

PRECISION
Spinal Cord Stimulator System

Boston
Scientific

CHANGING THE FACE OF CHRONIC PAIN

Making life smoother™



About Chronic Pain

Chronic pain affects approximately one in five adults impacting their ability to lead productive working, social and family lives. Many people suffer with chronic pain for at least two years with some people enduring it for up to twenty years or more.¹

Given the complexity of chronic pain with its different causes and symptoms, it is often difficult to identify the exact cause of the pain or indeed how best to manage it. It is not unusual for someone to undergo a considerable healthcare journey before arriving at the most suitable treatment option.

The treatment of chronic pain does vary from person to person but there are some general patterns. At this point in time it is the recommendation of your doctor that you consider Spinal Cord Stimulation (SCS) Therapy for the treatment of your chronic pain. Whilst SCS Therapy does not cure chronic pain it can provide effective relief in addition to medications or other treatments.

¹ Breivik et al "Survey of chronic pain in Europe: prevalence, impact on daily life, and treatment" Eur J Pain 2006; 10:287-333

Spinal Cord Stimulation Today

For more than 40 years, doctors have been using Spinal Cord Stimulation Therapy for when other pain treatments are not working well.

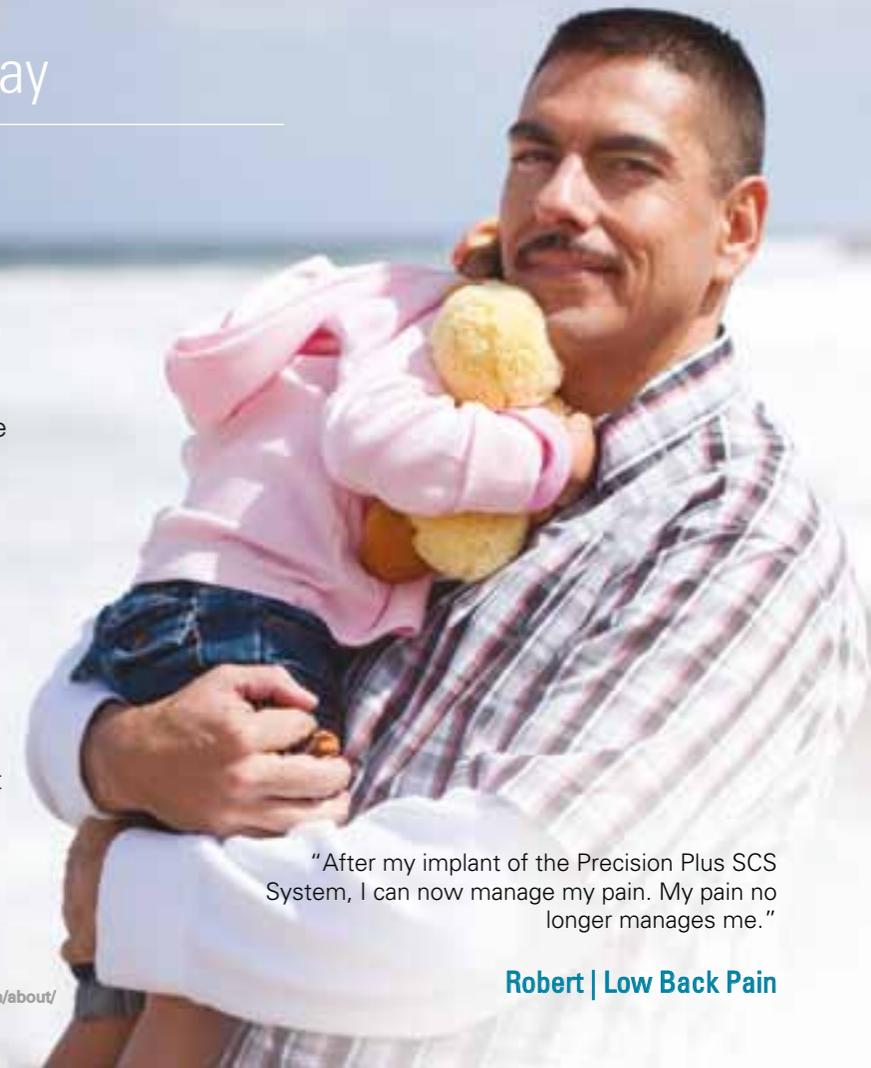
To date, around the world, over 350,000 people have been helped by SCS² Therapy, allowing them to reclaim their lives from the physical and emotional ravages of chronic pain.

The Boston Scientific Precision SCS System is indicated as an aid in the management of chronic intractable pain.

In this booklet you will learn about this safe and effective technological advancement that has been helping people over many years. At the same time it will give you something else just as important:

Real hope for a better tomorrow.

² Medtronic. About Chronic Pain. <http://www.medtronic.com/patients/chronic-pain/about/index.htm> Accessed April 2012



"After my implant of the Precision Plus SCS System, I can now manage my pain. My pain no longer manages me."

Robert | Low Back Pain

How Spinal Cord Stimulation Works

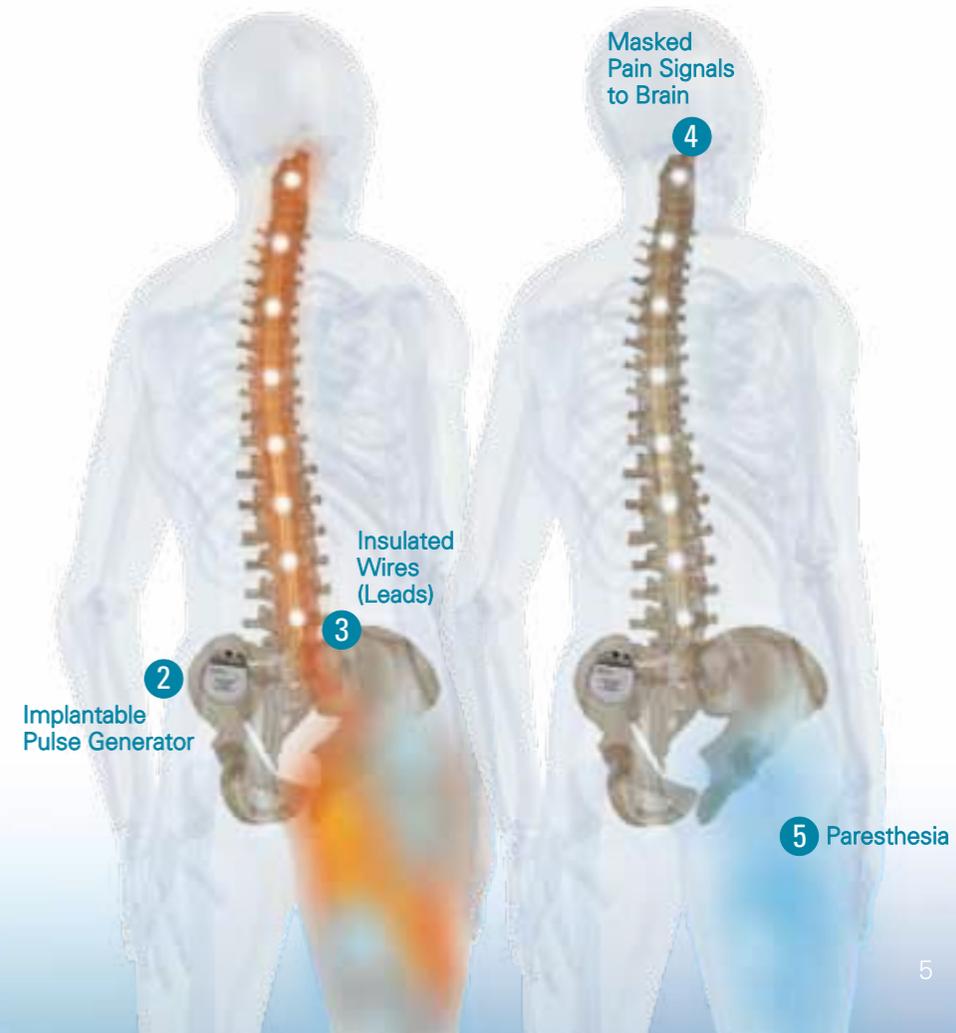
SCS Therapy starts with this simple, basic premise: Since pain is carried by electrical nerve impulses along the spinal cord to the brain, intervening in the nervous system's impulse flow is key to managing pain. Pain travels along nerve fibres through the spinal cord to the brain. ①



A small pulse generator ② and insulated wires ③ are implanted in to the body, near the spinal column.

Directed by an external remote control, electrical impulses from the pulse generator mask pain signals as they travel to the brain ④ – where they're perceived as a gentle, tingling feeling called paresthesia ⑤.

The intended result is a soothing, smoothing sensation without the need for major surgery. Pain signals are masked while the therapy is active.



About Precision SCS Systems

The Precision SCS Systems utilizes 16 independently programmed power sources (32 for Spectra System) designed to tailor stimulation to target your specific pain areas.

The system's cordless remote control allows you to adjust stimulation as needed. If you have been implanted with a Precision rechargeable system, you can easily recharge (except Novi) your device to fit your lifestyle, you decide when and where. The Precision SCS Systems were designed to make your life smoother.



Precision Novi™ System
Non-Rechargeable system



Precision Plus System
Rechargeable system



Precision Spectra™ System
Rechargeable system

Facts About Spinal Cord Stimulation

FACT NR.1

SCS can work where other therapies haven't

SCS may help manage intractable pain even when other therapies have failed.

FACT NR.2

You can "trial" SCS first

If your doctor recommends SCS for your pain condition, you can try out a temporary system before final implantation.

FACT NR.3

SCS is reversible

Even though your leads are surgically implanted, they can be disconnected or removed by your doctor, as needed.

FACT NR.4

Medications can work with SCS

While SCS itself does not require medication to block pain signals, it can be used in conjunction with pharmaceuticals, if necessary.

The Trial Procedure

Sample the Therapy

If you're like many chronic pain patients, you've tried a number of therapies, surgeries and medication to try and manage your pain— only to be disappointed.

We understand that the prospect of trying yet another chronic pain management therapy can be frustrating. One of the benefits of SCS is that it is possible for you to experience the therapy in a minimally invasive way.

Once you've spoken to your Pain Management Specialist about SCS, you're ready for something commonly known as "the trial". It's your chance to experience firsthand how SCS can make your life smoother.

If SCS Therapy meets your and your physician's expectations, it can be implanted permanently. If not, the leads can be removed.

What to Expect During Surgery

During the trial procedure, your Pain Specialist will place flexible leads under your skin in the epidural space (near the spinal cord). The end of each lead has contacts that deliver pain-masking signals to the spinal cord. These leads will be connected to your external trial stimulator.

In general, you will be awake to give feedback about the therapy so that your Pain Specialist can ensure proper placement of the stimulation leads. This is an important time for you to communicate whether or not you are feeling paresthesia.

Your Trial System Includes:



Remote Control

An easy-to-use device you can use to adjust your therapy.



Leads

Small, flexible, implantable wires that deliver pain-masking stimulation to the spinal cord. You may have one or two leads.



External Trial Stimulator

Placed outside the body, it generates tiny pain-masking electrical impulses.



Cables

Connect the leads to your external trial stimulator.

“Before, I had trouble sitting at my desk in university. The pain was too much. I had to stand up in the back of the classroom. Now, with SCS, I go to school with confidence, with more self-esteem. It can change your life.”

Susan | Low Back Pain



FAQs

Q: Is spinal cord stimulation safe?

A: Yes, spinal cord stimulation has been proven safe and effective³ and has been in use for decades. Over 350,000 people worldwide have been successfully treated with SCS Therapy⁴. You should review the risks of SCS with your physician.

Q: Will I be totally pain-free with SCS?

A: People differ in the amount of pain relief they receive with SCS therapy. Many people experience a reduction in pain sensations. The trial procedure will help you determine the amount of relief you may receive.

Q: Will SCS allow me to be free of pain medications?

A: For some patients, SCS works well enough that pain medications are no longer needed. For others, it can mean a reduction in the amount of pain medication they need. Always consult your doctor before changing your dosage.

Q: When can I resume my usual activity?

A: For several weeks after the procedure you will be asked to restrict your physical activity. Once that period is over, Precision SCS System is designed to help you lead a healthy and active lifestyle. However, you should always consult your doctor before resuming activity after surgery or before engaging in physical activities.

Q: Are there risks associated with SCS?

A: As with any surgical procedure, there are risks. Please discuss these risks with your physician and review the back cover of this brochure.

³ Kumar K, Taylor RS, Jacques L, Eldabe S, Meglio M, Molet J, Thomson S, O'Callaghan J, Eisenberg E, Milbouw G, Buchser E, Fortini G, Richardson J, North RB. The effects of spinal cord stimulation in neuropathic pain are sustained: a 24-month follow-up of the prospective randomized controlled multicenter trial of the effectiveness of spinal cord stimulation. *Neurosurgery*. 2008 Oct;63(4):762-70
⁴ Data on File



"I can do a lot of things, like tend to my orchids, go to the gym and go dancing. I have a full life now."

Dick | Low Back Pain

FAQs (Continued)

Q: Can I actually control the stimulation therapy?

A: Yes, the Precision cordless remote control allows you to turn stimulation on and off, increase and decrease the level of stimulation and target different pain areas using settings or programs designed specifically for you.

Q: Do I use my SCS System 24 hours a day?

A: It's up to you. The Precision SCS System is designed for 24-hour-a-day use, should you wish. However, there are a few limitations, which your physician can describe. For instance, you should not charge while sleeping or use while driving.

Q: How long will my spinal cord stimulator last?

A: The Precision Rechargeable SCS Systems use powerful, rechargeable battery technology that can last up to 12 years for the Precision Spectra System and up to 25 years for Precision Plus System. The Precision Novi System is a non-rechargeable system, the longevity will depend of the usage and settings, although in average will be about 5 years.*

*Based on average settings reported by Oakley, Stimulation Power by Disease Diagnosis in Spinal Cord Stimulation, 2006.

Q: Can one SCS System help me with pain in multiple areas?

A: Precision SCS System is designed to cover several pain areas at the same time. You can use your remote control to adjust the amount of stimulation for each pain area.

Q: How convenient is it to recharge the implant battery?

A: Recharging the implant battery is designed to be convenient and simple. The charger is lightweight, cordless and portable, so you can charge on the go. Either an adhesive patch or soft cloth belt (included with the charger) can be used to recharge.

Q: Will I feel the implant? Is it visible to others?

A: Precision SCS System features a contoured oval shape and is small in size. Your doctor can position it in the most comfortable and convenient location in your body. While patients often report that they can feel the unit by pressing on their skin, in most cases it is not visible to others.

Q: What about travelling, especially airport security systems (airport, shops, etc)?

A: Metal detectors, x-ray machines, security scanners and other security devices will not damage the implant, but may cause unintentional stimulation. The implant may also activate metal detector alarms. It is recommended you carry your patient ID card at all times.

Q: Can I receive a MRI scan with an SCS System implanted?

A: Strong magnetic fields and radio waves used during an MRI procedure can interfere with implanted SCS devices. Whilst no SCS device can be described as MRI-Safe, there are a number of SCS devices available which are MRI-Conditional. The Precision Plus and Precision Spectra systems are both MRI-Conditional devices and patients with these devices are able to undergo head only MRI scans under specific conditions. You should consult your doctor before to proceed to any diagnostic imagine tool and clarify which is the most appropriate option for you.



“Instead of having a grinding, burning sensation going through me, I’ve got this nice, comforting, kind-of-massaging feeling. When I first turned the stimulator on, it felt like a weight was lifted off me, it felt so good! I felt like giving this a try was the right thing to do. I’m sure glad I did.”

Meghann | Chronic Pain

Conclusion

SCS Therapy is generally considered successful if your pain is reduced by 50 percent, if you are able to get back to your daily activities, if your need for pain medication is reduced and/or if you’re able to relax and sleep better.

Talk to your doctor to see if Spinal Cord Stimulation can help you manage your chronic pain where other interventions have failed.

This booklet is for information purposes only – this is not meant as a diagnostic or promotional tool – Please refer to your treating physician.

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