

## TREATMENT OPTIONS FOR MALE STRESS URINARY INCONTINENCE (SUI)

Nearly 1 in 10 American men have urinary incontinence with rates rising in men over 60 years old.<sup>1</sup> Incontinence, also known as bladder leakage, can stop you from living the active life you once lived and make you feel alone and isolated. For many men, leaking urine leads to feelings of embarrassment and depression.

With a thorough evaluation of your bladder leakage symptoms, your doctor may recommend changes to your daily routine, such as avoiding caffeine and alcohol. You may modify your fluid intake and follow a voiding schedule to try to train your bladder. Your doctor may also recommend pelvic floor exercises to tighten the sphincter muscles.

If bladder leakage persists, some men cope by using absorbent pads and protective undergarments. Others use special devices to try to prevent urine leakage. If bladder leakage becomes a burden and affects your happiness, you can talk to a urologist specializing in male stress incontinence about options to restore bladder control.

## TAKE THE NEXT STEP

Don't let stress urinary incontinence (SUI) stop you from living your best life. Learn more about the treatments available at [www.FixIncontinence.com](http://www.FixIncontinence.com).

Talk with a urologist who specializes in SUI and offers the full range of treatment options. Use the "Find a Specialist" feature at [www.FixIncontinence.com](http://www.FixIncontinence.com) or contact a patient education coordinator at **1-844-433-2873**.

Talk with a patient who has found a successful treatment for his SUI. Email [MHPatientEducation@bsci.com](mailto:MHPatientEducation@bsci.com) or call **1-844-433-2873**.

*Because each type of treatment option offers unique features, potential risks and benefits, talk to your doctor about which option is best for you.*

### References

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# Your treatment options for Stress Urinary Incontinence (SUI)

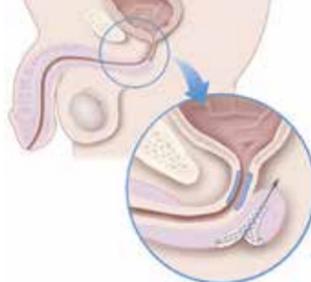
**FIX**  
INCONTINENCE

## A PATIENT OVERVIEW



# OVERVIEW OF TREATMENT OPTIONS FOR MALE STRESS URINARY INCONTINENCE (SUI)

(Individual results may vary. Consult with your doctor to decide the option most suited for you.)

|  |  | SOLUTION SATISFACTION AND ATTRIBUTES   | SOME POSSIBLE SIDE EFFECTS   | CHARACTERISTICS   | TYPICAL DURATION OF USE  |
|--|--|--|--|---|--|
|    | <p><b>MALE SLING</b></p> <p>A sling made of soft mesh 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.</p>  | <ul style="list-style-type: none"> <li>• <b>92%</b> ideal patient satisfaction<sup>2</sup></li> <li>• <b>94%</b> would recommend the sling procedure to a friend<sup>3</sup></li> <li>• More than 10 years of clinical use<sup>4</sup></li> <li>• Undetectable by patient</li> <li>• Assists natural continence function</li> <li>• Surgical solution</li> </ul>   | <ul style="list-style-type: none"> <li>• Device failure<sup>5</sup></li> <li>• Urinary retention<sup>5</sup></li> <li>• Postoperative pain<sup>5</sup></li> <li>• Irritation at the wound site<sup>5</sup></li> <li>• Foreign body response<sup>5</sup></li> </ul>   | <ul style="list-style-type: none"> <li>• Long-term treatment option</li> <li>• Minimally invasive surgery</li> <li>• Sling acts as a “hammock,”<sup>6</sup> repositioning and supporting the urethra to help restore normal bladder control<sup>7</sup></li> <li>• Made of synthetic mesh</li> <li>• Placed entirely inside the body, making it undetectable to others</li> <li>• No mechanical components that require operation</li> </ul>  | <ul style="list-style-type: none"> <li>• Permanent implant</li> <li>• Maintained success rate of 77% at 3 years<sup>6</sup></li> <li>• All alternate options still available if the sling loses effectiveness</li> </ul> |
|    | <p><b>ARTIFICIAL URINARY SPHINCTER</b></p> <p>The artificial urinary sphincter (AUS) is placed inside the body. A saline-filled cuff keeps the urethra closed and a pump in the scrotum allows urination on demand. The AUS is designed for all levels of SUI following prostate procedures and is considered the gold standard treatment.<sup>8</sup></p> | <ul style="list-style-type: none"> <li>• <b>90%</b> patient satisfaction<sup>8</sup></li> <li>• <b>96%</b> would recommend the AMS 800™ Urinary Control System procedure to a friend<sup>8</sup></li> <li>• <b>More than 45 years of clinical use</b> and <b>180,000</b> implanted worldwide<sup>4</sup></li> <li>• Undetectable by others</li> <li>• Natural-acting elimination</li> <li>• No odor</li> <li>• Surgical solution</li> <li>• Functions all day and night</li> </ul> | <ul style="list-style-type: none"> <li>• Device malfunction or failure, which may require revision surgery<sup>9</sup></li> <li>• Erosion of the urethra in the cuff area<sup>9</sup></li> <li>• Urinary retention<sup>9</sup></li> <li>• Postoperative pain<sup>9</sup></li> </ul>  | <ul style="list-style-type: none"> <li>• Long-term treatment option</li> <li>• Three-part urinary control system contained completely in the body<sup>10</sup></li> <li>• The control pump is implanted in the scrotum</li> <li>• The inflatable cuff is placed around the urethra</li> <li>• The saline-filled pressure regulating balloon (PRB) is usually implanted in a natural, open space next to the bladder</li> <li>• Designed to treat male SUI following prostate procedures<sup>9</sup></li> <li>• Mimics a healthy sphincter, allowing patients to urinate when desired<sup>9</sup></li> <li>• Requires good cognitive ability and manual dexterity<sup>9</sup></li> <li>• The gold standard treatment for male SUI<sup>8</sup></li> </ul> | <ul style="list-style-type: none"> <li>• Ongoing, with device replacement only as needed</li> <li>• At 7 years, <b>77% remained satisfied</b><sup>8</sup></li> </ul>   |
|  | <p><b>ABSORBENT PRODUCTS</b></p> <p>Incontinence pads are commonly used to help absorb urine leakage, protect the skin and block odor. Other absorbent products include diapers and undergarments. These products can offer odor control; some are disposed after a single use; others may be cleaned and reused.</p>                                      | <ul style="list-style-type: none"> <li>• Appropriate for everyday activities<sup>11</sup></li> <li>• Comfortable when dry<sup>11</sup></li> <li>• Good for overnight<sup>11</sup></li> <li>• Easy to use<sup>11</sup></li> </ul>   | <ul style="list-style-type: none"> <li>• Requires changing, up to several times per day<sup>11</sup></li> <li>• Can leak<sup>11</sup></li> <li>• Uncomfortable when wet<sup>11</sup></li> <li>• Expensive over time<sup>11</sup></li> </ul>  | <ul style="list-style-type: none"> <li>• Pads, liners or undergarments typically have a waterproof backing<sup>12</sup></li> <li>• Some products contain a breathable plastic film that helps reduce skin irritation<sup>12</sup></li> </ul>  | <ul style="list-style-type: none"> <li>• Requires frequent changing on an hourly/daily basis</li> </ul>  |
|  | <p><b>EXTERNAL COLLECTION DEVICES</b></p> <p>Condom catheters or a penis pouch are placed on the penis so urine can flow into a drainage bag. Urine collection bags are strapped to the body underneath clothing during the day and may rest bedside at night.</p>   | <ul style="list-style-type: none"> <li>• Discrete option for long periods of time<sup>11</sup></li> <li>• Keeps skin dry<sup>11</sup></li> <li>• Avoids odor issues<sup>11</sup></li> <li>• Convenient for storage and travel<sup>11</sup></li> </ul>  | <ul style="list-style-type: none"> <li>• Device can move or loosen resulting in leaks</li> <li>• Irritative or allergic reactions can occur based on material<sup>13</sup></li> <li>• Long-term use may result in urinary tract infections<sup>14</sup></li> </ul>   | <ul style="list-style-type: none"> <li>• Typically made of silicone or latex<sup>15</sup></li> <li>• Uses adhesive to stay in place<sup>15</sup></li> </ul>   | <ul style="list-style-type: none"> <li>• Designed to be worn 24/7 and changed daily<sup>15</sup></li> </ul>  |
|  | <p><b>PENILE CLAMP</b></p> <p>A penile clamp uses a hinged, rigid frame that supports two pads and a locking mechanism. It controls leakage by applying constant pressure upon the penis.</p>  | <ul style="list-style-type: none"> <li>• Can stop leaking</li> <li>• Simple to remove</li> <li>• Can be washed and reused</li> </ul>   | <ul style="list-style-type: none"> <li>• Can only be worn for short periods of time<sup>11,16</sup></li> <li>• Often described as uncomfortable and painful<sup>11,16</sup></li> <li>• Swelling<sup>11,16</sup></li> <li>• Strictures of the urethra<sup>11,16</sup></li> <li>• Development of skin breakdown<sup>11,16</sup></li> </ul> | <ul style="list-style-type: none"> <li>• Most have a padded, flexible soft interior of foam that conforms to fit the penis<sup>17</sup></li> <li>• Exterior of the clamp may be metal or plastic<sup>17</sup></li> </ul>  | <ul style="list-style-type: none"> <li>• <b>MUST</b> be removed every 1-2 hours to allow for urination<sup>16</sup></li> <li>• Should not be worn 24 hours, 7 days a week<sup>16</sup></li> </ul>                        |