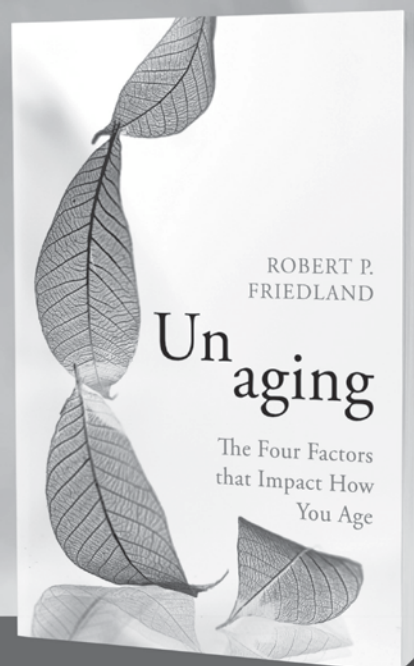


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ROBERT P.
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Unaging

The Four Factors that
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Aging is a subject of concern to everyone, but is widely misunderstood. If we view it as inevitable, we miss the fact that not everyone is able to grow to an old age. Realization of this reality helps us to understand that aging presents a wonderful opportunity - an opportunity to make choices about how we live which can enhance the aging process and offer a chance to live to our potential. This book clearly presents the four, multiple reserve, factors (cognitive, physical, psychological and social) which impact our ability to have healthy responses to the stresses of aging. By giving the biological basis for the advice given, you will learn the steps to take in your activities, diet and mental outlook to grasp the opportunity that aging offers. Everyone must know that what we do makes a difference.

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Hypothetical patient.

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^PAimovig® (erenumab injection) is indicated for prevention of migraine in adults who have at least 4 migraine days per month.

Aimovig® reduced the number of monthly migraine days vs. placebo

In patients with episodic migraines, Aimovig® significantly reduced the mean MMD from baseline to months 4–6 vs. placebo: -3.7 (140 mg), -3.2 (70 mg) vs. -1.8 days, $p < 0.0011^*$

Migraine Physical Function Impact Diary (MPFID) data

In patients with episodic migraines, Aimovig®-treated patients reported significantly improved scores from baseline on domains of the MPFID at months 4–6 vs. placebo (secondary endpoint):^{2†}

- Physical Impairment: -4.8 (140 mg), -4.2 (70 mg) vs. -2.4 points, $p < 0.001$
- Everyday Activities: -5.9 (140 mg), -5.5 (70 mg) vs. -3.3 points, $p < 0.001$



To access the pro.novartis.ca portal for health care professionals (HCP) from the public site, you will need to validate that you are an HCP.

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Clinical use: Safety and efficacy has not been studied in patients below the age of 18. Safety and efficacy has not been studied in patients aged 65 or older.

Other relevant warnings and precautions:

- Constipation with serious complications
- If a serious or severe hypersensitivity reaction occurs (including rash, angioedema and anaphylactoid reactions), discontinue Aimovig® and initiate appropriate therapy.
- Aimovig® crosses the placenta. Avoid use during pregnancy as a cautionary measure.
- In nursing women, a decision should be made whether to discontinue nursing or discontinue Aimovig®, weighing the potential benefit of Aimovig® to the mother and breastfeeding to the infant.

For more information:

Please consult the Product Monograph at <https://health-products.canada.ca/dpd-bdpp/index-eng.jsp> for important information relating to adverse reactions, drug interactions, and dosing information which have not been discussed in this piece. The Product Monograph is also available by calling us at 1-800-363-8883.

References: 1. Aimovig® Product Monograph, April 12, 2022. Novartis Pharmaceuticals Canada Inc. 2. Goadsby PJ, et al. A Controlled Trial of Erenumab for Episodic Migraine. *N Engl J Med.* 2017;377:2123-32. MMD=monthly migraine days

* Randomized, multi centre, 24 week, placebo controlled, double blind study. Patients had a history of migraine with or without aura for a duration of ≥ 12 months and 4–14 migraine days per month. Baseline ~ 8 migraine days/month. AIMOVIG® 70 mg (n=312), 140 mg (n=318), placebo (n=316).¹

† The MPFID is a 13-item self-administered instrument measuring physical functioning in the previous 24 hours on migraine and non-migraine days, using an electronic diary. Scores were averaged over 1 month and transformed to a 100-point scale.²



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Please consult the product monograph at https://www.paladin-labs.com/our_products/Wakix_EN.pdf for important information about:

- Contraindications in patients with hypersensitivity to pitolisant hydrochloride, severe hepatic impairment and in breastfeeding patients.
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The product monograph is also available by calling 1-888-867-7426 or by email at medinfo@paladin-labs.com.

* Comparative clinical significance is unknown. † Clinical significance is unknown.

References:

1. WAKIX[®] Product Monograph. Paladin Labs Inc. August 9, 2021.
2. Data on file. Paladin Labs Inc.



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