

# A Simple Solution

**TO A COMMON PROBLEM**

*Find relief from sudden,  
unplanned urine leakage.*



**AMS**

*Solutions for Life™*

## A Common Problem

Millions of women suffer from stress urinary incontinence (SUI). This condition results in accidental loss of urine when you cough, laugh, sneeze, during heavy lifting or simply getting up from a chair.

Incontinence occurs when pelvic muscles and tissue surrounding the urethra (the canal that carries urine from the bladder) are weakened or damaged. This often happens as a result of pregnancy and childbirth, trauma, radiation, prior surgery and hormone changes.

### STATISTICS CONFIRM HOW COMMON THIS CONDITION REALLY IS AMONG FEMALES:

- **About 1 out of 3 women are living with incontinence\***

If you are living with incontinence you may feel very alone or feel that your lifestyle is limited by your condition. You might be surprised to learn that it is likely that other women you are close to — your mother, sister, daughter, friends or coworkers — also are coping with stress urinary incontinence.

### HOW DO I KNOW IF I HAVE INCONTINENCE?

To determine if you may be living with incontinence ask yourself these questions:

- Do you leak urine unexpectedly?
- Do you currently wear pads or liners to protect against unplanned leaks?
- Does the urine loss occur during coughing, sneezing, laughing, bending or lifting?
- Does the urine loss occur when you change from a sitting or lying position to a standing position?
- Do you leak urine continuously?
- Do you have trouble holding your urine as you hurry to the bathroom?
- Has this urine loss caused you to change your lifestyle?
- When planning a trip or outing, does the availability of restroom facilities affect your decision?

If you answered “Yes” to any of these questions, take the next step and talk with a doctor or other healthcare professional.

*“The biggest improvement I have noticed is when I cough. I do not have to cross my legs worrying that I am going to leak urine during the cough.”*

— MiniArc Sling Patient



## A SIMPLE SOLUTION TO A COMMON PROBLEM

Urinary incontinence may be common, but it is correctable. Recent treatment advances — like the MiniArc™ Single-Incision Sling system from American Medical Systems — offers a minimally invasive approach for treating urinary incontinence.

### MiniArc Sling System is:

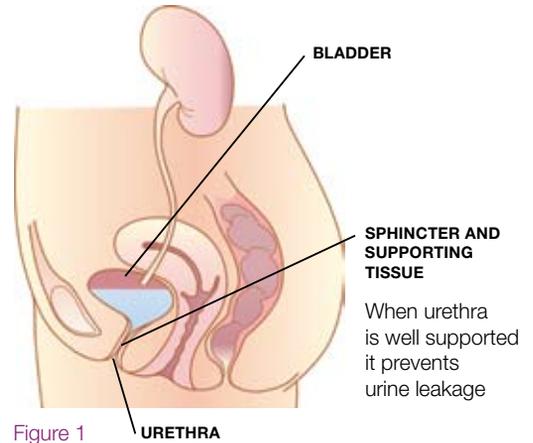
- **SAFE\*:**
  - Minimally Invasive
  - Usually performed as an Outpatient Procedure in a matter of minutes
  - Requires only one, small 1.5 cm incision
- **MINIMAL DISCOMFORT\*:**
  - Allows you to return to non-strenuous activities shortly after procedure\*
  - Patients experience little or no pain
  - Can be performed under local, regional or general anesthesia depending on what you and your doctor decide
- **EFFECTIVE\*:**
  - Early data indicates MiniArc is 93.2% effective in treating urinary incontinence\*

## HOW DOES THE MINIARC SLING SYSTEM WORK?

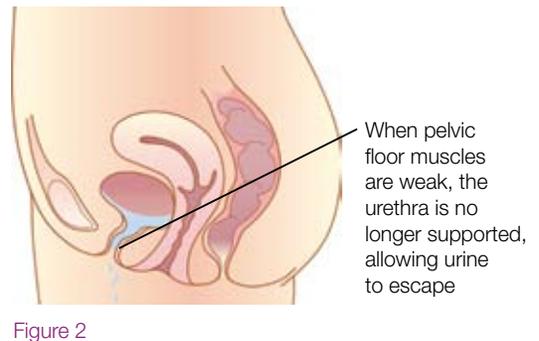
SUI occurs when the muscles of the pelvic floor become weak and no longer provide adequate support for the urethra (See figures 1 and 2). The MiniArc sling system allows the physician to place a small 8.5 cm piece of polypropylene mesh under the urethra. The sling cradles your urethra in a position that mimics normal anatomy to give it more support and prevent accidental urine leakage. (See figure 3)

*AMS mesh has been placed in over 400,000\* patients.*

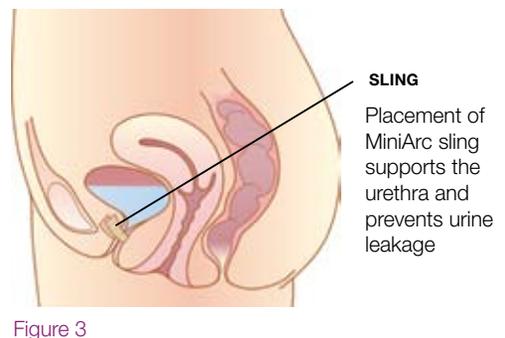
## Your Body Before Incontinence



## Your Body With Incontinence



## Your Body After a MiniArc Sling Repair





## COMMON CONCERNS:

How will the sling be placed in my body?

Placement of the sling is usually performed during an outpatient procedure. The MiniArc sling is small, easy to place and does not require any visible external incisions. The procedure can be performed under local, regional or general anesthesia, depending on what you and your doctor decide.

What can I expect after the sling is placed?

Because the procedure may be performed as an outpatient procedure you can usually expect to return home a few hours later. Although many women have little or no pain after the procedure, your doctor may prescribe a pain medication for you. You should be able to return to your normal activities within one to two weeks; however, for approximately four to six weeks, you should avoid sexual intercourse, heavy lifting and rigorous exercise.

When will I see results?

Most women see results immediately following the procedure. Talk to your doctor so that you understand the procedure and understand the results you can expect.



What are the risks?

As with any surgical procedure, inherent risks are present. Some of the most common risks include urinary tract infections, symptoms of urgency and difficulty with urination. Sling procedures should not be performed on patients who are pregnant or planning future pregnancies. For the complete list of risks and precautions talk to your doctor.

What is my next step?

If you are ready to learn more about correcting your incontinence, talk to your doctor. Ask how you might benefit from the new MiniArc Sling System.

You also can visit the AMS website at [www.amswomenshealth.com](http://www.amswomenshealth.com) and click on “Urinary Incontinence” for more information.

## Start Living

You don't have to live with Stress Urinary Incontinence or let it limit your lifestyle. Join other women who have received a urethral support sling and start living again!

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### REFERENCES

\* Data on file at AMS.

**SOLUTIONS FOR LIFE™** American Medical Systems has been active in pelvic health since 1972 when it developed a cure for urinary incontinence. More than 30 years later, we remain a leader in offering cures for female incontinence and other female conditions including prolapse and excessive menstrual bleeding. AMS also offers products that treat incontinence, erectile dysfunction and benign prostatic hyperplasia (BPH) in men.

For a complete list of indications, contraindications, warnings and precautions, consult your doctor. If you have questions regarding the currency of this information please contact AMS.



A revolutionary new procedure for the treatment of female stress urinary incontinence.

[www.amswomenshealth.com](http://www.amswomenshealth.com)

*“Yes, I would recommend the MiniArc to someone if they were having a long standing problem with leakage. It is a relief to not have that type of problem anymore.”*

*— Aimee, 30 year old MiniArc sling patient*

**AMS**  
*Solutions for Life™*

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