Fix your incontinence
Find your happiness. Restore your normalcy. Renew your confidence.

Male stress urinary incontinence
Understanding your condition

What is incontinence?
Incontinence is defined as any involuntary leakage of urine. Male urinary incontinence is usually caused by a damaged sphincter or an improperly functioning bladder. The sphincter is the circular muscle that controls urine flow out of the bladder. When damaged, this muscle cannot squeeze and close off the urethra, the tube that carries urine from the bladder to the outside of the body. The result is urine leakage.

What are the types of incontinence?

- **Stress urinary incontinence (SUI):** Leakage during actions—such as sneezing, coughing, laughing and lifting—that put abdominal pressure on the bladder.
- **Urge incontinence (also known as overactive bladder [OAB]):** An overwhelming need to urinate (gotta go, gotta go!) that may prevent reaching the toilet in time.
- **Mixed incontinence:** Symptoms of both urge and stress incontinence.

What causes male stress urinary incontinence (SUI)?
The most common cause of SUI in men is prostate cancer treatment. Surgery, radiation or a combination of therapies can affect the external sphincter muscle and its functionality. Almost all men experience SUI immediately after prostate cancer surgery. This is normal and for most patients usually resolves within the first six months of healing.

Changes in anatomy from prostate cancer surgery:
1. Cancerous prostate
2. Removal of prostate
3. Connect bladder and urethra

Other causes of male SUI:
- Surgical treatment for enlarged prostate (BPH): (TURP — Transurethral resection of the prostate)
- Conditions such as diabetes, multiple sclerosis, Parkinson’s disease, spina bifida or stroke
- Pelvic trauma or surgery

Recognizing which type of incontinence you have will determine your treatment pathway to normalcy. Male SUI can be successfully treated.

“I was only dripping a very little bit and that itself didn’t bother me much. But when I exercised strenuously, that’s when it bothered me. Because then there was zero control.”
— Richard

Watch the enclosed DVD or visit FixIncontinence.com to hear real patient stories.
How common is male SUI?

254,000 men in the United States have bothersome SUI.4

Annually in the United States, about 17,000 new men develop bothersome SUI.4

Worldwide, approximately 500,000 men suffer from SUI.4

What lifestyle modifications can I make or medications can I take to help my SUI?

Limiting fluid intake, avoiding caffeine and alcohol, and exercising pelvic floor muscles (called Kegel exercises) may provide some temporary SUI relief.5

Currently, no medications are approved in the United States for treatment of male SUI.6

Besides lifestyle modifications, are there other ways to treat my SUI?

Yes. Most other methods fall into two categories: coping and long-term treatment options.

Coping options include:7

• Absorbent products like pads or diapers
• Penile clamps
• Internal and external penile catheters

Long-term treatment options include:8-16

• Slings
• Artificial urinary sphincters (AUS)

To learn about all treatment options visit FixIncontinence.com

For patients who cannot heal completely following prostate cancer treatment and still experience SUI, there are treatment options to consider.

Living with SUI causes emotional distress and makes daily life a hassle. You do not have to live with the burden of SUI.

“In the beginning of my incontinence, I was probably going through 4 or 5 pads a day. And as a man, naturally we feel we’re not supposed to do things like this and this isn’t supposed to happen to us.”

— Herschel
Watch the enclosed DVD or visit FixIncontinence.com to hear real patient stories.

**AdVance™ Male Sling System**

The minimally invasive solution for male SUI

The sling acts as a “hammock,” repositioning and supporting the urethra to help restore normal bladder control.

**Quick Facts**

- Intended for male stress urinary incontinence
- Studies show high success and satisfaction with AdVance Sling in patients with mild to moderate SUI-less than 4 pads per day (PPD)\(^9,10,17,18\)
- The sling, made of synthetic mesh, is placed entirely inside the body, making it undetectable to others
- Most patients are continent immediately following the procedure\(^9\)
- At your urologist’s discretion, you can resume normal daily activities within 1 to 2 weeks after your procedure\(^20\)
AdVance™
Male Sling System

Benefits of the AdVance Sling

- Minimally invasive procedure
- AdVance Sling works on its own to restore your continence
- AdVance Sling can help restore your normalcy and renew your confidence

Possible side effects include, but are not limited to:
- Device failure
- Urinary retention
- Post-operative pain
- Irritation at the wound site
- Foreign body response

AMS Men's Health incontinence therapies can help remove the feeling of isolation in your relationships caused by your SUI.

“I think the emotional impact was probably the greatest change in my life. I suddenly did not want to be intimate with my wife. I felt unclean.”

- Jerry

“When we were no longer intimate, it made me feel like he (Jerry) didn’t love me, and I was no longer attractive to him. I also lost all my self-confidence.”

- Becky (Jerry's spouse)

Published long-term success rates are 62 – 77% in patients with mild to severe SUI.

92% of patients who received an AdVance Sling would undergo the procedure again.

In a study of 399 patients, 83% were cured (0 post-operative pad use after surgery).

94% of patients would recommend the AdVance Sling procedure to a friend.

AMS Men’s Health incontinence therapies can help remove the feeling of isolation in your relationships caused by your SUI.

Watch the enclosed DVD or visit FixIncontinence.com to hear real patient stories.
Watch the enclosed DVD or visit EDCure.org for real patient stories.

Do not let your SUI stop you from doing the things you love in life. Find your happiness. Restore your normalcy. Renew your confidence.

“I got to the point where I didn’t even want to golf anymore. I’d go golf with my buddies and I was afraid if I’d swing that club, I’d leak a little bit. I got to the point where I didn’t do any activity that was strenuous.”

— Gary

Watch the enclosed DVD or visit FixIncontinence.com to hear real patient stories.

**Quick Facts**

- Designed to treat male SUI following prostate surgery
- System can successfully treat all levels of male SUI
- Designed to discreetly restore the natural process of urinary control
- Mimics a healthy sphincter, allowing you to urinate when desired
- Is operated by you
- Requires good cognitive ability and manual dexterity

**AMS 800™ Urinary Control System**

The gold standard treatment for male SUI

The AMS 800 System is a three-part urinary control system contained completely in the body

• The control pump is implanted in the scrotum
• The inflatable cuff is placed around the urethra
• The saline-filled balloon (PRB) is usually implanted in a natural open space next to the bladder

**How it works**

The AMS 800 System is filled with saline and uses the fluid to open and close the cuff surrounding the urethra. When you need to urinate, you squeeze and release the pump in the scrotum several times to remove fluid from the cuff. When the cuff is empty, urine can flow out of the bladder. The cuff automatically refills in a few minutes squeezing the urethra closed to restore bladder control.

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**AMS 800™ Urinary Control System**

More than 40 years of AUS clinical use and 180,000 implanted worldwide\(^4\)

**Benefits of the AMS 800 Urinary Control System**

- Designed to treat male SUI due to a weakened sphincter muscle or the sphincter’s inability to close and prevent urine leakage following prostate surgery\(^2\)\(^4\)
- Gives most men the ability to achieve continence\(^2\)\(^5\)
- The AMS 800 System can help restore your normalcy and renew your confidence

**Possible side effects include, but are not limited to:**\(^2\)\(^4\)

- Device malfunction or failure, which may require revision surgery
- Erosion of the urethra in the cuff area
- Urinary retention
- Post-operative pain

**AMS 800 Urinary Control System by the numbers**

Patient satisfaction study from the *Journal of Urology*\(^2\)\(^6\)

| 90% reported satisfaction | 92% would have the AMS 800 System placed again | 96% would recommend an AMS 800 System to a friend |

Published long-term studies show 82 - 90% of patients use 0 - 1 pads per day (PPD) following their procedure\(^1\)\(^4\)\(^1\)\(^6\)

| 82% in *British Journal of Urology* | 83% in *Urology* | 90% in *Journal of Urology* |

**Finding the right treatment option for your SUI and restoring your normalcy is life-changing.**

“I was, you know, expecting to walk out of there [after device activation at the office] and not have to wear pads and some sense of normalcy with my life. And that’s exactly what happened. I feel like a new man...and my friends and family can tell. They can tell I’m happy.”

— Bill

Watch the enclosed DVD or visit Fixincontinence.com to hear real patient stories.
Caution: Federal (U.S.) law restricts this device to sale by or on the order of a physician.

Your doctor is your best source for information on the risks and benefits of the AMS 800™ Urinary Control System. Talk to your doctor for a complete listing of risks, warnings and important safety information.

The AMS 800™ Urinary Control System is intended for use in the treatment of male stress urinary incontinence (intrinsic sphincter deficiency) following prostate surgery.

Men with diabetes, spinal cord injuries or skin infections may have an increased risk of infection. Some AMS 800 devices contain an antibiotic (InhibiZone™ Antibiotic Surface Treatment). The device may not be suited for patients who are allergic to the antibiotics contained within the device (rifampin, minocycline or other tetracyclines) or have systemic lupus.

Potential risks may include: device malfunction/failure leading to additional surgery, wearing away/loss of tissue (device/tissue erosion), inability to urinate (urinary retention), infection, and pain/soreness.

Caution: Federal (U.S.) law restricts this device to sale by or on the order of a physician.

Your doctor is your best source for information on the risks and benefits of the AdVance™ Male Sling System. Talk to your doctor for a complete listing of risks, warnings and important safety information.

The AdVance™ Male Sling System is intended for the treatment of male stress urinary incontinence (SUI). Potential risks may include inability to urinate (urinary retention), return to incontinence and pain.

Patient testimonials
The stories throughout this brochure recount the experiences of people who are using AMS Men’s Health therapies related to stress urinary incontinence. AMS Men’s Health invited these people to share their stories candidly. As you review them, please bear in mind that the experiences are specific to these particular people. As with all medical treatment, not every response is the same. We recommend you talk to your doctor about what treatment is right for you.
4. Data on file with Boston Scientific and based on market research by Dymedex. 