

Health and Well-Being

Legendary Sports Icons, Nadia Comaneci And Mark Spitz, Support *Your Personal Best* Public Education Campaign

Spitz And Comaneci To Share Tips On Achieving *Your Personal Best* And Discuss Why They Talked To Their Physicians About BOTOX® Cosmetic (Botulinum Toxin Type A) Treatment

(NAPSA)—Five-time gold medalist, Nadia Comaneci, and nine time gold medalist, Mark Spitz, joined Allergan, Inc., the maker of BOTOX® Cosmetic (Botulinum Toxin Type A), to launch a new consumer education campaign—*Your Personal Best*. As part of the campaign, Comaneci and Spitz will share tips on how they remain at the top of their game in an effort to inspire men and women to achieve their own personal best—be it through diet, exercise or by improving their personal skin care routine.

According to a recent national survey (n=2,403), four in five people define their personal best as a combination of feeling their best, looking their best and fulfilling their responsibilities.¹ Recognizing this, long-time friends, Comaneci (46) and Spitz (58) will travel the nation offering tips and insights on how women and men can define their own personal gold standard and achieve their goals.

According to acclaimed dermatologist and psychiatrist, Dr. Amy Wechsler, the *Your Personal Best* mission of encouraging people to define their own personal best and focus on total wellness is often a key factor to personal satisfaction. "I always tell my patients that their health and personal state of mind are closely connected. Simply put, improving your state of mind can be achieved by exercising, making healthy food choices and taking care of your skin. As a dermatolo-

Tips from Nadia Comaneci and Mark Spitz to Reach Your Best

In order to achieve your personal best, Comaneci and Spitz recommend doing the following:

- **Reduce Stress**—Approximately three-quarters (77%) of Americans experienced physical symptoms of stress (fatigue, upset stomach, dizziness)²
- **Be Sun Smart**—While 58% of people say they are concerned about skin cancer, 40% of Americans never use sunscreen and only 11% use an SPF 15 or higher daily³
- **Get Active**—39.5% of U.S. adults are physically inactive⁴
- **Catch Some Zzzs**—Approximately 7 in 10 U.S. adults (71%) are getting less than the recommended eight hours of sleep a night on weekdays⁵



gist, I recommend a personalized skin care regimen to help my patients achieve the results they're looking for. By helping them improve their skin, I am putting them a step closer to achieving the ultimate mind-body connection."

Comaneci agrees. "As a mother of an active two-year old boy, I am constantly on the go and trying to find time to take care of myself," said Comaneci, who today runs a gymnastics school with husband and fellow gold medalist gymnast, Bart Conner. "About five years ago, I realized that while I exercised and ate right most of my life, there was nothing I could do on my own that would get rid of those two stubborn frown lines stamped on my forehead. They

looked like an '11' and made me upset with the way I looked, and that's when I talked to my physician about incorporating BOTOX® Cosmetic treatment into my skin care routine."

Mark Spitz, who holds the world record for the greatest number of gold medals achieved in a single Olympic game, decided to talk to his physician about BOTOX® Cosmetic treatment for the first time. "As a financial advisor and motivational speaker, my facial expression is a very important part of my message," said Spitz. "When I am serious, my '11' makes me look unapproachable rather than congenial. I knew I had to do something about it, but I just didn't know what my options were. Then I heard about BOTOX® Cosmetic and spoke to my wife about it. She encouraged me to see a great doctor who answered all my questions."

"Today, more and more women bring their husbands into my office for a BOTOX® Cosmetic treatment to lose their '11,'" said Dr. Wechsler. "Men are now learning what women who are treated with BOTOX® Cosmetic have known for a long time—it's not about looking younger, but about achieving a natural look."

For more information, go to www.YPBevents.com to find additional tips on achieving your personal best, questions to ask your physician about BOTOX® Cosmetic and to find a trained physician in your area.

BOTOX® Cosmetic is approved for the temporary treatment of moderate to severe frown lines between the brows in people ages 18-65.

Important Safety Information:

Serious heart problems and serious allergic reactions have been reported rarely. If you think you are having an allergic reaction or other reactions, such as difficulty swallowing, speaking or breathing, call your doctor immediately. The most common side effects following injection include temporary eyelid droop and nausea. Localized pain, infection, inflammation, tenderness, swelling, redness and/or bleeding/bruising may be associated with the injection. Patients with certain neuromuscular disorders such as ALS, myasthenia gravis or Lambert-Eaton syndrome may be at increased risk of serious side effects.

For more information on BOTOX® Cosmetic, please visit www.BOTOXCosmetic.com.

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¹TSC, a division of Yankelovich. "BOTOX® Cosmetic Your Personal Best." June 2008. Page 1.

²American Psychological Association. *Stress a Major Health Problem in the U.S.*, Warns APA. October 24, 2007. Available at: <http://www.apa.org/releases/stressproblem.html>. Retrieved June 2, 2008.

³Skin Cancer Foundation. *Survey: Tanned Skin Losing its Appeal*. May 28, 2007. Available at <http://www.skincancer.org/content/view/full/252/70>. Retrieved June 2, 2008.

⁴National Center for Health Statistics. *Health, United States, 2007 with Chartbook on Trends in the Health of Americans*. Hyattsville, MD: 2007. Page 286. Available at: <http://www.cdc.gov/nchs/data/abus/abus07.pdf>.

⁵National Commission on Sleep Disorders Research. (1992) *Wake Up America: A National Sleep Alert*. Report of the National Commission on Sleep Disorders Research. Washington, DC.