

# Healthy Skin Practices



Bill S.,  
diagnosed with  
a relapsing form  
of MS

# The Importance of Healthy Skin

People on injectable therapies, including Teva's COPAXONE® (glatiramer acetate injection), can develop skin reactions known as injection site reactions (ISRs). Therefore, it's very important to inject properly and keep your skin in good condition.

This guide provides helpful tips and recommendations to help keep your skin healthy and manage ISRs. Taking steps to maintain healthy skin can help you stay committed to your relapsing MS treatment.

A permanent indentation under the skin (lipoatrophy or, rarely, necrosis) at the injection site may occur, due to local destruction of fat tissue. Be sure to follow proper injection technique and inform your doctor of any skin changes.

## What is COPAXONE?

COPAXONE is a prescription medicine that is used to treat relapsing forms of multiple sclerosis (MS), to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults.

It is not known if COPAXONE is safe and effective in children under 18 years of age.

## IMPORTANT SAFETY INFORMATION

Serious allergic reactions (anaphylactic reactions) that may be life-threatening or lead to death may happen any time after you start using COPAXONE.

Please see Important Safety Information on Page 11, and click [here](#) to read/print the Medication Guide or visit [www.COPAXONE.com](http://www.COPAXONE.com).

# Table of Contents

Understanding Your Skin.....3

General Tips for Healthy Skin .....4

Helpful Injection Tips for COPAXONE® .....5

Injection Site Rotation.....6

Injection Training Support .....7

Immediate Post-Injection Reactions .....8

Lipoatrophy.....8

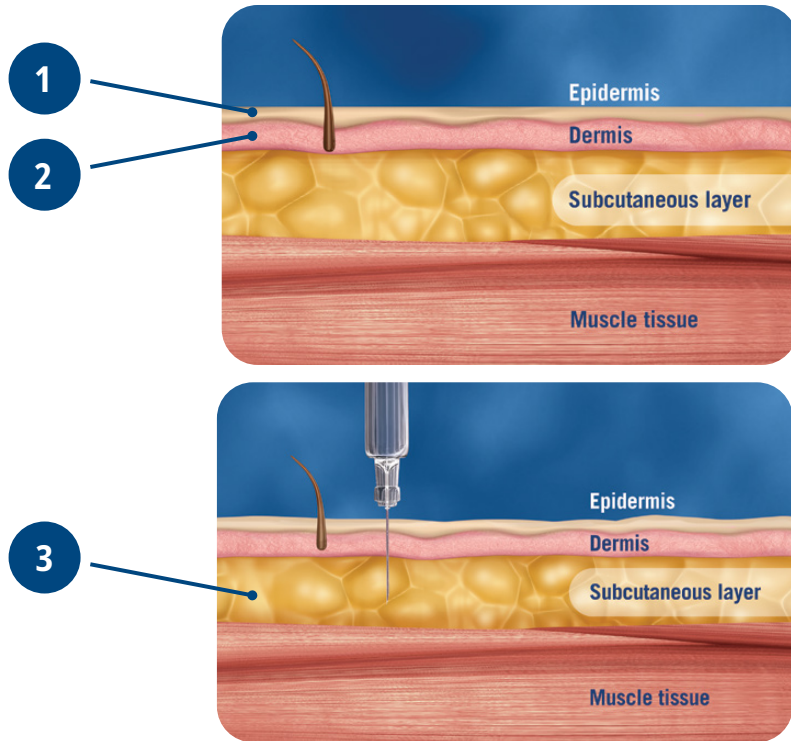
Common Injection Site Reactions.....9

Important Safety Information.....11

Healthy Skin Treatment Injection Checklist .....13

# Understanding Your Skin

Your skin, the largest and most visible organ in your body, has many important functions. The three main layers of the skin—the epidermis, dermis, and subcutaneous layer—each have specific roles.



COPAXONE® (glatiramer acetate injection) is for subcutaneous injection only.

Please see Important Safety Information on Page 11,  
and click [here](#) to read/print the Medication Guide or  
visit [www.COPAXONE.com](http://www.COPAXONE.com).

**1 Epidermis:** the outermost layer that is constantly shed and regenerated.

- Contains melanin, which protects you from harmful ultraviolet (UV) rays.
- Contains keratin, a protein that gives the skin its toughness.
- Protects you from most bacteria, viruses, and other foreign substances.
- Protects the internal organs, muscles, nerves, and blood vessels.

**2 Dermis:** the thick elastic inner layer.

- Gives the skin strength and flexibility (collagen and elastin).
- Contains nerve endings, blood vessels, hair follicles, and sweat and oil glands.
- Blood vessels and hair follicles in the dermis help regulate body temperature.
- Senses touch, heat, cold, and pain.

**3 Subcutaneous layer:** the deepest layer of skin, which is mostly composed of fatty tissue where COPAXONE® is injected.

- Contains blood vessels and nerves.
- Provides a cushion to protect the body from injuries.
- Helps insulate the body from extreme heat and cold.



## General Tips for Healthy Skin

Proper skin care is important for everyone, including patients with relapsing multiple sclerosis (RMS) using injectable therapies like COPAXONE® (glatiramer acetate injection). There are many ways to help keep your skin as healthy as possible.



### Always protect your skin, regardless of the weather

- Bask in the shade rather than in the sun—heat or high humidity can cause many people with RMS to experience a temporary worsening of their symptoms.
- Use moisturizers and sunblock with UV protection whenever you plan on being outdoors, even on cloudy days.
- Wear lightweight clothing to allow your skin to breathe.

## IMPORTANT SAFETY INFORMATION

Serious allergic reactions (anaphylactic reactions) that may be life-threatening or lead to death may happen any time after you start using COPAXONE. These reactions may happen right after your first dose up to years after starting treatment with COPAXONE, even if you never had an allergic reaction before. Many reactions have happened within 1 hour of using COPAXONE. Some signs and symptoms may be the same as those of an immediate post-injection reaction.

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### Be gentle to your skin

- Hot water and long baths or showers deplete your skin of natural oils.
  - Limit bath or shower time.
  - Warm water is preferable to hot water.
- Gently pat your skin dry after bathing so that some moisture remains on your skin.
- Avoid strong soaps and detergents.
- Be careful when you shave. Use shaving cream, lotion, or gel to moisturize your skin.



### Don't smoke

- Smoking can result in loss of oxygen and nutrients in the skin.
- Smoking can also damage collagen and elastin, causing your skin to lose strength and elasticity.



### Maintain a healthy dietary pattern that includes:

- A variety of fruits and vegetables.
- Whole grains.
- Low-fat dairy products.
- Skinless poultry and fish.
- Nuts and beans.
- Non-tropical vegetable oils (e.g., canola, corn, olive oils, etc.).



## Helpful Injection Tips for COPAXONE® (glatiramer acetate injection)

1

Ready to begin? Take the COPAXONE® prefilled syringe out of the refrigerator at least 20 minutes before you inject. Injecting when COPAXONE® is at room temperature can help you avoid discomfort.

2

Apply a warm compress to the injection site (with a cloth barrier between the warm compress and bare skin) for 5 minutes to help relax the tissue before cleaning the site and injecting.

3

Next, be sure to follow proper injection technique. See the step-by-step instruction video on **COPAXONE.com** or refer to the Instructions for Use in the accompanying full Prescribing Information.

4

After the injection, use a cold pack (with a cloth barrier between the cold pack and bare skin) on the injection site for up to 1 minute.

You should receive your first dose of COPAXONE® with a doctor or nurse present.

Visit **COPAXONE.com** for information that may help improve your injection experience.

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# Injection Site Rotation

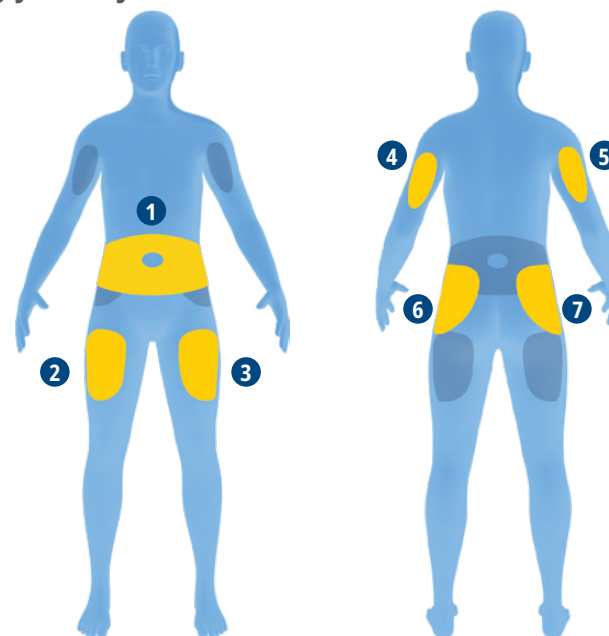
## Rotation matters

Choose a different injection area for COPAXONE® (glatiramer acetate injection) on each injection day. Never inject into the same place (site) more than once a week.

- Rotate the 7 injection areas (see diagram at right) and the multiple sites within those areas.
- Avoid injecting in the same site over and over again.

Since every body type is different, talk with your doctor about the injection areas that are best for you.

## Rotating your injection sites



FRONT

BACK

- |               |   |
|---------------|---|
| 1 ABDOMEN     | Avoid about 2 inches around the belly button.         |
| 2 RIGHT THIGH | About 2 inches above knee and 2 inches below groin.   |
| 3 LEFT THIGH  | About 2 inches above knee and 2 inches below groin.   |
| <hr/>         |   |
| 4 LEFT ARM    | Fleshy part of the upper back portion of arm.         |
| 5 RIGHT ARM   | Fleshy part of the upper back portion of arm.         |
| 6 LEFT HIP    | Fleshy area of the upper hip, always below the waist. |
| 7 RIGHT HIP   | Fleshy area of the upper hip, always below the waist. |

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# Teva Shared Solutions® Digital Services Injection Training Support

When beginning Teva's COPAXONE® (glatiramer acetate injection), small adjustments to your injection technique or schedule may positively impact your injection experience.

Teva **Shared Solutions**® Digital Services provides COPAXONE® patients and their care partners tools and resources to help manage COPAXONE® injections. Visit [COPAXONE.com](http://COPAXONE.com) to find:

- Injection tips and video tutorials
- Downloadable Injection Guide and Travel Planning Guide

Visit **COPAXONE.com** for information that may help improve your injection experience.

Downloadable resources from Teva **Shared Solutions**® Digital Services can:

- Provide tips and techniques to help make your injection experience more comfortable and convenient.
- Help ensure you are rotating injection sites properly.

**You can also find video injection tutorials and other helpful injection tips online at [COPAXONE.com](http://COPAXONE.com).**

Everyone's injection experience is different. It's important to make it work for you so you can stay committed to therapy. Be sure to discuss your injection routine and any questions you may have with your doctor. Always follow your doctor's recommendations.

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## Immediate Post-Injection Reactions

Serious side effects may happen right after or within minutes after you inject COPAXONE® (glatiramer acetate injection) at any time during your course of treatment. Call your doctor right away if you have any of these immediate post-injection reaction symptoms including:

- redness to your cheeks or other parts of the body (flushing)
- chest pain
- fast heart beat
- anxiety
- breathing problems or tightness in your throat
- swelling, rash, hives, or itching

If you have symptoms of an immediate post-injection reaction, do not give yourself more injections until a doctor tells you to.

You can have chest pain as part of an immediate post-injection reaction or by itself. This type of chest pain usually lasts a few minutes and can begin around 1 month after you start using COPAXONE®. Call your doctor right away if you have chest pain while using COPAXONE®.

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and click [here](#) to read/print the Medication Guide or  
visit [www.COPAXONE.com](http://www.COPAXONE.com).

## Lipoatrophy

Damage to the fatty tissue just under your skin's surface (lipoatrophy) and, rarely, death of your skin tissue (necrosis) can happen when you use COPAXONE®. This can cause a “dent” at the injection site that may not go away.

Liver problems, including liver failure, can occur with COPAXONE®. Call your doctor right away if you have symptoms, such as nausea, loss of appetite, tiredness, dark colored urine and pale stools, yellowing of your skin or the white part of your eye, bleeding more easily than normal, confusion, or sleepiness.

**Tips.** Always talk to your doctor about these tips and other ways to help manage your injection routine.

Rotate injection areas and sites regularly.

Do not inject in or near sites where the skin has scarring or “dents.”

You may need help from someone who has been instructed on how to give your injection if you cannot reach certain injection areas.

## Common Injection Site Reactions

The tips in this section can help you manage some of the common side effects impacting the skin, also called injection site reactions (ISRs), associated with COPAXONE® (glatiramer acetate injection).

Some of the ISRs described in this section could also be a symptom of an Immediate Post-Injection Reaction discussed on the previous page. Always talk to your doctor about any symptoms you may experience.

### Redness

Characterized by redness of the skin due to inflammation and may involve dilated or congested capillaries. Skin color can range from bright red in patients with acute conditions to pale violet or brown in those with chronic problems.

**Tips.** Always talk to your doctor about these tips and other ways to help manage your injection routine.

Examine the injection site carefully before injection.

Avoid injecting in damaged areas.

Do not rub the injection site after injecting.

### Pain

Pain at or near the injection site may be a side effect that commonly occurs for patients receiving injectable therapies.

**Tips.** Always talk to your doctor about these tips and other ways to help manage your injection routine.

Examine the injection site carefully before injection.

Avoid injecting in damaged areas.

Before injecting, it may be helpful to apply a warm compress to the injection site for 5 minutes.

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# Common Injection Site Reactions

## Inflammation or swelling

Swelling or tenderness of the skin at the injection site.

**Tips.** Always talk to your doctor about these tips and other ways to help manage your injection routine.

To prevent inflammation, the area should be sufficiently warmed before injection.

Apply a cold pack to the injection area for up to 1 minute after injection.

## Itching at the injection site

Itching can occur at the injection site following the injection of COPAXONE® (glatiramer acetate injection).

## Lumps

A raised area at the injection site may occur.

**Tips.** Always talk to your doctor about these tips and other ways to help manage your injection routine.

Avoid injecting in areas of damaged skin (redness, swelling, tenderness, lumps, denting, tattoo, etc.).

Following an injection, gently press your fingers over the injection site to feel for lumps, hardness, or thickening of the skin.

**If the lump persists, increases in size, becomes painful or discolored, or occurs in areas other than the injection site, please contact your doctor.**

Other common side effects of COPAXONE® include flushing, rash, shortness of breath, and chest pain. These are not all of the possible side effects of COPAXONE®. For a complete list, ask your doctor or pharmacist. Tell your doctor about any side effects you have while taking COPAXONE®.

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## What is COPAXONE?

COPAXONE is a prescription medicine that is used to treat relapsing forms of multiple sclerosis (MS), to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults.

It is not known if COPAXONE is safe and effective in children under 18 years of age.

## IMPORTANT SAFETY INFORMATION

### What is the most important information I should know about COPAXONE?

- **Serious allergic reactions (anaphylactic reactions).** Serious allergic reactions that may be life-threatening or lead to death may happen any time after you start using COPAXONE. These reactions may happen right after your first dose up to years after starting treatment with COPAXONE, even if you never had an allergic reaction before. Many reactions have happened within 1 hour of using COPAXONE. Some signs and symptoms may be the same as those of an immediate post-injection reaction. **See What are the possible side effects of COPAXONE?**

Stop using COPAXONE and get emergency help right away if you have:

- o widespread rash
- o swelling of the face, eyelids, lips, mouth, throat, or tongue
- o sudden shortness of breath, difficulty breathing, or wheezing
- o uncontrolled shaking (convulsions)
- o trouble swallowing or speaking
- o fainting, feeling dizzy or faint

## Do not take COPAXONE:

- if you are allergic to glatiramer acetate or mannitol. Serious allergic reactions including life-threatening or anaphylactic reactions that can lead to death have happened.

## What should I tell my healthcare provider before taking COPAXONE?

**Before you use COPAXONE, tell your healthcare provider about all of your medical conditions, including if you:**

- are pregnant or plan to become pregnant. Talk to your healthcare provider who will advise if you should take COPAXONE during your pregnancy.
- are breastfeeding or plan to breastfeed. It is not known if COPAXONE passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby while using COPAXONE.

**Tell your healthcare provider about all the medicines you take,** including prescription and over-the-counter medicines, vitamins, and herbal supplements.

COPAXONE may affect the way other medicines work, and other medicines may affect how COPAXONE works.

Know the medicines you take. Keep a list of your medicines with you to show your healthcare provider and pharmacist when you get a new medicine.

## What are the possible side effects of COPAXONE?

### COPAXONE may cause serious side effects, including:

- **Immediate Post-Injection Reactions.** Serious side effects may happen right after or within minutes after you inject COPAXONE at any time during your course of treatment. Some signs and symptoms may be the same as those of a serious allergic reaction (anaphylaxis). **See What is the most important information I should know about COPAXONE?** Call a healthcare provider right away if you have any of these immediate post-injection reaction symptoms including:

- o redness to your cheeks or other parts of the body (flushing)
- o chest pain
- o fast heartbeat
- o anxiety
- o breathing problems or tightness in your throat
- o swelling, rash, hives, or itching

If you have symptoms of an immediate post-injection reaction, do not give yourself more injections until a healthcare provider tells you to.

- **Chest Pain.** You can have chest pain as part of an immediate post-injection reaction or by itself. This type of chest pain usually lasts a few minutes and can begin around 1 month after you start using COPAXONE. Call your healthcare provider right away if you have chest pain while using COPAXONE.
- **Damage to your skin.** Damage to the fatty tissue just under your skin's surface (lipoatrophy) and, rarely, death of your skin tissue (necrosis) can happen when you use COPAXONE. Damage to the fatty tissue under your skin can cause a "dent" at the injection site that may not go away. You can reduce your chance of developing these problems by:
  - o following your healthcare provider's instructions for how to use COPAXONE
  - o choosing a different injection area each time you use COPAXONE.

- **Liver problems.** Liver problems, including liver failure, can occur with COPAXONE. Call your healthcare provider right away if you have symptoms, such as:

- o nausea
- o loss of appetite
- o tiredness
- o dark colored urine and pale stools
- o yellowing of your skin or the white part of your eye
- o bleeding more easily than normal
- o confusion
- o sleepiness

The most common side effects of COPAXONE are:

- skin problems at your injection site, including:
  - o redness
  - o pain
  - o swelling
  - o lumps
  - o itching
- rash
- shortness of breath
- flushing (vasodilation)
- chest pain

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of COPAXONE. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You are encouraged to report side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

**Please read the accompanying Medication Guide.**

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## Healthy Skin Treatment Injection Checklist

- ☐ Am I injecting Teva's COPAXONE® (glatiramer acetate injection) when the syringe is at room temperature?
- ☐ Am I practicing proper injection techniques, such as prepping my skin for injections (eg, using a warm compress)?
- ☐ Am I properly tracking my rotation sites?
- ☐ Am I experiencing any injection-related symptoms or problems that I'd like to discuss with my doctor?

Visit [COPAXONE.com](http://COPAXONE.com) for information that may help improve your injection experience.

Date of next doctor's appointment: \_\_\_\_\_

**Please see Important Safety Information on Page 11,  
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visit [www.COPAXONE.com](http://www.COPAXONE.com).**

## Notes

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