

What is SANS?

SANS stands for Stoller Afferent Nerve Stimulator, and was invented by Dr. Marshall Stoller at the University of California, San Francisco. The SANS device uses mild electrical stimulation to alleviate urge incontinence and the associated conditions such as urgency and frequency.

When should SANS be used?

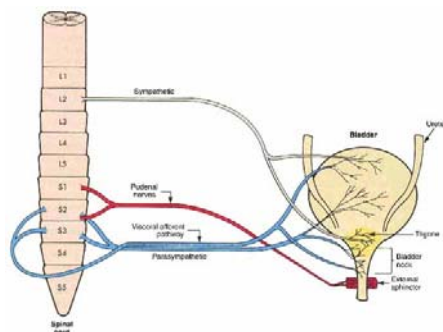
The SANS device is intended for patients who have been diagnosed by their physician to have one or more of the following conditions:

- Urge Incontinence:** An involuntary loss of urine associated with an abrupt and strong desire to void.
- Urgency:** A strong desire to void.
- Frequency:** The need to void more than 10 times per day.

What causes these conditions?

These conditions are associated with a malfunction of the nerves that control bladder function. The diagram below (Figure 1) shows that the nerves that control bladder function emanate from the lower regions of the spinal cord.

Figure 1



How are these conditions treated?

Traditional forms of treatment include:

- Medications designed to inhibit unwanted bladder contractions
- Behavior techniques such as bladder retraining are designed to enable the patient to regain normal bladder control.
- Electrical stimulation is designed to recondition the nerves that control bladder function so that unwanted contractions are eliminated.

What is electrical stimulation?

Electrical stimulation to treat incontinence and its associated conditions has been in use for over 30 years and there is extensive medical literature to document its effectiveness.

Electrical stimulation works through a process called neuromodulation. This means that the therapy reconditions the nerves that control bladder function. Unwanted contractions of the bladder are inhibited and normal function is restored.

Why is SANS different?

Traditional forms of electrical stimulation have used vaginal or rectal probes to deliver the electric current to the pelvic area.

With SANS a very fine needle the width of a human hair is inserted near a nerve bundle in the ankle. This nerve runs all the way up the leg to the lower portion of the spine. This is the region of the spine that has control over bladder function.

SANS delivers low-level electrical stimulation in the immediate vicinity of this nerve (Figure 2). This nerve then carries the signal to the portion of the spine controlling bladder function. The stimulation inhibits unwanted contractions of the bladder, restoring normal control.

Figure 2



How often will I need SANS?

Patients undergo a 30 minute stimulation treatment once per week for 12 weeks. After that, follow-up treatments are tailored to each patient's needs and range from once per week to once every two months. These treatments are gradually tapered over time on an individualized basis.

What is the success rate?

Clinical results are showing SANS to be successful in approximately 70% of the patients who have been treated with the device. Most patients will notice initial improvement following the first 6 treatments.

In addition, because SANS is so minimally invasive, there have been no complications or adverse effects associated with the use of SANS.

Often, results can be further improved by combining SANS with medications and behavioral modification.



"The improvement in my life since these treatments began has been incredible. Before the treatment I was constantly in the bathroom, 24 hours a day. I didn't sleep. Nothing made any difference. Now my outlook is so much better. I can actually enjoy my life again."

The SANS Advantage

The SANS device offers patients relief from the incapacitating conditions associated with urge incontinence syndrome, without the problems associated with current forms of treatment.

- SANS does not require vaginal or rectal probes which can be uncomfortable or painful.
- SANS has none of the side effects seen with medication.
- SANS is a simple, cost effective office based procedure.

SANS is a non surgical solution thus, eliminating the complications associated with surgically implanted stimulators The SANS device has many advantages over previous methods of treating urgency, frequency, and urge incontinence.

How to get SANS.

The SANS treatment must be prescribed for you by your physician.

SANS is covered by some insurance companies and coverage should be confirmed by each patient prior to initiation of the treatments. For those patients without insurance coverage, a payment plan or letter of necessity to the insurance company can be arranged.

Please consult your doctor for further details.

In its continuing mission to offer the most advanced and comprehensive approach to urinary incontinence and pelvic prolapse, the Cambridge Continence Center was one of the first sites in the United States to offer the SANS treatment as part of a multicenter clinical trial. This extensive experience and training has helped us to achieve optimal cure rates. All members of the Center are trained to perform SANS safely and effectively.

For further information, please contact us at:

Cambridge Continence Center
Mount Auburn Hospital
300 Mount Auburn Street - DOB 302
Cambridge, MA 02138

Phone: 617-354-5452
Fax: 617-497-7503
www.staydry.com

SANS™

Restoring Continence and Quality to Life



Cambridge Continence Center
Mount Auburn Hospital
Beth Israel-Deaconess Medical Center

Neeraj Kohli, M.D.
Peter L. Rosenblatt, M.D.
Briana Walton, M.D.
Charles R. Rardin, M.D.