

A conversation with OB/GYN
Nathan Mordel, M.D.

about a revolutionary new
therapy for urinary problems

PERSPECTIVES



Millions of people of all ages suffer from urinary urge incontinence, nonobstructive urinary retention, or significant symptoms of urgency-frequency. Individuals with these conditions often face debilitating challenges in their everyday lives. They can be preoccupied with constant trips to the

bathroom, fear of leaking episodes, and sleepless nights.

Many sufferers become so anxious about their conditions that they become isolated and depressed. Patients that have not been satisfied with more conservative treatments or are wary of irreversible surgery options, now have an alternative.

Medtronic has developed InterStim Therapy that helps control urinary problems through an implanted device that sends mild electrical impulses via a lead to the sacral nerves that control the bladder, sphincter and pelvic floor muscles. InterStim is often referred to as a pacemaker for the bladder.

InterStim is indicated for the treatment of urinary retention and symptoms of overactive bladder, including urge incontinence and significant symptoms of urgency-frequency, alone or in combination in patients who have failed or could not tolerate more conservative treatments. However, the treatment is not indicated for patients with mechanical obstruction.

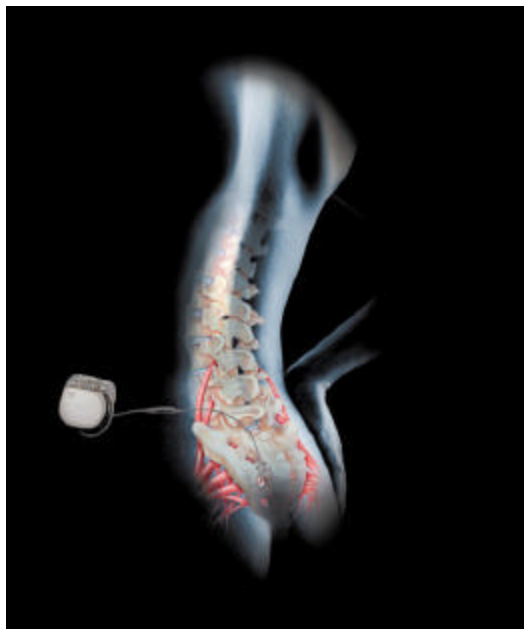
One major benefit for patients is that the procedure is reversible and may be discontinued at any time; it also does not preclude the use of complementary or future therapeutic options.

Most insurance companies have written a policy providing coverage for InterStim Therapy and Medicare has a national policy providing coverage for all approved indications.

Treatment with InterStim Therapy involves three steps: test simulation, surgical implant and post-implant follow-

up. The test simulation can occur in a simple outpatient procedure. During the trial, the patient wears an external simulator that sends mild electrical pulses to the sacral nerve via a temporary lead. The temporary lead is implanted under the skin in the upper buttock.

Following a successful trial, the temporary lead is removed and replaced with either a tined lead and extension or a chronic lead and extension. The tined lead can be placed near the sacral nerve through an introducer.



The other end of the lead passes under the skin and is connected to the neurostimulator. This is a minimally invasive outpatient procedure. The tined lead was designed to reduce surgical time as a result of a sutureless anchoring procedure and reduced number of surgical steps.

When a chronic lead is used, the neurostimulator is implanted under the skin in the upper buttock. A small surgical opening is made over the sacrum and the chronic lead is placed near the sacral nerve. The other end of the lead is passed under the skin and connected to the neurostimulator.

Following implant, the neurostimulator is activated and mild electrical pulses are sent via the lead to the sacral nerve. The patient typically experiences a gentle tingling sensation that is not intrusive.

Physicians can adjust the simulation to optimize the therapy for each patient. Many patients have the ability to control the amplitude of the impulses with the patient programmer, which is a small hand-

held programmer for patients to turn InterStim Neurostimulator on/off, or to change the electrical impulses within physician set limits. Follow-up examinations usually occur every six to 12 months to monitor the therapy's effectiveness.

Dr. Nathan Mordel, a board-certified OB/GYN, practices with Tifton Woman's Center and is a member of the TRMC Medical Staff. For more information on InterStim Therapy, please call Dr. Mordel at 229-386-1528.

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