

A photograph of an older couple walking outdoors. The woman is in the foreground, wearing a light-colored quilted vest over a pink long-sleeved shirt and a pink headband. She is smiling and looking towards the man. The man is wearing a blue hoodie and a grey beanie, also smiling. They appear to be in a park or a similar outdoor setting with trees in the background.

# Medtronic

# You deserve more

**From your bladder  
control therapy**

Choose a **more personalized approach** with Medtronic bladder control therapy delivered by the InterStim™ systems and **get more freedom.**

BLADDER CONTROL THERAPY

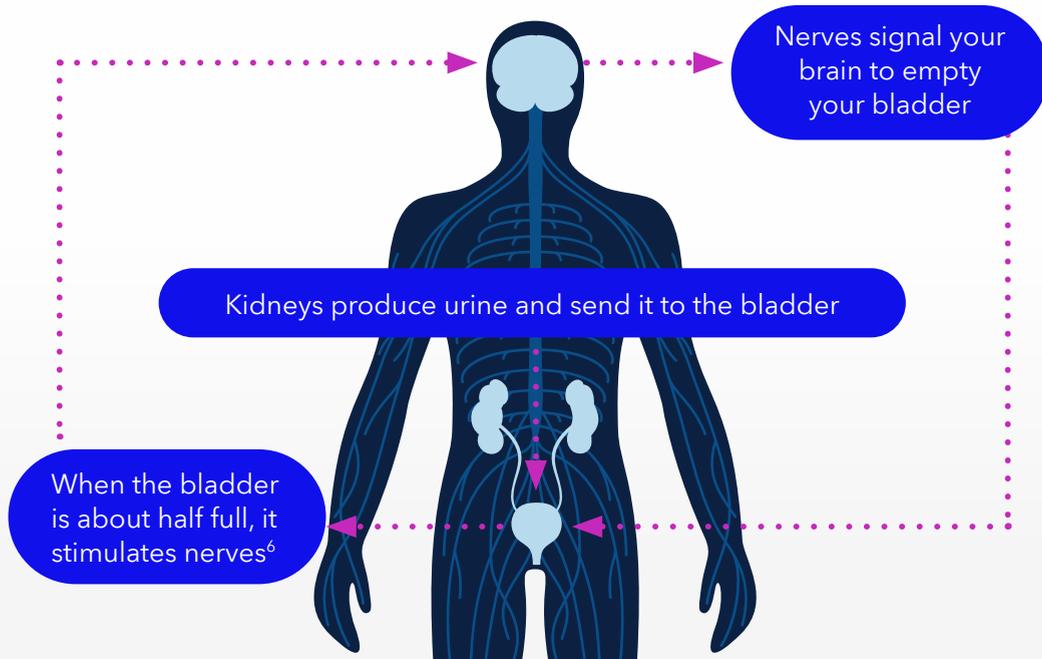
# Bladder control issues are common

If you suffer from bladder control issues, you know just how much they can interrupt your life. But you're not alone. Bladder control problems like overactive bladder (OAB) and non-obstructive urinary retention affect millions of Americans.

You may have tried diet changes, Kegel exercises, physical therapy, or medications – but the results just aren't what you hoped.

**Don't give up. Get more treatment options tailored for your needs.**





## Treat the cause, not just the symptoms

Evidence suggests that breakdowns in the bladder-brain communication pathway are a root cause of OAB and non-obstructive urinary retention.<sup>1,2,3</sup> That's why conventional treatments may not produce the results you want – they don't directly target this miscommunication.

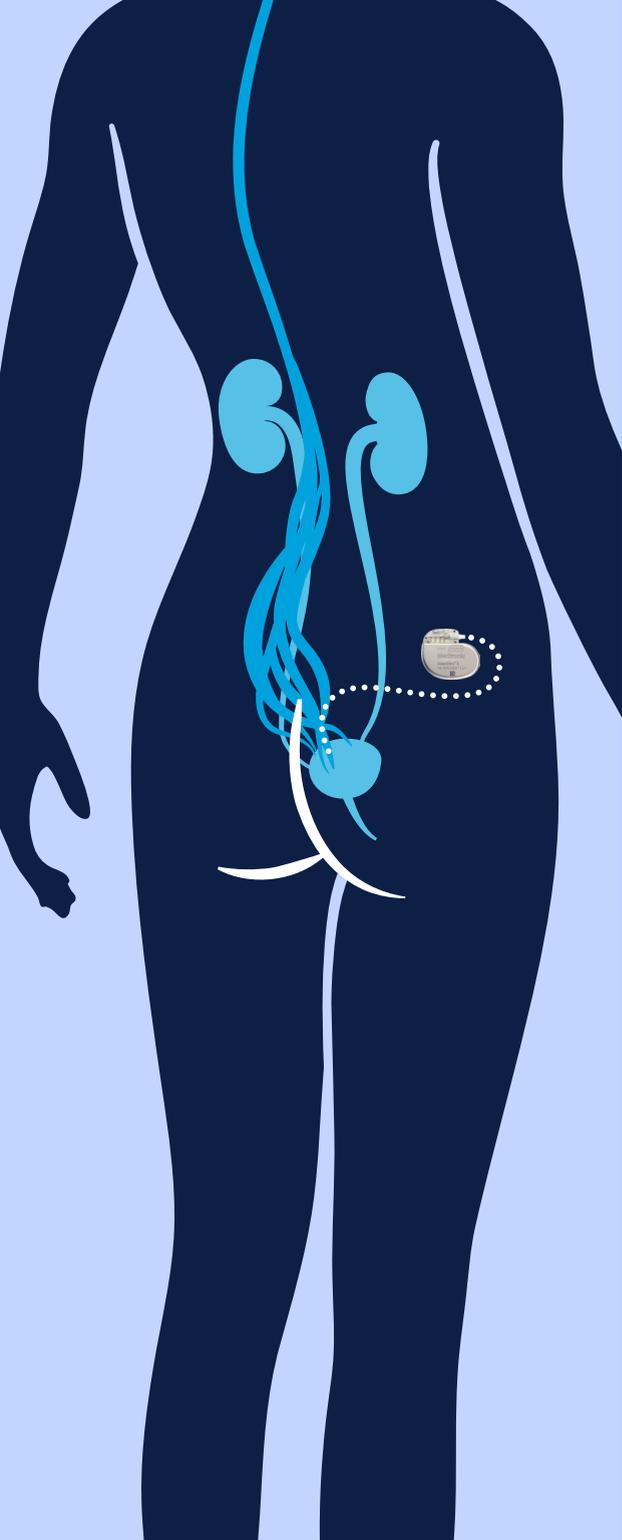
Unlike conventional treatments, the Medtronic InterStim™ system gently stimulates the sacral nerves in your pelvic area that control your bladder. This may help restore\* bladder-brain communication and reduce your symptoms.<sup>4,5</sup>



**“ I no longer waste time searching for restrooms and covering up accidents.”**

**SUSAN**

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



# Less worry more freedom

When it comes to bladder control therapy, **the InterStim™ system is the most proven.** Doctors have been using it to treat patients for 25 years. Also called sacral neuromodulation (SNM), this therapy may help you experience **fewer trips to the bathroom, fewer accidents, and more confidence<sup>7</sup>** living with OAB. If you have non-obstructive urinary retention, benefits may also include needing to catheterize less frequently and the ability to more fully empty your bladder.<sup>9</sup>

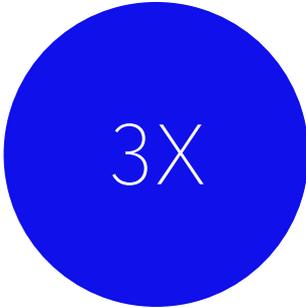


# Get more control with an InterStim™ system<sup>8,9</sup>



84%

satisfaction among those who use it<sup>10,‡</sup>



3X

greater improvements in quality of life compared to medications<sup>7,‡,‡</sup>



82%

of people achieved success<sup>¶</sup> at 5 years.<sup>8</sup>



350k+

people worldwide have chosen the Medtronic InterStim™ system for more control<sup>8,9</sup> and long-lasting relief

† These patient groups were analyzed based on the treatment they received; incomplete data was not counted as failures. Another analysis reported 61% of people achieved success with InterStim™, compared to 42% who used medications. These patient groups were analyzed based on the treatment they were assigned; incomplete data was counted as failure.

‡ Reflects OAB patients.

◇ The MID (minimally important difference) is the smallest score change that is perceived beneficial to patients and is often used to determine whether changes in scores are considered clinically significant.

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

# Say yes to the test

## Take back control with an evaluation for an InterStim™ system

Unlike other bladder control treatments, this therapy lets you try it first with an evaluation – like a test run, not a long-term commitment.

### **Here's how it works:**

- The simple test starts at your doctor's office or an outpatient center.
- A lead (thin wire) is inserted in the upper part of your buttock.
- The lead attaches to a small external device worn discreetly under your clothes.
- Stop, start, or adjust the therapy settings, with an easy-to-use programmer that resembles a smartphone.
- Go about most of your regular activities for 3 to 14 days.
- Track your symptoms to see if they improve.



# Get more personalized treatment options

After your test, talk to your doctor about the results. Together, you can **choose a powerful and personalized solution for your long-term care.** Your evaluation device can be replaced with an implantable device called a neurostimulator during a short, outpatient procedure.

# Frequently asked questions



## Why is this therapy different?

You can try it before you decide, and it's reversible if you change your mind later. And unlike injections, it doesn't require self-catheterization or repeated treatment visits.

## What can this therapy do for me?

It may significantly reduce symptoms in people who have frequent urges to urinate or related frequent leaks, or are unable to fully empty their bladder.<sup>10</sup>

## Will it cure my condition?

No. It can be effective, but it's not a cure. If the neurostimulator is turned off or removed, symptoms can return.

## What does the stimulation feel like?

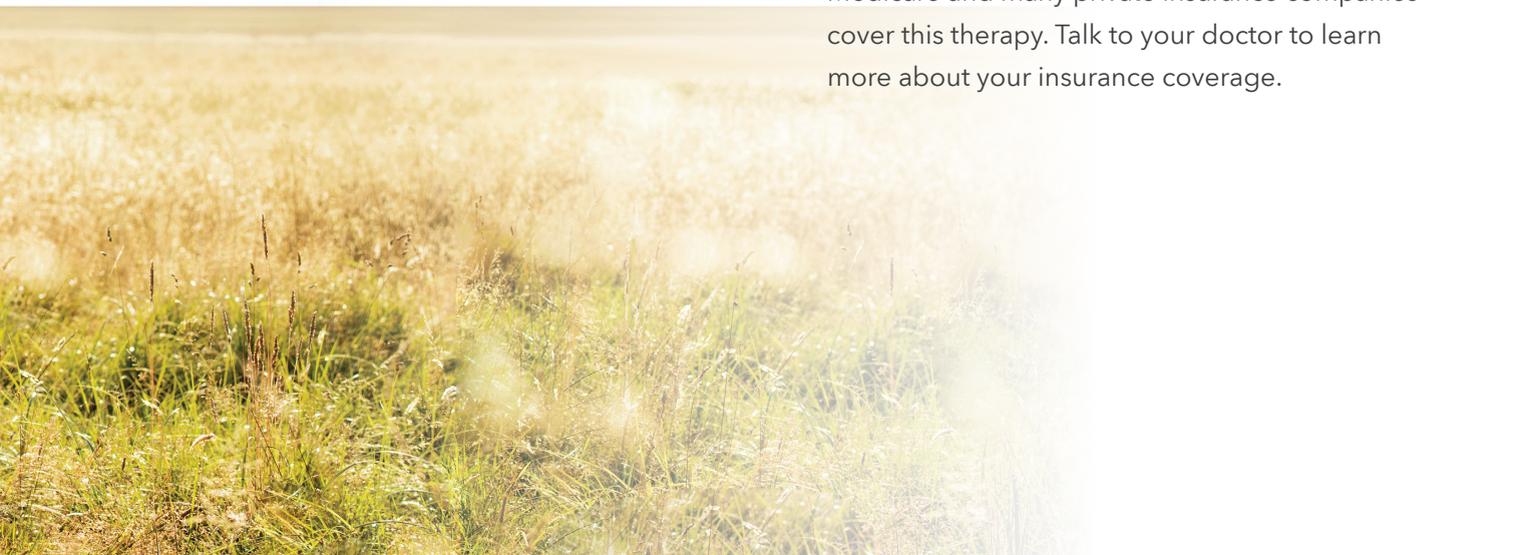
Most people describe the stimulation sensation as a tingling, flutter, or vibration in the pelvic area. It should not be painful. Stimulation settings can be adjusted, and sensations will vary from person to person.

## Can I have an MRI?

People with an InterStim™ system can have a full-body MRI scan under certain conditions. Your doctor will determine whether you meet those conditions.

## Will insurance cover the costs?

Medicare and many private insurance companies cover this therapy. Talk to your doctor to learn more about your insurance coverage.



# What happens next?

**Say yes to the test.** Schedule an appointment for an evaluation, so you and your doctor can make a decision based on your results.

More than 350,000 people have trusted Medtronic for more control. Learn from their experiences.



1

Talk to someone who is using an InterStim™ system to treat similar symptoms.



2

To learn more about the therapy, make an appointment with your Doctor.

3

For more educational information, consult the Medtronic Pelvic Health website.



**Experience Matters. Trust Medtronic.**

Transforming the lives of two patients every second of every hour of every day.

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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.
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9. Medtronic InterStim Therapy Clinical Summary (2018).
10. Foster RT Sr, Anoja EJ, Webster GD, Amundsen CL. In patients undergoing neuromodulation for intractable urge incontinence a reduction in 24-hr pad weight after the initial test stimulation best predicts long-term patient satisfaction. *Neurourol Urodyn.* 2007;26:213-217.

For a listing of indications, contraindications, precautions, warnings, and potential adverse events, please refer to the Instructions for Use.

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