



Medtronic

Is your bladder
always on your mind?

**IMAGINE
HOPE**



Are you experiencing any of these symptoms?

Urge incontinence

- Do you lose urine the moment you realize you have to go to the bathroom?
- Do you leak urine when you drink even a small amount of liquid, when you hear or touch running water, or for no reason at all?

Urgency-frequency

- Do you have frequent, uncontrollable urges to urinate more than seven times a day?
- Do you get up to use the bathroom more than once at night?

Urinary retention

- Do you have trouble emptying your bladder?
- Do you produce only a weak, dribbling stream of urine, leak urine, or not feel when your bladder is full?

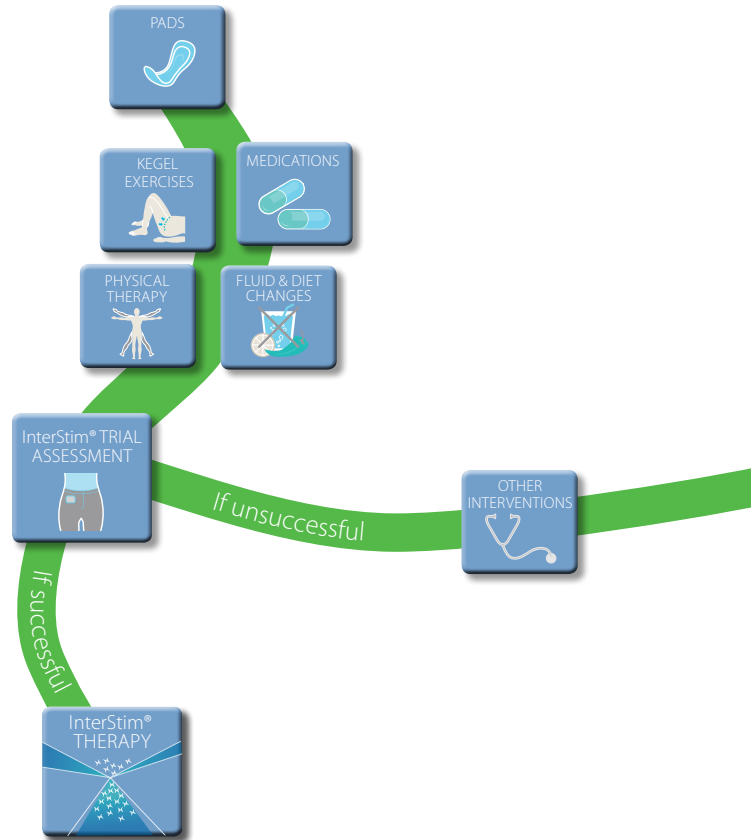
More than 33 million Americans deal with OAB¹—defined as urgency-frequency and urge incontinence—or urinary retention (inability to empty the bladder). You don't have to keep the secret any longer.

¹ Current Medical Research and Opinion 2004;20(6):791-801.

Imagine Hope

Finding relief from the symptoms of overactive bladder can be a long journey.

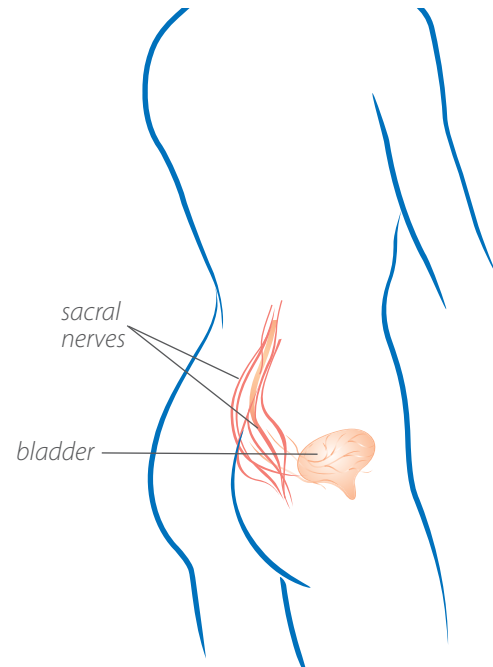
There are several options available. InterStim® Therapy is an option for patients who have not had success with, or could not tolerate, more conservative treatments. An overview of choices includes:



An introduction to InterStim Therapy

If you've tried other treatments like fluid and diet changes, Kegel exercises, physical therapy, and medications, and still experience bladder control problems, you may be relieved to hear about another option: InterStim Therapy.

- FDA-approved medical device created by Medtronic, a global leader in medical technology
- A 3- to 7-day trial assessment with no long-term commitment allows you and your doctor to find out if the therapy may be an option for you
- May help your bladder and brain communicate correctly
- Stimulates your sacral nerves with mild electrical pulses



Imagine Control

A 3- to 7-day trial assessment will help determine if InterStim Therapy is right for you.

- Performed as an in-office or outpatient procedure
- Using local anesthesia, a thin, flexible wire is inserted near your sacral nerves, connected to a test stimulator worn on your waistband
- Sends mild electrical pulses to the sacral nerve
- Can immediately reduce and even eliminate symptoms of overactive bladder and urinary retention
- Use a symptom log to record how the stimulation affects your symptoms
- If you achieve good results from the trial, you and your doctor can discuss long-term InterStim Therapy



"I believed there had to be something out there that could help me. I didn't stop pursuing options."

— ELAINE H., Received InterStim Therapy in 2004

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

Common questions about the Trial Assessment

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 flexible 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 cost?

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



Imagine Everyday Freedom

"Is your bladder running your life?" I stared at the headline for an educational seminar on urinary incontinence and thought, "Yes, it does and I've been in denial about it."

— JANE H., Received InterStim Therapy in 2005

"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

"I researched InterStim Therapy. It took me 18 months to decide to do it. With the trial assessment, I felt like there was nothing to lose."

— BECKIE H., Received InterStim Therapy in 2005

"I saw 13 to 14 different doctors looking for answers. I had the trial assessment and had really good results. When I work, I'm no longer looking for the next bathroom."

— MARK M., Received InterStim Therapy in 2008

Want to know more?

Schedule a conversation with a volunteer Patient Ambassador—someone who has received InterStim Therapy and has volunteered to speak to other potential patients.

Call 1-800-664-5111, ext. 3017 or visit www.interstim.com

A volunteer Ambassador will contact you by phone within 7 days of your request.

For more information about InterStim Therapy, visit www.interstim.com or call 1-800-664-5111, ext. 3020.

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.interstim.com.

USA Rx Only. Rev 0409

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