



“THE LIVE CHIN UP MOVEMENT IS ABOUT NOT LETTING THE THINGS THAT BOTHER ME, OR THE THINGS THAT OTHERS SAY ABOUT ME, STAND IN MY WAY.”



Khloé Kardashian

## 5 WAYS I LIVE CHIN UP



I work out six days a week because it **helps me feel strong**, mentally and physically.



**Prayer is very important** to me and gives me strength when I need it most.



When I need to **take time for myself**, listening to music is my quick and easy escape from the world.



I make a conscious effort to **give back to the world** around me. A little kindness and compassion goes a long way.



**I surround myself with family and friends** – they motivate me and help me remember what is really important in life.

Join the movement at [www.LiveChinUp.com](http://www.LiveChinUp.com)

### KYBELLA® Indication and Important Safety Information

#### Indication

KYBELLA® (deoxycholic acid) injection is indicated for improvement in the appearance of moderate to severe convexity or fullness associated with submental fat in adults.

The safe and effective use of KYBELLA® for the treatment of subcutaneous fat outside the submental region has not been established and is not recommended.

#### Important Safety Information

##### Contraindications

KYBELLA® is contraindicated in the presence of infection at the injection sites.

##### Warnings and Precautions

###### *Marginal Mandibular Nerve Injury*

Cases of marginal mandibular nerve injury, manifested as an asymmetric smile or facial muscle weakness, were reported in 4% of subjects in the clinical trials; all cases resolved spontaneously (range 1-298 days, median 44 days). KYBELLA® should not be injected into or in close proximity to the marginal mandibular branch of the facial nerve.



Dr. Joseph Cilona

“ THERE ARE MANY WAYS I COUNSEL MY PATIENTS TO OVERCOME WHATEVER ISSUES THEY MAY BE FACING AND A FEW OF THEM ARE SURPRISINGLY SIMPLE RITUALS WE CAN ALL DO EVERY DAY. ”



**Begin each day being grateful for one thing in your life.** Do this before getting out of bed in the morning or during your commute and you'll notice a difference in how you approach the day.



**Don't hold onto old grudges** and make an effort to ignore detractors. There is always someone who might want to tear you down, but you have ultimate control over how it affects you.



**Own your mistakes.** We all do things we regret, but by taking responsibility, we can learn from failure. Then it really isn't failure, it's a lesson.



Peter Hurley

“ YOUR PROFILE PHOTO SHOULD PROJECT THAT YOU ARE HAPPY IN YOUR OWN SKIN AND YOUR PLACE IN THE WORLD. YOU WANT PEOPLE TO BE INTERESTED IN WHO YOU ARE AND WANT TO GET TO KNOW YOU BETTER. ”

## HOW TO POSE LIKE A PRO



**Be natural** and smile as you typically would.



Look leaner by **angling your body 45 degrees** away from the camera.



**Avoid unflattering overhead lights** or direct sunlight if you're shooting outside.

### Warnings and Precautions Continued

#### *Dysphagia*

Dysphagia occurred in 2% of subjects in the clinical trials in the setting of administration-site reactions, eg, pain, swelling, and induration of the submental area; all cases of dysphagia resolved spontaneously (range 1-81 days, median 3 days). Avoid use of KYBELLA® in patients with current or prior history of dysphagia as treatment may exacerbate the condition.

#### *Injection-Site Hematoma/Bruising*

In clinical trials, 72% of subjects treated with KYBELLA® experienced hematoma/bruising. KYBELLA® should be used with caution in patients with bleeding abnormalities or who are currently being treated with antiplatelet or anticoagulant therapy as excessive bleeding or bruising in the treatment area may occur.

#### *Risk of Injecting Into or in Proximity to Vulnerable Anatomic Structures*

To avoid the potential of tissue damage, KYBELLA® should not be injected into or in close proximity (1 cm-1.5 cm) to salivary glands, lymph nodes, and muscles.

### Adverse Reactions

The most commonly reported adverse reactions in the pivotal clinical trials were: injection site edema/swelling, hematoma/bruising, pain, numbness, erythema, and induration.

Please visit [www.mykybella.com](http://www.mykybella.com) for [full Prescribing Information](#).