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Bladder Control Facts

Overview

More than 37 million adults in the United States – one in six – suffer from overactive bladder, defined as urge incontinence (leaking) and urgency frequency (frequent urges to urinate). Overactive bladder and urinary retention (the inability to completely empty the bladder) are not a normal part of the aging process, often cause embarrassment, and can affect the quality of daily living dramatically.¹⁻²

Impact

- Women are twice as likely as men to experience urinary incontinence due to pregnancy, childbirth, menopause and the structure of the female urinary tract. Older women experience urinary incontinence more often than younger women.³
- Bladder control problems also affect younger people, especially women who have just given birth. In fact, one in four women over 18 years old experience episodes of leaking urine involuntarily, and one-third of men have experienced loss of bladder control during their adult lives.⁴
- It is estimated that bladder control problems cost the nation up to \$65.9 billion in 2007, a figure that is expected to rise to exceed \$76 billion by 2015.⁵
- Only one in eight Americans who have experienced loss of bladder control have been diagnosed. On average, women wait 6.5 years from the first time they experience symptoms until they obtain a diagnosis for their bladder control problem(s). Men are less likely to be diagnosed than women, are likely to talk about it with friends and family, and are more likely to be uninformed.⁴
- The social costs of bladder control problems also are high; even mild symptoms affect social, sexual, interpersonal and professional function.⁶ People with bladder control problems often struggle with simple everyday activities, such as working, shopping, traveling in a car or seeing a movie, for fear of embarrassing wetting episodes or not being near a restroom.
- Women with overactive bladder also are significantly more likely to suffer from other health disorders, such as hypertension, obesity and arthritis. Also, overactive bladder sufferers are two to three times more likely to regularly experience disturbed sleep, overeating, and poor self-esteem.⁴

- In severe cases, individuals with bladder control problems may no longer be able to work.

Causes and Contributing Factors

- In some people, bladder control problems are caused by miscommunication between nerves. Specifically, the brain and sacral nerves, which control the bladder, do not communicate properly, causing the nerves to tell the bladder at the wrong time when to release urine.
- Pregnancy and childbirth, obesity, weak pelvic muscles, diabetes, bladder cancer or stones and neurological disorders can contribute to overactive bladder. Certain medications or inactivity also can contribute to the risk.

Treatment Options

- *Behavioral Techniques* include lifestyle changes, fluid and diet modification, bladder retraining, Kegel exercises or other kinds of physical therapy.
- *Oral Medications* are thought to target the muscles associated with bladder function. However, these drugs may cause side effects such as dry mouth, constipation, eye problems or urine buildup, which in some cases cannot be tolerated.
- *Medtronic Sacral Neuromodulation* delivered by InterStim[®] therapy for Urinary Control is the world's first system to use mild electrical pulses to stimulate the nerves that control the bladder and muscles related to urination; a minimally invasive implant helps the brain and nerves to communicate so the bladder can function properly and may be an option for patients with overactive bladder (OAB) symptoms or (non-obstructive) urinary retention who have failed or could not tolerate more conservative treatments.

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Important Safety Information

InterStim Therapy for Urinary Control: InterStim Therapy 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. InterStim Therapy for Urinary Control 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.

InterStim Therapy for Urinary Control: 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.

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. Please consult your physician to decide whether InterStim Therapy is right for you. A prescription is required. For further information, please call Medtronic at 1-800-328-0810 and/or consult Medtronic's website at www.medtronic.com.

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¹ Stewart WF, et al. Prevalence and burden of overactive bladder in the United States. *World J Urol.* 2003;20:327-336.

² United Nations, Department of Economic and Social Affairs, Population Division (2011). World Population Prospects: The 2010 Revision, CD-ROM Edition.

³ 'Urinary Incontinence in Women.' National Institute of Diabetes and Digestive and Kidney Diseases Web site. <http://kidney.niddk.nih.gov/kudiseases/pubs/uiwomen/> Accessed on November 25, 2012.

⁴ Muller N. What Americans Understand How they Affected by Bladder Control Problems: Highlights of Recent Nationwide Consumer Research. *Urologic Nursing.* 2005;25(2): 109-115.

⁵ Ganz M, Smalarz A., et al. Economic Costs of Overactive Bladder in the United States. *Urology.* March 2010;75:3:526-532.

⁶ Lenderking WR, Nackley JF, Anderson RB, Testa MA. A review of the quality-of-life aspects of urinary urge incontinence; importance of patients' perspective and explanatory lifestyle. *J Am Geriatr Soc.* 1998;46(6)683-692.