

Urgent® PC Transformations!

This newsletter is designed for patients currently receiving Urgent PC treatment. Find additional information about Urgent PC at www.urgentpcinfo.com.

Patient Spotlight

Joyce's Story - Doubtful to Delighted

Joyce, 72, was very skeptical when her doctor first presented Urgent PC. She had exhausted all the OAB drugs available and surgery wasn't an option. So, she decided to give Urgent PC a try. Amazingly, Joyce began seeing improvements after her 1st treatment. "I know this as I kept a weekly chart of pads and Depends® used and whether they were wet or dry." After her early success, Joyce was hooked. Driving 150 miles for each of the 12 sessions didn't even deter her!

Joyce approached her treatments as relaxing downtime. "My preference was to recline on the examining table, lights out with classical music in the background," she says. "On occasion, I would feel the needle electrode being placed and you can feel the stimulation but the entire process is quite pleasant."

Since receiving treatment with Urgent PC, Joyce says, "Life is good! I can go places and do things without packing a bag of pads and Depends®. I no longer need to watch for rest stops and know where the bathrooms are in the stores." And, she's gone from taking three different incontinence medications to just one a day. But most of all, Joyce says, "I feel good about myself. This treatment has given me back my life!"

When asked if she would recommend Urgent PC, Joyce responds with an emphatic, "Yes, yes, yes!" And she has a message for people who may doubt whether Urgent PC can work them. "Don't be skeptical. I am proof that the treatment works. No longer will the incontinence rule your life. And, the return of your self-esteem will be a bonus."

Urgent PC worked for Joyce, but not all patients respond the same. Clinical studies show that 60-80% of patients improve with treatment.

Talk to your doctor to learn more.

Urgent® PC Neuromodulation System
Bladder Confidence and Control



Model is for illustrative purpose only.

Wondering when you'll respond?

While some patients, like Joyce, respond early in treatment, most patients see improvements after about 6 treatments. But it's not uncommon for it to take even longer. In a review of about 100 patients who had success with Urgent PC, symptoms improved anywhere between 2-12 weeks. For about 20% of these patients, the symptoms of urgency and/or urge incontinence began to improve after 8 weeks.

There is no way to anticipate who will respond earlier, later or not at all. That's why it is important to receive the 12 recommended treatments before you and your physician evaluate whether this therapy is an appropriate and effective choice for you.



Lifestyle Goals

Keep drinking!

- » Drink 6-8 glasses daily
- » Drink most before dinner
- » Not too much at once

Foods to watch

- » Beverages and foods containing caffeine (chocolate, coffee drinks, sodas)
- » Carbonated beverages (carbonated sodas, carbonated water)
- » Spicy foods
- » Citrus fruits (grapefruit, oranges, lemon, lime)
- » Tomato products
- » Diet products containing aspartame (sugar-free foods/candy, diet soda)
- » Alcohol

Prevent constipation

- » Stay hydrated
- » Eat fiber

Exercise

- » 30-60 minutes/day
- » 4-6 days/week

Keep your weight at a normal level

Losing a few pounds might help you get your bladder symptoms under control. In a 6-month study, an 8% weight loss in obese women (20 lb loss for a 250 lb woman) cut the number of incontinence episodes nearly in half!

For more information,
visit www.urgentpcinfo.com

Urgent[®] PC
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Issue 1

Urgent PC is indicated to treat overactive bladder and associated symptoms of urinary urgency, urinary frequency and urge incontinence. **CONTRAINDICATIONS:** Treatment with Urgent PC is contraindicated for patients with pacemakers or implantable defibrillators, patients prone to excessive bleeding, patients with nerve damage that could impact either percutaneous tibial nerve or pelvic floor function, or patients who are pregnant or planning to become pregnant during the duration of the treatment. **PRECAUTIONS:** Exercise caution for patients with heart problems related to pacing. Most patients do not experience side-effects. If side-effects occur, they are typically temporary and include mild pain and skin inflammation near the treatment site. **CAUTION:** Federal law (USA) restricts this device to sale by or on the order of a physician. For complete instructions for use, storage, warnings, indications, contraindications, precautions, adverse reactions and disclaimer of warranties, please refer to the insert accompanying each Urgent PC product or online at www.cogentixmedical.com. Models are for illustrative purpose only. Urgent PC is manufactured by Uroplasty LLC. Urgent is a registered trademark. Depends is a registered trademark of Kimberly-Clark Worldwide, Inc. © 2016 Cogentix Medical. 20255C 05/16