

# Urgent® PC Transformations!

This newsletter is designed for patients currently receiving Urgent PC treatment. Find additional information about Urgent PC at [www.urgentpcinfo.com](http://www.urgentpcinfo.com).

## Patient Spotlight

### Robert's story - Dinner Uninterrupted

Robert, 88, was affected by urge incontinence for 4 years. He was initially treated for a small capacity unstable bladder but the surgery left him constantly rushing to the bathroom—between 10-12 times during the day and 2-3 times during the night. His clinician prescribed medication and Kegel exercises but these methods didn't provide significant improvement. His clinician then suggested non-drug, non-surgical treatment with Urgent PC.

Robert's response to Urgent PC treatment was gradual and by the 12th weekly session, his urge incontinence was gone. And, he is now going to the bathroom less—6-7 times during the day and 1-2 times at night.

After 5 months of treatment, Robert finally felt in control once again and accomplished one of his personal goals for treatment—an uninterrupted meal. "I no longer have to leave the table during dinner," he said. Robert also reports no leaks and that he is able to go longer between bathroom visits.

Robert has been treated with PTNS for nearly a year and has been able to keep his symptoms under control with a treatment every 3 weeks. When asked if he would recommend Urgent PC, he said, "Yes, it works! There's no minus and it's a highly probable plus."

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

Talk to your clinician to learn more.

1. Stewart, W., et al (2003). Prevalence and burden of overactive bladder in the United States. *World J Urol*, 20, 327-336.
2. Benner, J., et al (2009). Bother related to bladder control and health care seeking behavior in adults in the United States. *J Urol*, 181, 2591-2598.

**Urgent® PC Neuromodulation System**  
**Bladder Confidence and Control**



Model is for illustrative purpose only.

## Who gets Overactive Bladder (OAB)?

### OAB is very common

- » Affects 1 in 6 adults<sup>1</sup>
- » OAB is about as common as diabetes or arthritis

### OAB affects both men and women

- » 16% of men and 16.9% of women have OAB<sup>1</sup>
- » Both men and women bothered by frequency and night-time voiding<sup>2</sup>
- » Women are more likely to have urgency and urge incontinence<sup>2</sup>

### OAB affects adults of all ages

- » 10% of adults between ages of 18-24<sup>1</sup>
- » The occurrence increases with age; affects 30% of adults over 65<sup>1</sup>
- » Symptoms become more bothersome as you get older; for example, urge incontinence is more common in men older than 65<sup>1</sup>



Urgent® PC is effective for 60-80% of patients. However, even with successful Urgent PC treatment, it's likely that you'll experience an occasional urge. A 2-year follow-up study of successful Urgent PC patients showed a decrease from 9 to 3 daily episodes of urgency with the number of accidents dropping from about 4 to nearly 0.<sup>3</sup>

3. Peters, K., Carrico, D., MacDiarmid, S., Wooldridge, L., Khan, A. et al. (2012). Sustained therapeutic effects of percutaneous tibial nerve stimulation: 24-month results of the STEP study. NeuroUrol Urodyn epub ahead of print June 2012.

## Got the urge?

*These techniques may help.*



### Step 1: Stop

- » Stop all movement and stand very still. Sit down if possible.
- » Remain calm and confident. You can do this.

### Step 2: Squeeze

- » Do 10 quick, strong pelvic muscle contractions. This sends a message to the bladder to stop the feeling of urgency.
- » Try not to contract your stomach muscles as you squeeze.

### Step 3: Relax

- » Take several slow deep breaths.
- » Release the tension from your shoulders, back and the rest of your body.
- » Concentrate on controlling the feeling of urgency. Distract yourself by thinking about something else. Visualizing a hot, dry place like the desert works for some people.

### Step 4: Go

- » When the urge is under control, walk calmly to the bathroom; rushing can jostle your bladder and increase the feeling of urgency. Plus, walking normally makes it easier to focus on controlling the urge.
- » If the urge comes back on the way to the bathroom, repeat the above steps.
- » If you are able to, wait awhile before going to the bathroom. Extending the time between bathroom visits can help in achieving a more normal voiding pattern. The goal is to have at least 2-4 hours between voids.

### If you have the urge at night

Lie still; perform 10 quick pelvic floor contractions. Then, try to go back to sleep. If you must go, sit on the edge of the bed. Relax and walk calmly to the bathroom. It is considered normal to go once per night.

For more information,  
visit [www.urgentpcinfo.com](http://www.urgentpcinfo.com)

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Issue 2

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 at or near the stimulation 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](http://www.cogentixmedical.com). Models are for illustrative purpose only. Urgent PC is manufactured by Uroplasty LLC. Urgent is a registered trademark. © 2016 Cogentix Medical. 20256B 05/16