFORMATION

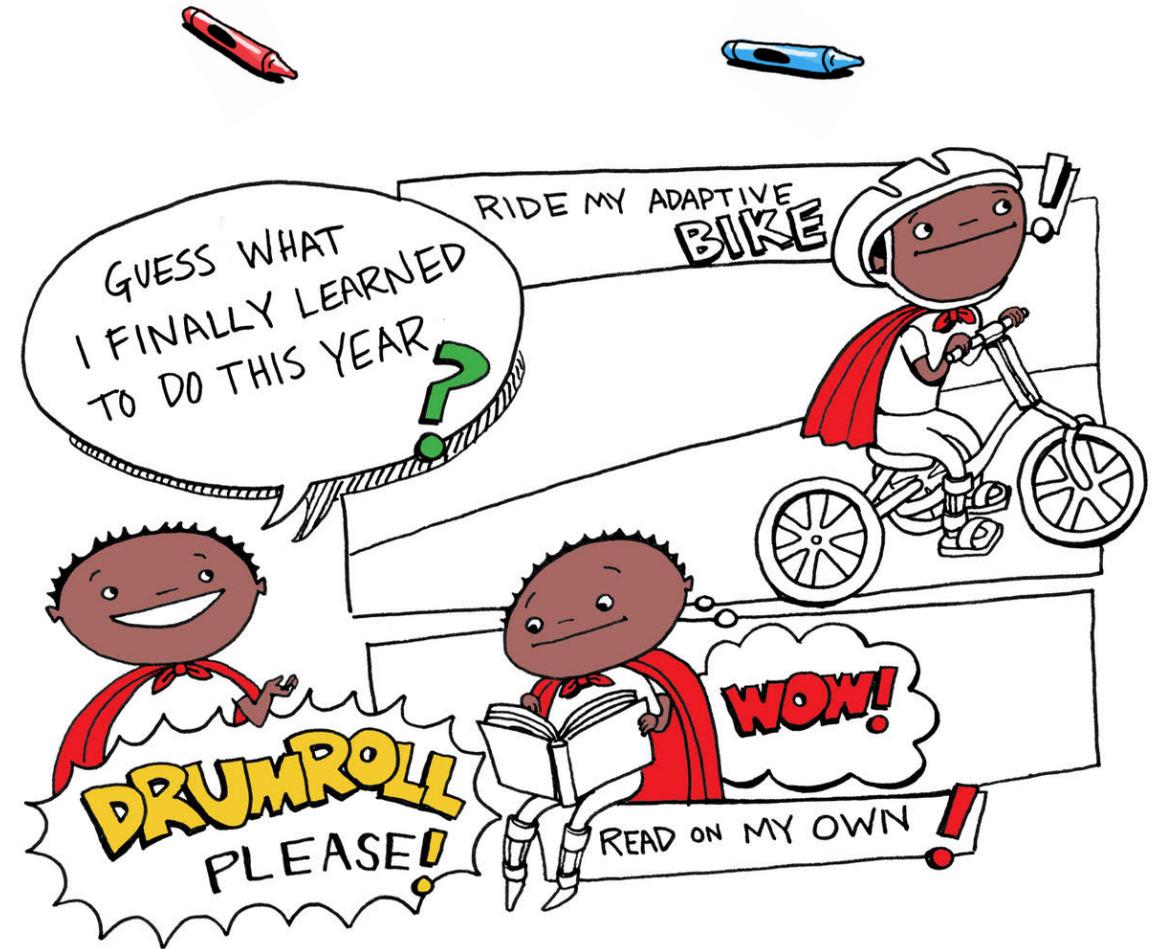
Before you receive a Dysport injection tell your doctor (continued):

- If you have plans to have surgery, had surgery on your face, have weakness of your forehead muscles (trouble raising your eyebrows), drooping eyelids, or any other change in the way your face normally looks.

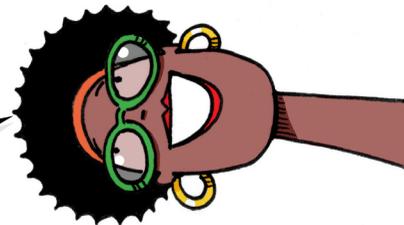
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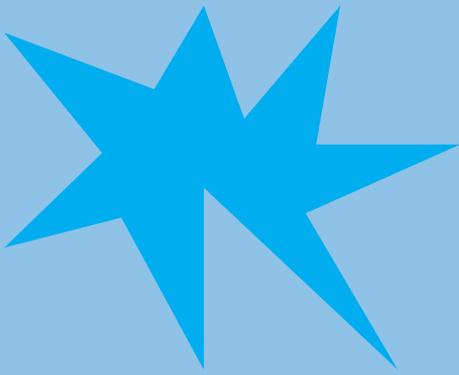
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Color Jordan's pictures!



We are so pleased with how Jordan is doing on Dysport injections. Even though he does things a little different than his friends, he's able to achieve similar milestones!
— Jordan's Mom





This Book belongs to:

(Write child's name below.)



Care team contact info:

(Write the names and phone numbers of child's care team members.)



