



Medtronic

InterStim[®] Therapy for Urinary Control

**IMAGINE
HOPE**



Actual patient not pictured



Is your bladder always on your mind?

The good news is the clients love your idea. The bad news is they want to keep talking. So why aren't you thrilled? Because you're busy thinking about the urge to go, not about business. If bladder control problems keep disrupting your life, it's time to take action.

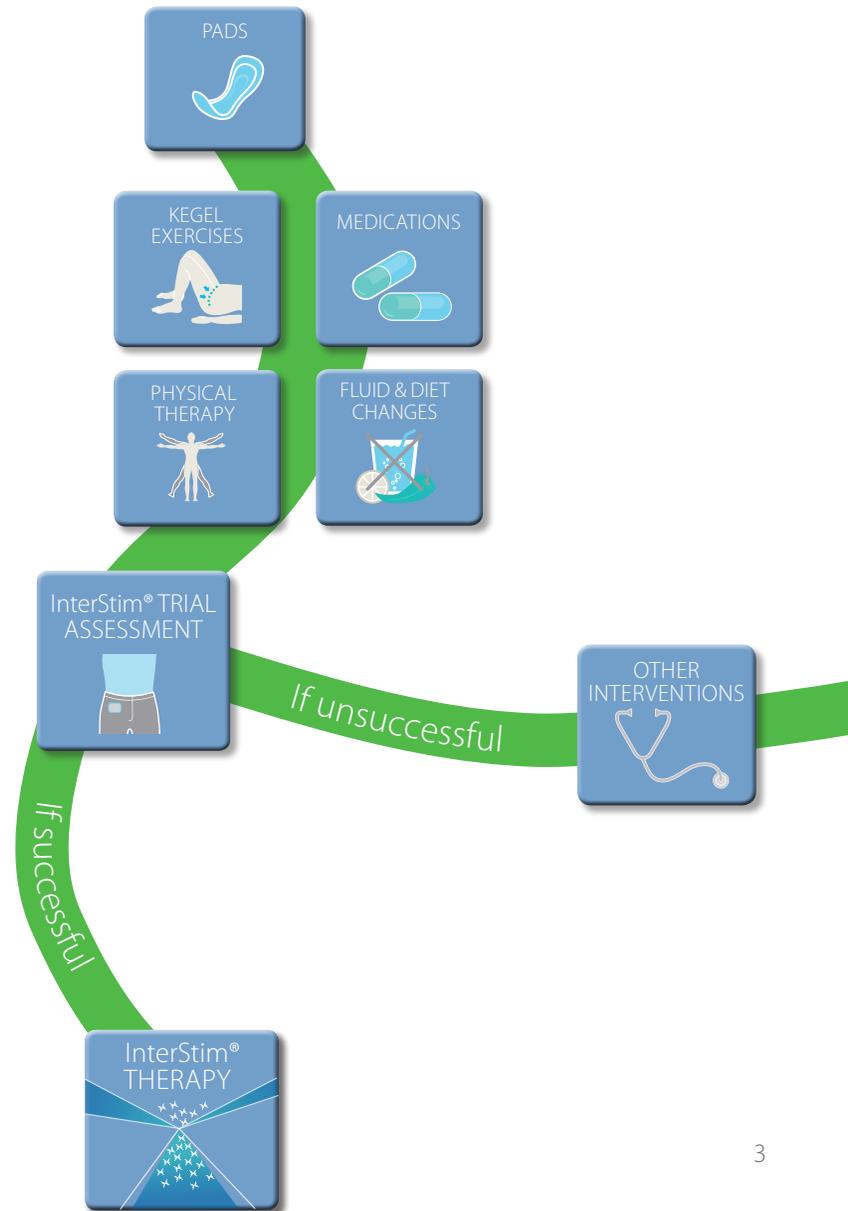
Actual patient not pictured

Imagine Hope

Most people feel more than a bit uneasy when they consider talking to their friends and family about urinary control problems. But if you suffer from any of the symptoms of overactive bladder (OAB), you are not alone. More than 33 million Americans deal with OAB¹—defined as urgency-frequency and urge incontinence—or urinary retention (inability to empty the bladder). You don't have to keep the secret any longer.

There are **choices**. There is **hope** for relief.

Finding relief from the symptoms of overactive bladder can be a long journey. There are several options available. InterStim Therapy is an option for patients who have not had success with, or could not tolerate, more conservative treatments. An overview of choices includes:

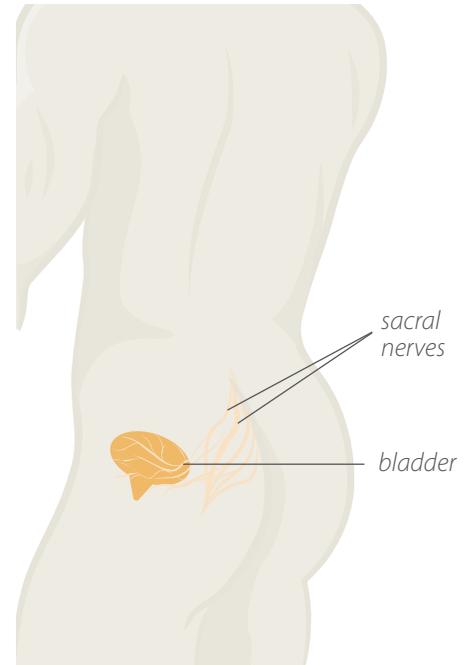


What is InterStim Therapy?

InterStim Therapy was [created by Medtronic](#), developer of the pacemaker. Medtronic's medical technologies help make it possible for millions of people to resume everyday activities, return to work, and live better, longer.

InterStim 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 don't communicate correctly, the nerves will not tell the bladder to function properly, which can cause bladder control problems. InterStim Therapy [targets this communication problem](#) by stimulating the nerves with mild electrical pulses.

InterStim Therapy was [FDA-approved](#) in 1997 for urge incontinence and in 1999 for urinary retention and significant symptoms of urgency-frequency.



Medicare in all 50 states and Puerto Rico, as well as many private insurance companies, covers InterStim Therapy.

“During the trial assessment I didn’t see any improvement for several days, then I finally urinated normally for the first time in many months. I didn’t really have a lot of faith in the device, but because it was reversible, I decided to try it. Now I can travel again, whether on road trips to the family cabin or overseas.”

— RON O.
Received InterStim Therapy in 2007

The quotes throughout this brochure recount the experiences of individual patients who are receiving InterStim Therapy. Results vary; not every response is the same.



Actual patient not pictured

Imagine Control

The trial assessment process

Medtronic has created a 3- to 7-day trial assessment so you can [test InterStim Therapy without making a long-term commitment](#).

Here's how it works:

- Your doctor will numb a small area and insert a thin, flexible wire near your sacral nerves. The wire is taped to your skin and connected to a small stimulator which you'll wear on your waistband.
- The stimulator sends mild electrical pulses through the wire to a sacral nerve which may get your bladder working the way it's supposed to.

During the trial assessment you can continue many of your daily low to moderate level activities with caution. You can usually continue to work throughout your trial assessment if your job doesn't require strenuous movement. You will be asked to document your urinary symptoms. [If you achieve good results from the trial, you and your doctor can discuss long-term InterStim Therapy.](#)

Your doctor or nurse will provide you with information regarding how to operate the test stimulator and also inform you of precautions related to the trial assessment and activity restrictions.

Imagine returning to the life you once enjoyed:

taking long walks through the park, seeing movies at the theater, sleeping through the night, traveling, and most important, just feeling comfortable participating in the daily activities of living.

"I saw 13 to 14 different doctors looking for answers. I had the trial assessment and had really good results. Now that I have long-term InterStim Therapy, when I'm at work I'm no longer looking for the next bathroom."

— MARK M.
Received InterStim Therapy in 2008

Actual patient not pictured



Imagine Everyday Freedom

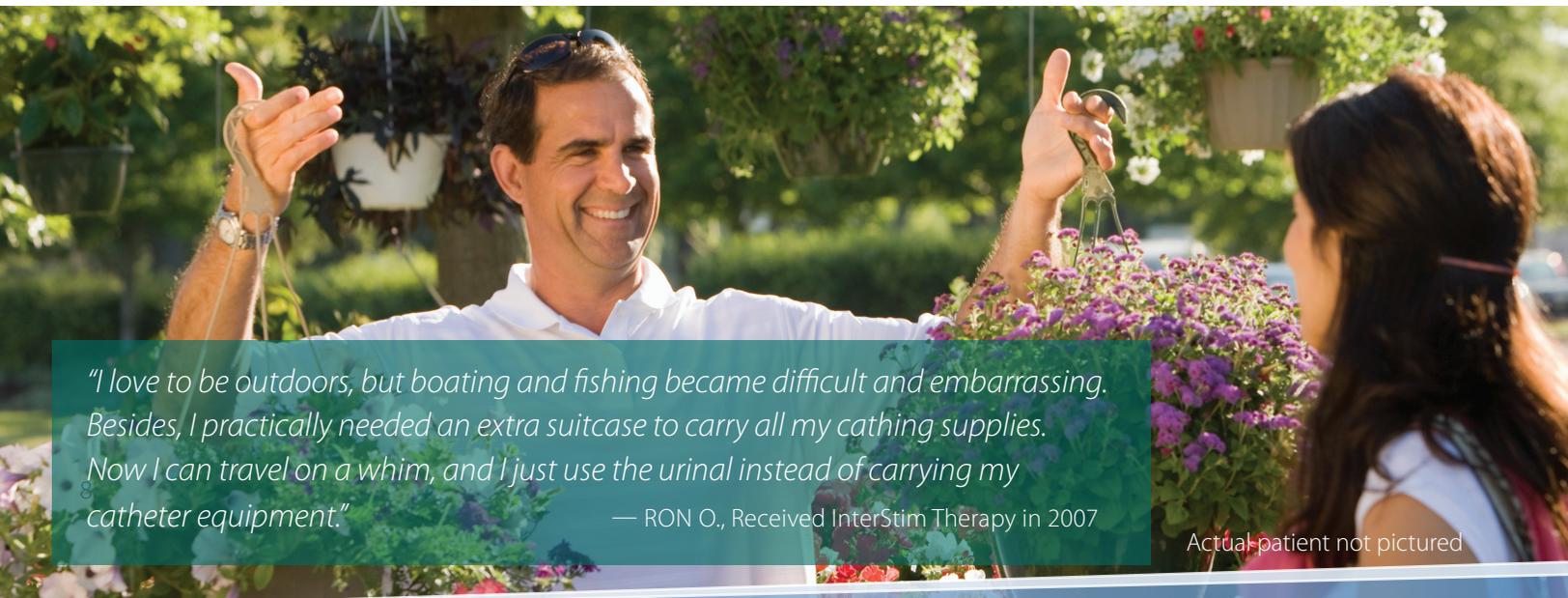
Talk to your doctor today

- Fill out the [Symptom Scorecard](#) on page 9 of this brochure and bring it along to your appointment to discuss with your doctor.
- Keep a [log of your symptoms](#)—including how often you urinate, leak, and get up at night, along with what and how much you drink—and bring this with you to your next appointment.
- Talk [openly and be upfront](#) with your doctor. Don't minimize your symptoms or the impact that your overactive bladder has on your life.

Want to know more?

If you've already begun exploring treatments for bladder control problems and would like to know more about Medtronic's InterStim Therapy, please:

- schedule a conversation with a [volunteer Patient Ambassador](#)—someone who has already received InterStim Therapy and has volunteered to speak to other potential patients. Call 1-800-664-5111, ext. 3017.
- join one of our [educational teleconferences](#) hosted by a doctor trained in InterStim Therapy.
- visit www.interstim.com or call 1-800-664-5111, ext. 3019.



"I love to be outdoors, but boating and fishing became difficult and embarrassing. Besides, I practically needed an extra suitcase to carry all my cathing supplies. Now I can travel on a whim, and I just use the urinal instead of carrying my catheter equipment."

— RON O., Received InterStim Therapy in 2007

Actual patient not pictured

Are bladder control issues affecting your life?

To rate your symptoms, circle the answer for each question that is closest to what you have recently experienced.

	NOT AT ALL	OCCASIONALLY	SEVERAL TIMES PER MONTH	SEVERAL TIMES PER WEEK	EVERY DAY	POINTS
1. Have you ever felt like you can't control your bladder like you used to?	0	1	2	3	4	
2. Do you wake up at night having to use the bathroom?	0	1	2	3	4	
3. Do you sometimes have to push or strain to urinate?	0	1	2	3	4	
4. Have you experienced difficulty with starting, stopping or hesitation while urinating?	0	1	2	3	4	
5. Do you feel like you have to urinate all the time or urinate more than seven times each day?	0	1	2	3	4	
6. Have you lost the "signal" to urinate or lack the urge to do so?	0	1	2	3	4	
7. Do you find yourself staying near bathrooms or wearing absorbent undergarments because you sometimes leak urine?	0	1	2	3	4	
8. Are there activities you no longer enjoy because of bladder control issues?	0	1	2	3	4	
9. Do you avoid travel or shorten meetings because you're afraid you'll experience incontinence?	0	1	2	3	4	
10. Do you use intermittent catheterization?	0	1	2	3	4	
11. Do bladder control issues occupy your thoughts?	0	1	2	3	4	

Add up the points to find out your score. The possible total ranges from 0 to 44 points, with higher scores indicating more severe symptoms. Bring this symptom scorecard to your next doctor visit to discuss which treatment options might be right for you.

TOTAL SYMPTOM SCORE

InterStim Therapy Common Questions

Q: Will my everyday activities be affected during the trial assessment?

You should take it easy during the trial assessment period. Avoid bending, stretching, or lifting heavy objects. You can usually continue to work throughout your trial assessment if your job doesn't require strenuous movement. Be aware that the trial assessment wire can move. Keep your activity level low to moderate.

Q: Will the trial assessment cure my condition?

No. The trial assessment is temporary. It is a tool that helps determine whether InterStim Therapy is appropriate for you. Once the wire is removed, your original symptoms will return. If you have had positive results with the trial assessment, then you and your doctor may decide to use long-term InterStim Therapy to treat your symptoms.

Q: What does the stimulation feel like?

Stimulation varies from person to person, but most people describe it as a slight "pulling" or a "tingling" sensation in the pelvic area. It should not be painful. Talk to your doctor if you have any concerns.

Q: If my trial assessment is successful, what is long-term InterStim Therapy?

Long-term InterStim Therapy is a neurostimulator implanted during an outpatient procedure.

Q: Will insurance cover the costs?

Medicare in all 50 states and Puerto Rico, as well as many private insurance companies, covers InterStim Therapy.

Watch this DVD of patient stories from people who suffered from the same symptoms you may be experiencing.

Ask your doctor if a trial assessment is right for you.

Visit www.interstim.com or call **1-800-664-5111, ext. 3019.**



Knowledge is power.

*The more you understand,
the more prepared you can be
to discuss treatment options
with your doctor.*

For more information about InterStim Therapy, visit www.interstim.com or call 1-800-664-5111, ext 3019.

This therapy is not for everyone. Please consult your doctor.

InterStim Therapy for Urinary Control 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 should have a successful trial assessment before receiving InterStim Therapy. You cannot have diathermy (deep heat treatment from electromagnetic energy) if you have an InterStim device.

InterStim 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 diseases such as multiple sclerosis.

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, undesirable changes in urinary or bowel function, and uncomfortable stimulation (sometimes described as a jolting or shocking feeling).

Consult with your doctor to decide whether InterStim Therapy is right for you. InterStim is a prescription device. For further information, please call Medtronic at 1-800-328-0810 and/or consult Medtronic's website at www.medtronic.com.

USA Rx Only. Rev 0609

www.medtronic.com

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