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Fix your incontinence

Leaks don't have to put life on pause.
Take control of your freedom.



Male stress
urinary incontinence

FIXIncontinence.com

Understanding your condition

What is incontinence?

Urinary incontinence refers to the loss of control over the bladder, or the involuntary leakage of urine. This condition may result from an improperly functioning bladder or a damaged sphincter, which is the circular muscle that controls urine flow out of the bladder. When damaged, this muscle cannot squeeze and close off the urethra, which is the tube that carries urine from the bladder to the outside of the body. When this happens, urine leakage can occur. There are various types, causes, and symptoms of urinary incontinence.

What are the types of urinary incontinence?

Stress urinary incontinence (SUI) is the involuntary leakage of urine during physical activities such as laughing, sneezing, jumping, or lifting heavy objects.

Overactive bladder (OAB) is a condition characterized by a sudden urge to urinate that is difficult to control, often resulting in frequent trips to the bathroom throughout the day and night.

Urge urinary incontinence (UUI) is a symptom of overactive bladder and occurs when that overwhelming urge results in involuntary leakage, ranging from occasional accidents to more frequent episodes throughout the day.

Urinary retention (UR) is the inability to empty the bladder. People with this condition are unable to urinate, or they feel frequent urges but only urinate small amounts.

Mixed incontinence is a condition where a person experiences both stress and urge urinary incontinence simultaneously.

What causes male SUI?

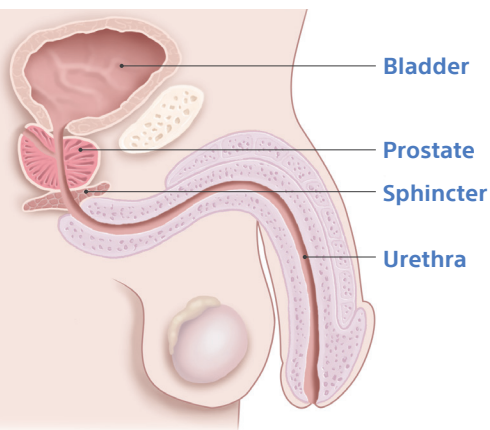
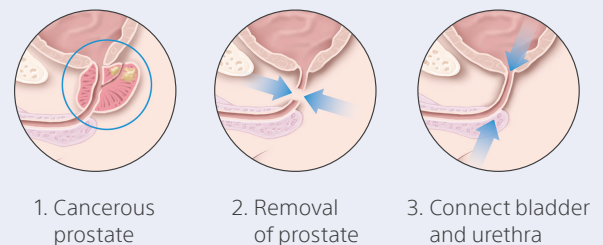
The most common cause of SUI in men is prostate cancer treatment. Surgery (prostatectomy), radiation, or a combination of prostate cancer therapies can affect the external sphincter muscle and its functionality. As a result, symptoms may range from light leakage to a complete inability to control the flow of urine.

Most men who undergo a prostatectomy experience bladder leakage in the first few weeks after their procedure. The leakage may resolve within weeks or months after treatment, but if the bladder leaks persist after several months, it's worth having a conversation with a doctor.

Other causes of male SUI include:

- Surgical treatment for enlarged prostate (BPH)
- Conditions that may affect nerve functionality, such as diabetes, multiple sclerosis, Parkinson's disease, spina bifida, or stroke
- Pelvic trauma, which may be caused by a car accident, a fall, straddle injuries, or a combination of these instances

Changes in anatomy from prostate cancer surgery:



How common is male SUI?

In one study,
stress urinary incontinence was found in

95% of men

evaluated for urinary incontinence after
radical prostatectomy.¹



~13 million men

suffer from stress urinary
incontinence (SUI).³

For men who experience persistent
leakage, there are treatment
options to treat SUI and its
disruptive symptoms.



Bladder control issues can take a toll on a man's quality of life. The stress and uncertainty of dealing with leaks may lead to anxiety or depression for some men. **You don't have to live with the physical and mental burdens of SUI.** There are treatment options available to help you to take control.

Lifestyle modifications

- Limiting fluid intake, avoiding caffeine and alcohol, and practicing pelvic floor exercises (called Kegel exercises) may help to lessen the symptoms of SUI.
- Currently, there are no medications approved in the United States to treat male SUI.
- Coping options include usage of absorbent products like pads or diapers, penile clamps, and penile catheters.

Long-term treatment options

Male slings, which are made of soft mesh and implanted inside the body to reposition the urethra and provide support to surrounding muscles. This can help to keep the urethra closed, especially when coughing, sneezing, and lifting.

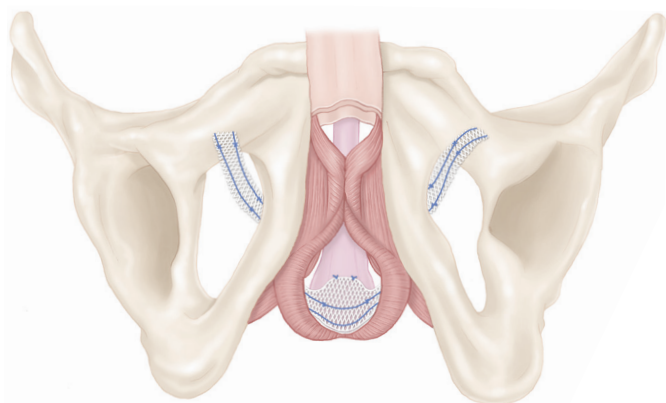
Artificial urinary sphincters (AUS), which consist of a saline-filled cuff placed inside the body that keeps the urethra closed. A pump in the scrotum allows urination on demand.

Keep reading to learn about two long-term treatment options that are designed to help treat male SUI - the Advance™ XP Male Sling System and the AMS 800™ Artificial Urinary Sphincter (AUS).

AdVance™ XP Male Sling System

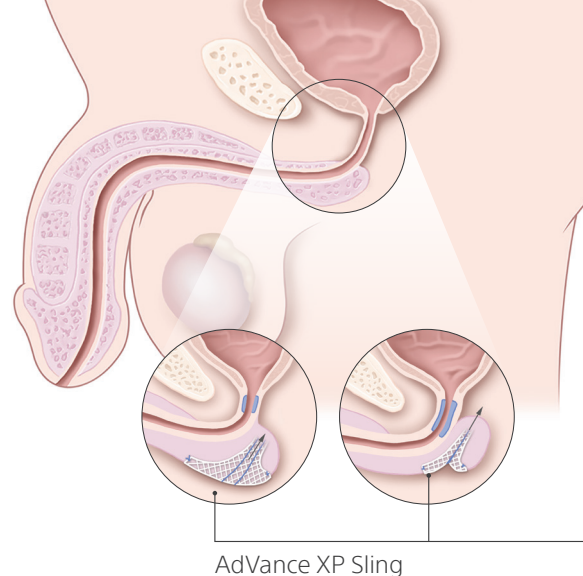
A proven, reliable treatment for male stress urinary incontinence.

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



About the Advance XP Male Sling System

- The sling, made of synthetic soft mesh, is intended for the treatment of male SUI. It is placed entirely inside the body to reposition the urethra and provide support to surrounding muscles. This can help keep the urethra closed, especially when coughing, sneezing, and lifting.
- The procedure allows most patients to resume normal, daily activities within 1 to 2 weeks after the procedure, per your doctor's discretion.



Features of the AdVance XP Sling:

- Placed entirely inside the body, designed to be undetectable
- It operates on its own to help restore bladder control
- Patients may be continent immediately following the procedure

Possible side effects include, but are not limited to:

- Post-operative pain
- Inflammation
- Urethral or tissue damage
- Bleeding and irritation at the wound site
- Urinary retention (typically resolved within a few days)
- Device failure
- Foreign body response
- Urge incontinence



In one study of 185 AdVance XP patients,

88%

said they would recommend the procedure to a friend.⁴

AMS 800™ Artificial Urinary Sphincter (AUS)

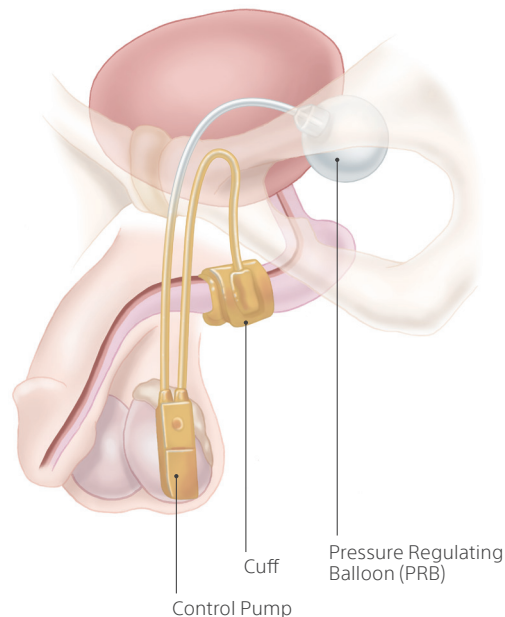
Considered a gold standard treatment for moderate to severe male SUI.

The AMS 800 AUS is a saline-filled cuff placed inside the body that keeps the urethra closed. A pump in the scrotum allows urination on demand.

About the AMS 800 AUS

- The AUS is designed to simulate normal sphincter function by opening and closing the urethra, under patient control. When the cuff is closed, urine stays in the bladder. When it's time to urinate, you squeeze and release the small pump in your scrotum several times, which opens the cuff and allows urine to flow naturally. The cuff refills on its own to close off the urethra until the next time you need to empty your bladder.
- Patients typically return to the doctor's office 4-6 weeks after the procedure to have the device activated and learn how to operate it.
- The device is operated by you and requires some degree of manual dexterity. Ask your doctor if this might be an option suitable for you.

The AMS 800 AUS has been available to patients for more than 50 years.



Features of the AMS 800 AUS:

- Mimics a healthy sphincter, allowing you to urinate when desired
- Designed to help men with a weakened sphincter muscle achieve continence
- Placed entirely inside the body, it is designed to be undetectable

Possible side effects include, but are not limited to:

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

In a single survey of 278 male patients,

more than 90%

reported they would have the surgery again.⁵



AdVance™ XP Male Sling System

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

The AdVance™ XP 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, infection, erosion, device migration, pelvic organ dysfunction, bleeding, and pain. These devices are contraindicated for patients with urinary tract infections, blood coagulation disorders, a compromised immune system, or any other condition that would compromise healing, with renal insufficiency, and upper urinary tract relative obstruction.

AMS 800™ Artificial Urinary Sphincter

The AMS 800 AUS is used to treat urinary incontinence due to reduced outlet resistance (intrinsic sphincter deficiency) following prostate surgery.

With all medical procedures, there are risks associated with the procedure and the use of the device. Patients with urinary tract infections, diabetes, spinal cord injuries, open sores, or skin infections in the region of the surgery have an increased risk of infection. The device is not suitable for patients with active urinary tract, genital or skin infections in the region of surgery. Some AMS 800 devices contain an antibiotic (InhibiZone™ Antibiotic Surface Treatment). AMS 800 with InhibiZone is not suitable for patients who are allergic to the antibiotics contained within the device (rifampin and minocycline HCl) or other tetracyclines, or for patients with systemic lupus, so devices that do not contain InhibiZone should be considered for these patients.

The risks include but are not limited to:

- Allergic reaction
- Erosion (wearing away or a state of being worn away, as by friction or pressure resulting in a breakdown of tissue)
- Limited urethral coaptation (limited closing of the urethra) which may be due to device leak, sizing, malfunction placement, or other causes
- Device malfunction/failure leading to additional surgery
- Malposition of parts (parts placed in an inappropriate position)
- Device migration of a component (device moving to another part of the body)
- Any problems with urination

Be sure to talk with your doctor so that you thoroughly understand all of the risks and benefits associated with the use of the device.

References

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4. Hüscher T, Kretschmer A, Thomsen F, et al. The AdVance and AdVance XP male sling in urinary incontinence: is there a difference? *World J Urol*. 2018 Oct;36(10):1657-1662. (ERA EL 9)
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Caution: U.S. Federal law restricts this device to sale by or on the order of a physician.

This material is for informational purposes only and not meant for medical diagnosis. This information does not constitute medical or legal advice, and Boston Scientific makes no representation regarding the medical benefits included in this information. Boston Scientific strongly recommends that you consult with your physician on all matters pertaining to your health.

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FIXIncontinence.com

Visit **FixIncontinence.com** to access additional resources about male SUI, take an incontinence quiz, watch patient stories, and more.



Call (952) 243-5003 to speak with a patient educator who can provide additional resources and connect you with a real patient who found treatment for their SUI.

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