

RESTORE CONTROL REGAIN YOUR LIFE

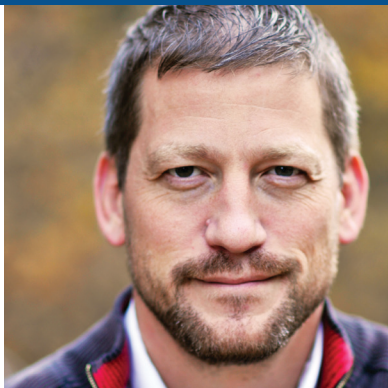
Understand your options and decide
if a Medtronic Bladder Control
Therapy is right for you



Medtronic
Further, Together

KNOW YOU'RE NOT ALONE

Overactive bladder (OAB) affects more than **37 million** Americans.^{1,2} As someone affected by OAB, you know just how much it interrupts your life. But it doesn't have to be this way. You have options for long-term relief.



1 Stewart WF, Van Rooyen JB, Cundiff GW, et al. Prevalence and burden of overactive bladder in the United States. *World J Urol.* 2003;20(6):327-336.

2 United Nations Department of Economic and Social Affairs, Population Division (2011). *World Population Prospects: The 2010 Revision*, CD-ROM Edition.

3 Leng WW, Morrisroe SN. Sacral nerve stimulation for the overactive bladder. *Urol Clin N Am.* 2006;33:491-501.

Are You Ready for a Different Approach?

- ✓ Have you tried fluid and diet changes, Kegel exercises, physical therapy, or medications?
- ✓ Have you been frustrated by side effects or unsatisfied with the results?

It may be time for Medtronic Bladder Control Therapies

Medtronic Bladder Control Therapies use neuromodulation, or gentle nerve stimulation, which is thought to normalize the brain-bladder communication pathway³ — an issue other treatments may not have addressed. Miscommunication between the brain and bladder may be the cause of your OAB.



PERIODIC TREATMENTS

Take back control with Medtronic
Bladder Control Therapy delivered by
the NURO™ system

Your doctor may call this therapy percutaneous tibial neuromodulation (PTNM).

The NURO™ system stimulates the tibial nerve through an acupuncture-like needle placed in the skin near your ankle. You may feel a slight tingling in your heel, but it should not be painful or uncomfortable.

Improvements with this therapy may include **going to the bathroom less often and getting back to activities** you enjoy.^{4,5}

4 Peters KM, Macdiarmid SA, et al. Randomized trial of percutaneous tibial nerve stimulation versus extended-release tolterodine: results from the overactive bladder innovative therapy trial. *J Urol*. 2009;182(3):1055-1061.

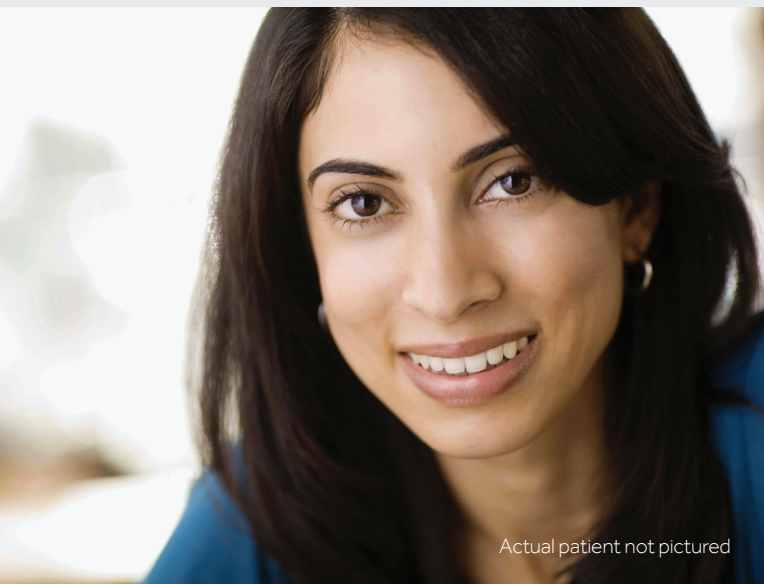
5 Peters KM, Carrico DJ, et al. Randomized trial of percutaneous tibial nerve stimulation versus Sham efficacy in the treatment of overactive bladder syndrome: results from the SUmIT trial. *J Urol*. 2010;183(4):1438-1443.

While the NURO™ device was not used in these studies, since it delivers equivalent stimulation therapy as the device used in the studies, a user can expect similar performance.



NURO AT-A-GLANCE

- Periodic, in-office therapy for long-term relief
- Delivered during weekly, 30-minute sessions for 12 weeks, followed by monthly maintenance sessions
- Visit [medtronic.com/OAB](https://www.medtronic.com/OAB) for more resources and information



"PTNM has improved my quality of life. It is such a relief not to have to be worrying about my bladder needs. It's a nice sense of freedom."

— Mary D., experiencing relief with Medtronic Bladder Control Therapy delivered by the NURO™ system

Most common side effects are temporary and include mild pain or skin inflammation at or near the stimulation site.

Actual patient not pictured

CONTINUOUS THERAPY

Achieve lasting control with Medtronic Bladder Control Therapy delivered by the InterStim system

Your doctor may call this therapy sacral neuromodulation (SNM). It restores bladder function* by gently stimulating the sacral nerves.

You can “test drive” the therapy during a minimally invasive evaluation.

Lasting control with the InterStim™ system means **fewer trips to the bathroom, fewer accidents** each day, and more confidence doing the things you enjoy.⁶ In fact, it delivers quality of life improvements **3 times greater** than medications.⁷

6 Siegel S, Noblett K, Mangel J, et al. Five-Year Follow-up Results of a Prospective, Multicenter Study of Patients with Overactive Bladder Treated with Sacral Neuromodulation. *J Urol*. 2018;Volume 199(1), 229 – 236.

7 Siegel S, Noblett K, Mangel J, et al. Results of a prospective, randomized, multicenter study evaluating sacral neuromodulation with InterStim™ Therapy compared to standard medical therapy at 6 months in subjects with mild symptoms of overactive bladder. *Neurourol Urodyn*. 2015;34:224–230. DOI: 10.1002/nau.22544.



INTERSTIM AT-A-GLANCE

- Test first with an office-based evaluation.
- Receive continuous therapy without frequent office visits.
- Visit [medtronic.com/bladder](https://www.medtronic.com/bladder) and the **Medtronic Bladder Control channel on YouTube** for more information and resources. You'll also have the opportunity to talk with someone living with the therapy.



Safety information

In addition to risks related to surgery, complications from this therapy can include pain, infection, sensation of electrical shock, device problems, undesirable change in voiding function, and lead migration, among others.

* Defined as a 50% or greater reduction in your troublesome bladder symptoms.

Medtronic Bladder Control Therapy delivered by the InterStim™ system treats urinary retention (inability to completely empty the bladder) and the symptoms of overactive bladder, including urinary urge incontinence (leakage) and significant symptoms of urgency-frequency. It should be used after you have tried other treatments such as medications and behavioral therapy and they have not worked, or you could not tolerate them.

You must demonstrate an appropriate response to the evaluation to be a candidate. You cannot have diathermy (deep heat treatment from electromagnetic energy) if you have an InterStim™ device.

This therapy is not intended for patients with a urinary blockage. Safety and effectiveness have not been established for pregnancy and delivery; patients under the age of 16; or for patients with neurological disease origins.

In addition to risks related to surgery, complications can include pain at the implant sites, new pain, infection, lead (thin wire) movement/migration, device problems, interactions with certain other devices or diagnostic equipment such as MRI, undesirable changes in urinary or bowel function, and uncomfortable stimulation (sometimes described as a jolting or shocking feeling).

Medtronic Bladder Control Therapy delivered by the NURO™ system treats overactive bladder and associated symptoms of urinary urgency, urinary frequency, and urge incontinence. This therapy is not intended for patients with pacemakers or implantable defibrillators, patients prone to excessive bleeding, patients with nerve damage that could impact either percutaneous tibial nerve or pelvic floor function, or on patients who are pregnant or planning pregnancy. Do not use if the skin in the area of use is compromised. Exercise caution for patients with heart problems. Adverse events are typically temporary, and include mild pain, minor inflammation and bleeding near treatment site.

These therapies are not for everyone. These treatments are prescribed by your doctor. Please talk to your doctor to decide whether these therapies are right for you. Your doctor should discuss all potential benefits and risks with you. Although many patients may benefit from the use of these treatments, results may vary. For further information, please call Medtronic at 1-800-328-0810 and/or consult Medtronic's website at www.medtronic.com.

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Medtronic

Medtronic Inc.
710 Medtronic Pkwy.
Minneapolis, MN 55432-5604
USA
Tel. +1-763-505-5000

medtronic.com