

AFTER PROSTATE CANCER



YOU'RE NOT ALONE

*Regain Control After
Prostate Cancer:
Incontinence &
Erectile Dysfunction*

Welcome

This brochure is designed to help you learn more about recovering bladder control and erectile function after prostate cancer treatment – and how you can discover the right solutions to help you regain the **confidence**, **control** and **wholeness** you seek.

The quotes featured throughout this brochure are from real men who have found satisfying solutions for their incontinence and ED after prostate cancer. Their testimony is based on their own experience, and may not be typical for all patients.



Life after Prostate Cancer

While getting rid of the cancer is a patient's top concern, the fear of incontinence (bladder leakage) or erectile dysfunction is often on a man's mind. In order to remove the cancer, the mechanisms in your body that help control urine flow and the ability to get an erection may be damaged. Most men are understandably concerned about their ability to regain bladder control and erections following their prostate surgery. **The good news is that there are treatment options that can help.**



Taking Back Bladder Control

While men often experience incontinence (leaking of urine) immediately following prostate cancer treatment, the leakage usually tapers off within weeks or several months.¹ When bladder leakage persists beyond several months, you should consult your doctor. Long-term treatment options include sling implants and the artificial urinary sphincter (AUS).

"I never left the house without half a dozen pads. Once I got the AUS, it was fabulous! I consider myself continent now."

– Mike Adams, prostate cancer survivor

The AUS has been the “Gold Standard” treatment for male bladder leakage for over 40 years.²

The AdVance™ Male Sling System is a mesh material used with body tissue to provide a support for the muscles around the urethra and ultimately keep the urethra closed, especially when coughing, sneezing and lifting.³

Satisfying Results – 94% of patients surveyed who had the AdVance™ Male Sling System would recommend it to a friend.⁴

The AUS implant restores your ability to control your urine. A fluid-filled cuff keeps your urethra closed until you're ready to urinate.⁵

Satisfying Results – 9 out of 10 patients reported satisfaction and would undergo the procedure again.⁶



Restoring Your Sexual Health

Erectile dysfunction (ED) is known to be a potential complication following surgical and non-surgical prostate cancer treatments. With nerve-sparing procedures, some men may regain their previous level of erectile function, although it may take up to a year.⁷ The journey is different for every man, and some may not recover their ability to have a natural erection. However, it is important to know that there are both short-term and long-term solutions that can be effective in treating ED.

You are not alone – there is hope for nearly every man living with ED. You don't have to suffer in silence. Treatment options include oral medications, vacuum devices, suppositories, injections and penile implants. These treatments work differently for different people, and some may be more effective than others for you.

92% of patients and 96% of their partners reported sexual activity with the penile implant to be excellent or satisfactory¹¹

An AMS penile implant is a unique solution because it allows you to be intimate wherever, whenever, and for as long as you want. It lets you be spontaneous again, and is reliable with no medication side effects or ongoing costs. Many patients and partners are highly satisfied with the penile implant. Penile implants have been in clinical use for over 40 years⁸ and over 400,000 patients have been treated with an AMS penile implant.⁹

Sexual dysfunction following radical prostatectomy affects 25-75% of men¹⁰

The Emotional Connection

Finding a satisfying treatment for ED and bladder leakage can be a life-changing event for many men (and their partners) who may have struggled for years with either or both of these conditions; ED or bladder leakage can impact your self-esteem and affect your most intimate relationships.

Bladder leakage can leave you feeling isolated and embarrassed, and keep you from doing the things you enjoy for fear of accidental leakage. But you don't have to live with it.

The AdVance™ Male Sling System is designed to restore bladder control in men with mild to moderate leakage. For more severe, constant leakage, the AUS is the Gold Standard treatment for restoring bladder control.²

“Prostate cancer surgery left me both incontinent and with ED. After having the AUS surgery, I could go places again and do things socially without risk of embarrassment. Now that I didn't have the incontinence problem anymore, I was ready to deal with the ED. When I had the penile implant, I felt completely whole again. It has restored my confidence, restored my life.”

– Jerry Hollis, prostate cancer survivor



“The penile implant changed my life in such a way that confidence is abundant.”

– Herschel Chalk,
prostate cancer survivor

If you are suffering from persistent ED, an AMS penile implant may be the satisfying answer you seek. It is entirely contained inside the body, and provides the ability to have an erection whenever you want and for as long as you want. The AMS 700™ Penile Prosthesis provides:

- Excellent rigidity
- Natural flaccidity
- Length expanding cylinders (LGX)
- Girth expanding cylinders (LGX & CX)

“With a penile implant, you have an erection whenever you need one, for as long as you want. It works the way it’s supposed to work. No fuss, no bother.”

– Mike Adams, prostate cancer survivor

Penile implants have been in clinical use for **over 40 years⁸** and **over 400,000 patients** have been treated with an AMS penile implant.⁹

ADVANCE™ MALE SLING SYSTEM

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 AMS AdVance™ Male Sling System is intended for the treatment of male stress urinary incontinence (SUI). These devices are not for patients with urinary tract infections, a tendency to bleed easily; a blood clotting disorder, the inability to fight infection or any other condition that would interfere with healing, decreased kidney function; or relative blockage of the kidneys.

Additional information is provided in the product Patient Manuals, available through your doctor.

AMS 800™ URINARY CONTROL SYSTEM

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 urinary incontinence following prostate cancer. This device is not for patients who are determined by their doctor to be poor surgical candidates, have permanent blockage of the lower urinary tract or who have uncontrollable contraction of the bladder.

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 Treatment). The device may not be suited for patients who are allergic to the antibiotics contained within the device (rifampin, minocycline or other tetracyclines).

Additional information is provided in the product Patient Manuals, available through your doctor.

AMS 700™ SERIES INFLATABLE PENILE PROSTHESIS

Your doctor is your best source for information on the risks and benefits of the AMS 700™ Inflatable Penile Prosthesis. Talk to your doctor for a complete listing of risks, warnings and important safety information.

The AMS 700™ Inflatable Penile Prosthesis is intended for use in the treatment of male erectile dysfunction (impotence). Implanting a penile prosthesis will damage or destroy any remaining ability to have a natural erection, as well as make other treatment options impossible.

Men with diabetes, spinal cord injuries or skin infections may have an increased risk of infection. Implantation may result in penile shortening, curvature or scarring. Some AMS 700 devices contain an antibiotic (InhibiZone™ Antibiotic Treatment). The device may not be suited for patients who are allergic to the antibiotics contained within the device (rifampin, minocycline or other tetracyclines).

Additional information is provided in the product Patient Manuals, available through your doctor.

Take the Next Step

- **Learn more about incontinence and erectile dysfunction**

and the impact on men after prostate cancer surgery at www.malecontinence.com and www.edcure.org

- **Talk with a urologist who specializes in treating incontinence and ED**

and offers the full range of treatment options, including surgical solutions. Need help finding an experienced doctor near you? Visit our “Find a Specialist” feature at www.visitams.com, or contact a Patient Education Coordinator at PatientEducation@ammd.com or 1-844-433-2873.

- **Talk to someone who’s been there.**

Call us at 1-844-433-2873 or email PatientEducation@ammd.com and we'll connect you with a patient who found a successful treatment for his incontinence and ED.

1. American Cancer Society, Surgery for Prostate Cancer, 2015 Website: <http://www.cancer.org/cancer/prostatecancer/detailedguide/prostate-cancer-treating-surgery> Accessed January 7, 2015. 2. Trost T, Elliott D. Male stress urinary incontinence: a review of surgical treatment options and outcomes. *Adv. Urol.* 2012;2012:1-13. 3. Rehder P, Haab F, Cornu JN, Gozzi C, Bauer RM. Treatment of postprostatectomy male urinary incontinence with the transobturator retroluminal repositioning sling suspension: 3-year follow-up. *Eur Urol.* 2012 Feb 25. 4. Suskind AM, Bernstein B, Murphy-Setzko M. Patient-perceived outcomes of the AdvAnce sling up to 40 months post procedures. *Neurourol Urodyn.* 2011;30(7):1267-1270. 5. AMS 800™ Urinary Control System Instructions for Use. American Medical Systems, Inc. 2014. 6. Montague, DK. Artificial urinary sphincter: long-term results and patient satisfaction. *Adv Urol.* 2012;835290. 7. Prostate Cancer Foundation. Erectile Dysfunction. 2015 Website: http://www.pcf.org/site/c.1eJRIROrEpH/b.5836625/k.75D7/Erectile_Dysfunction.htm Accessed January 7, 2015. 8. Scott F, Brantly W, Timm G. Management of erectile impotence. *Urol* 1973; (2):80-82. 9. Data on file. 10. Matthew AG, Goldman A, Trachtenberg J. Sexual Dysfunction After Radical Prostatectomy: Prevalence, Treatments, Restricted Use of Treatments and Distress. *J of Urol* 2005;(174)2105-2110. 11. Montorsi R, Rigatti P, Carmignani G, et al. AMS three-piece inflatable implants for erectile dysfunction: a long-term multi-institution study in 200 consecutive patients. *Eur Urol.* 2000; (37):50-55.



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