YOUR BLADDER CONTROL MATTERS

Millions of people are suffering in silence from bladder and bowel control issues.\(^1\) Solutions exist.

Approximately 52% of the bothered OAB patients initiated a conversation about their urinary symptoms with a healthcare provider.\(^2\)

YOU DON’T HAVE TO DEAL WITH THIS ON YOUR OWN, YOU CAN TALK ABOUT IT.

Bladder control problems are treatable conditions and symptoms are manageable. Contrary to preconceptions, urinary incontinence is not a normal part of aging or inevitable after giving birth. It is a medical condition for which it is important to seek medical advice.

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STRESS URINARY INCONTINENCE (SUI)
Characterized by an involuntary loss of urine during effort: lifting heavy things, laughing, coughing, sneezing or doing exercise.
During these kind of activities, the pressure on the bladder increases and the urethra or urinary sphincter can’t resist the pressure and will leak urine.
*InterStim™ is not indicated for treatment of this condition.

URINARY RETENTION
You may:
- Spend a long time at the toilet but produce only a weak, dribbling stream of urine.
- Leak urine (also called overflow incontinence)
- Not have a sensation when your bladder is full
- Have to use a catheter to empty your bladder

OVERACTIVE BLADDER (OAB)
Characterized by an increased pressure or abnormal contractions of the bladder. OAB consists of several symptoms and is defined by a sudden and irrepressible need to void which can’t be postponed.
Sometimes the frequency of the voids increases and there is a need to go to the bathroom more often during the day or night. Bladder leakages may also occur. In most cases, there is no cause found, so we talk about idiopathic overactive bladder. The different symptoms of SUI and OAB described above can co-exist. In this case, it is called mixed incontinence.

WHY DO I HAVE BLADDER CONTROL PROBLEMS?
Nerves carry information to and from the brain. Some nerves control the bladder and muscles that relate to urination. When the communication system between these nerves and the brain is disturbed, a person may have bladder problems.
YOU ARE NOT ALONE

OAB is extremely common and disrupts the lives of more than 17% of people in Europe.¹

Urinary incontinence causes distress and alters quality of life.¹

It is not just women that suffer.

OAB AFFECTS BOTH MEN AND WOMEN

17% women¹

16% men¹

In people over 40 years of age.

You can suffer from both bladder and bowel problems.²

OVERACTIVE BLADDER (OAB)*

17% of adults suffer from OAB in Europe.¹

FAECAL INCONTINENCE

18% of patients with OAB may also have faecal incontinence.³

YOU ARE NOT ALONE

OAB IS A CHRONIC AND DEBILITATING CONDITION

OAB IS A CHRONIC AND DEBILITATING CONDITION

65% of men and 67% of women with an overactive bladder\(^1\) reported that their symptoms influenced their daily life. This condition can make simple everyday activities a challenge and social life very difficult.\(^1\)

**Multidimensional impact of overactive bladder (OAB) on quality of life:**

**PHYSICAL**
- 38% were less physically active, 34% gained weight because they were unable to exercise.\(^2\)

**PSYCHOLOGICAL**
- OAB also negatively affects self-esteem and can be associated with anxiety and depression.\(^3\)

**OCCUPATIONAL**
- Absence from work, decrease of productivity.\(^4\)

**SOCIAL**
- Reduction in social interaction, limited and planning travel around toilet accessibility.\(^4\)

**DOMESTIC**
- Requirements for specialized underwear, bedding, special precautions with clothing.\(^4\)

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SOLUTIONS EXIST

Even if the journey can be long, solutions are available, and each patient may be offered suitable therapies according to his/her symptoms.

If there is an underlying cause to the symptoms, this should be treated first.

First line treatments should be proposed by your doctor:

- Behavioural techniques: lifestyle changes, fluid and diet modifications, bladder retraining, pelvic floor exercises/physical therapy
- Medication: Your doctor may prescribe medications to help control the symptoms of overactive bladder

If these treatments are not working or not well tolerated, other specialized options can be offered.

IT’S TIME FOR ANOTHER OPTION.

SACRAL NEUROMODULATION:

Sacral Neuromodulation Therapy with the InterStim™ System can help to restore normal bladder function. This therapy addresses the communication problem between the bladder and the brain that may be causing your symptoms.
WHAT IS SACRAL NEUROMODULATION?

WHAT IS IT?

Medtronic Sacral Neuromodulation with the InterStim™ System uses a small implanted medical device to send mild electrical pulses to nerves that control your bladder. It helps to restore normal nerve activity so that you can urinate normally.¹

DID YOU KNOW...

That InterStim™ Therapy can also treat faecal incontinence alone or in combination with your urinary problems?

Ask for more information from your doctor.

THE CHOICE IS YOURS

Medtronic lets you and your doctor choose between the convenience of a recharge-free device and the long-lasting performance of a rechargeable system.


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HOW IT WORKS

Medtronic Bladder Control Therapy works with the sacral nerves, located near the tailbone.

The sacral nerves control the bladder and muscles related to urinary function.

If the brain and sacral nerves are miscommunicating, the nerves can’t tell the bladder to function properly.

Sacral Neuromodulation helps the brain and the nerves to communicate so the bladder and related muscles can function properly.1

It may help you resume normal activities and help you avoid frustrating or embarrassing experiences associated with overactive bladder.

03. IMPLANT PHASE

If the evaluation phase was successful, your doctor may propose the implant of an InterStim™ System.

The InterStim™ System consists of:

- An implantable neurostimulator which is like a pacemaker implanted under the skin
- A lead which is a thin wire that carries mild electrical pulses to the nerves controlling the bladder
- A hand-held patient programmer that enables you to adjust the level of the stimulation and allows you to turn your neurostimulator on or off
- Only in case of a rechargeable system - A portable recharger that enables you to recharge the neurostimulator

04. LIFE AFTER THERAPY

Sacral Neuromodulation therapy may allow you to resume many daily activities.

- Minimal follow up required - once per year recommended
- The system can estimate the longevity of the battery so that a replacement can be pre-scheduled
- The system is eligible for full-body MRI*

*Under certain conditions, refer to your doctor for details
The InterStim™ II system is the only recharge-free, long-term therapy that lets you get full-body MRI scans if you need them.

**Longevity:**
The battery usually lasts 5-6 years until you need to have it replaced.¹

**SMALL DEVICE, BIG INNOVATION**

The InterStim™ Micro system is the smallest rechargeable system for SNM therapy that lets you get full-body MRI scan if you need it.

**Longevity:**
Powered by an innovative battery, the InterStim™ Micro system delivers 15 years of results with just a quick weekly recharge.²

*Under certain conditions; see IFU for details.

**Under standard patient therapy settings and implant depth.

**RELAX AND RECHARGE**

Recharging is easy and only takes 20 minutes, once a week.**
CHOOSE A THERAPY WITH LONG LASTING RESULTS

91% would recommend to a friend in need2

82% patients achieved success at 5 years3, 5

▪ Sacral Neuromodulation is a well-established therapy
▪ 325,000 patients worldwide have received the InterStim™ System for bladder and bowel control
▪ The InterStim™ System has been available for over 25 years, treating on average 50 patients every day, for different indications worldwide6

84% had improved or greatly improved urinary symptoms3

Smart programmer with the communicator to manage your therapy discreetly with a device that looks like a smartphone.

1. Medtronic data on file (1Hz, 20Hz, 200uA, bipolar electrode config, and continuous stim).
4. Therapeutic success was defined as a urinary urge incontinence or urgency-frequency response of 50% or greater improvement in average leaks or voids per day, or a return to normal voiding frequency.
Information contained herein does not replace the recommendations of your healthcare professional.

See the device manual for detailed information regarding the instructions for use, indications, contraindications, warnings, precautions, and potential adverse events. For further information, contact your healthcare professional.

Safety and effectiveness have not been established for:

- Pediatric use
- Pregnancy
- Uncorrected high-grade internal prolapse