

# Bladder out of control?

## We can help.

Incontinence is treatable, and you shouldn't have to deal with it on your own.

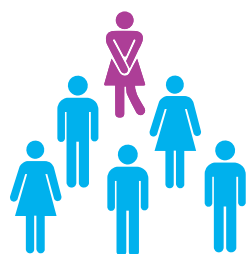
### Does this sound familiar?

- Going more than eight times a day
- Avoiding social events
- Using pads to control leaks

You may have a bladder control problem, sometimes known as overactive bladder.

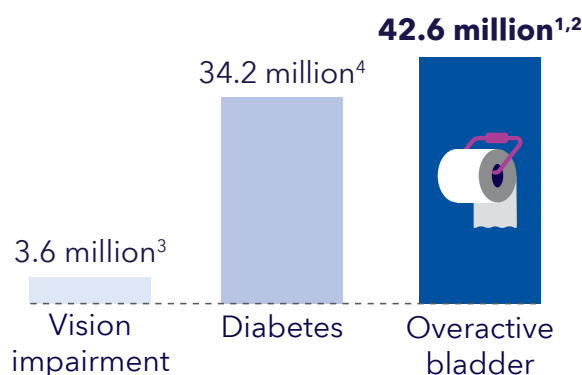


Millions of people live with overactive bladder



1 in 6

adults has bladder control problems<sup>1,2</sup>



Too many are not getting help

4.5 out of 10

adults don't seek help for overactive bladder<sup>5</sup>

Ignoring the condition poses risks

People with undiagnosed overactive bladder reported<sup>5</sup>:

54%

Loss of confidence

49%

Loss of self-esteem

45%

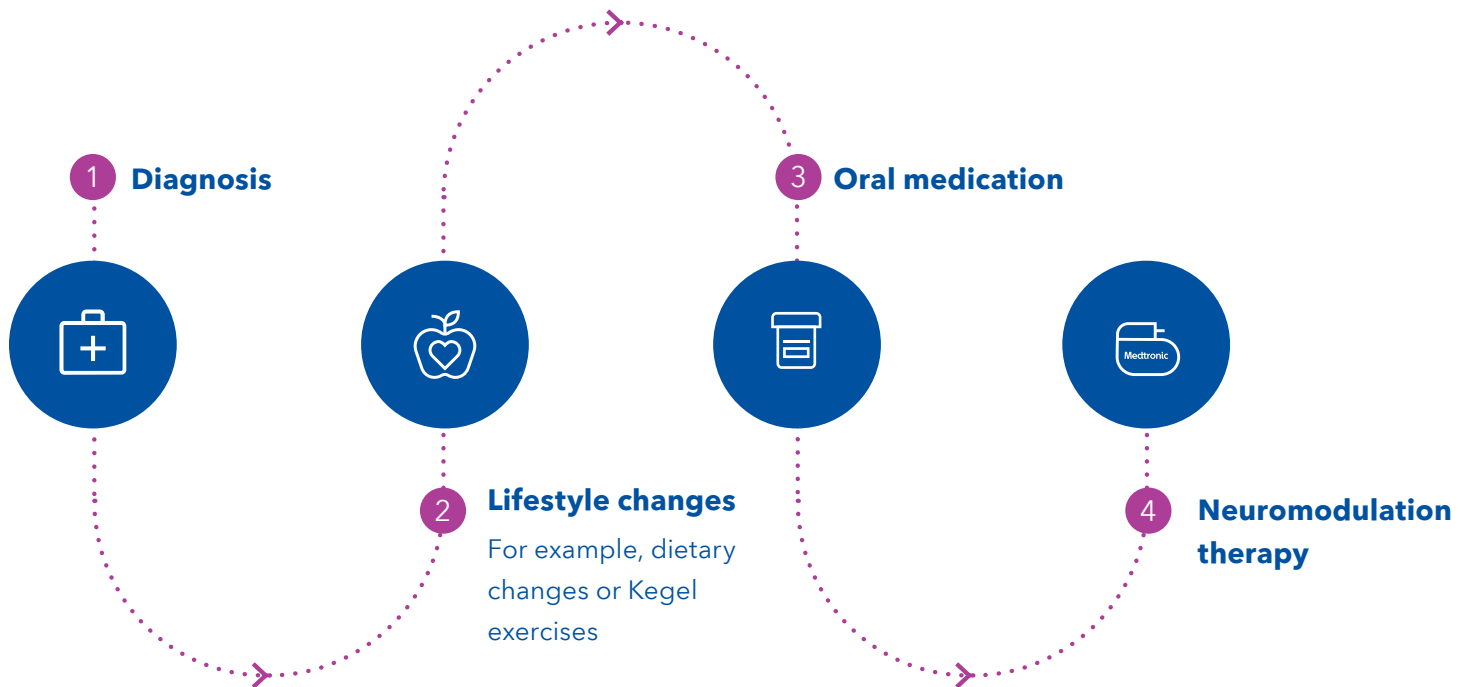
Loss of intimacy

## Don't choose silence.

Tell your doctor about how overactive bladder is disrupting your life.

# You deserve more bladder control

There are many options for managing overactive bladder. If conservative treatments don't deliver the results you need, you have more options. Here's how your journey to relief may look.



## Neuromodulation therapy could help.

This is a therapy that uses gentle nerve stimulation thought to normalize bladder-brain communication.

### Medtronic InterStim™ systems

- Proven, long-term relief<sup>6</sup> from a small, implantable device
- You can try it out before you commit with the InterStim™ basic evaluation – a simple test to see if the therapy works for you

Complications can occur with the evaluation, including tissue damage, infection, and technical problems with the device.

Implanting an InterStim™ system has risks similar to any surgical procedure, including swelling, bruising, bleeding, and infection. Talk with your doctor about ways to minimize these risks.

## Talk to your doctor

or visit [medtronic.com/bladderspecialist](https://www.medtronic.com/bladderspecialist) to find a specialist today.

1. Stewart WF, et al. Prevalence and burden of overactive bladder in the United States. *World J Urol*. 2003 May;20(6):327-336.  
2. US Census Bureau 2020. US adult and under-age-18 populations: 2020 census. <https://www.census.gov/library/visualizations/interactive/adult-and-under-the-age-of-18-populations-2020-census.html>. Accessed June 20, 2022.  
3. National Eye Institute (NEI), National Institutes of Health (NIH). Vision Problems in the U.S. [http://preventblindness.org/wp-content/uploads/2013/04/VPUS\\_2008\\_update.pdf](http://preventblindness.org/wp-content/uploads/2013/04/VPUS_2008_update.pdf).  
4. National Diabetes Statistics Report 2020, Centers for Disease Control and Prevention (CDC). Estimates of diabetes and its burden in the United States. <https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>.  
5. Leede Research, "Views on OAB: A Study for the National Association of Continence." December 16, 2015.  
6. Medtronic-sponsored research. InterStim Therapy Clinical Summary 2018.  
7. Visco AG, Brubaker L, Richter HE, et al. Anticholinergic therapy vs. onabotulinumtoxinA for urgency urinary incontinence. *N Engl J Med*. 2012 Nov 8;367(19):1803-13.



**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).

This therapy is not for everyone. This treatment is prescribed by your doctor. Please talk to your doctor to decide whether this therapy is right for you. Your doctor should discuss all potential benefits and risks with you. Although many patients may benefit from the use of this treatment, results may vary. For further information, please call Medtronic at 1-800-328-0810 and/or consult Medtronic's website at [www.medtronic.com](http://www.medtronic.com).

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