PAIN INTERRUPTED

LIFE TRANSFORMED
Sam B, 18 months after implant and able to keep things shipshape.
We don’t need to tell you what it’s like to live with chronic pain. The long journey from one failed back surgery to the next. Medications that do too little to numb the pain, and too much to numb the patient. By the time most patients come to us, they’re experts in everything chronic pain can dish out, both physically and emotionally.

If that describes you or someone you care for, consider this. Neurostimulation is different from the other approaches you may have tried. Thanks especially to advances from St. Jude Medical, thousands of patients have once again become the person they feared chronic pain had taken away.
The St. Jude Medical™ Invisible Trial System uses Apple™ products and wireless communication and offers two types of stimulation—giving you a better chance at a successful evaluation.
Neurostimulation (also called spinal cord stimulation or SCS) is a proven, safe and effective therapy that has been used for over 40 years to manage chronic pain and improve quality of life.

With this therapy, a small device is used to interrupt pain signals before they reach the brain. The painful feeling is replaced with a different feeling—which some describe as a gentle massaging sensation or, in some cases, simply the absence of pain.

Unlike many options for managing chronic pain, you have the opportunity to try neurostimulation before making a commitment in order to make sure it is the right therapy for you.
Pain signals travel up the spinal cord to the brain.

A generator sends pulses to a thin wire called a “lead”.

The lead delivers these pulses to nerves along the spinal cord.

The pulses block pain signals before they reach the brain.

The painful feeling is replaced with more comfortable sensations, or nothing at all.

While neurostimulation helps most patients receive at least some reduction in pain, not everyone responds in the same way. The amount of pain relief varies with each individual. Complications related to placement and/or use of the device may occur. Be sure to discuss the risks and benefits of neurostimulation with your doctor.
START WITH A TEMPORARY EVALUATION.

One of the benefits of neurostimulation is that you can try the therapy during an evaluation period which typically lasts a week or longer.

To begin the evaluation, you will undergo a short procedure, which is performed at a specialized medical center. During this time:

1. Your doctor will place temporary leads and test them to ensure they are placed correctly.
2. After testing, your doctor will connect the leads to a small external generator that will be worn outside the body, typically on your lower back.
3. In the recovery room, your doctor will program the external generator to your ideal settings.

WHAT ARE SOME OF THE RISKS ASSOCIATED WITH THE PROCEDURE?

The placement of the leads is a surgical procedure that exposes you to certain risks. Complications such as infection, swelling, bruising and possibly the loss of strength or use in an affected limb or muscle group are possible. Be sure to talk to your doctor about the risks associated with the placement of a neurostimulation system.
THE ST. JUDE MEDICAL™ INVISIBLE TRIAL SYSTEM WITH BURST TECHNOLOGY

TEMPORARY LEADS
EXTERNAL GENERATOR
PATIENT CONTROLLER
We know making a decision to try a new pain management option can be difficult. That’s why we’ve designed the St. Jude Medical™ invisible trial system—to give you not one, but two different stimulation options to try: **TONIC STIMULATION** and another option called **BURST STIMULATION**.

**TONIC STIMULATION.**

For over 40 years, neurostimulators delivered only tonic stimulation. Tonic stimulation delivers pulses in regular, patterned intervals—one pulse at a time. The pulses affect the part of the brain that handles pain. They replace the pain with a different, more tingling sensation.

While tonic stimulation is a tried and true therapy, it doesn’t always work for everyone. That’s why St. Jude Medical is committed to providing additional stimulation options.
Burst stimulation delivers pulses in bursts, with a rest between. Doctors believe Burst stimulation may affect both the part of the brain that handles pain and the area that handles the emotional response and attention to pain.

That means the tingling sensation often felt with tonic stimulation is sometimes not felt with Burst. It also means Burst may help you focus less on, and cope better with, your pain.

Researchers have found that people who do not get adequate relief from tonic stimulation may have success with Burst. Both trial and permanent neurostimulation systems from St. Jude Medical offer the option to use either tonic and Burst stimulation, so you can choose the option you prefer—even changing over time if needed.
After receiving his St. Jude Medical™ neurostimulation system, Jeff B. promptly retired from his job so he could spend time riding his motorcycle, oil painting, fly fishing, and taking care of his one-and-a-half hectares.
FINDING OUT WHAT’S RIGHT FOR YOU.

Which stimulation method is the most effective depends on different factors, like your unique diagnosis, medical history, location of pain, severity of pain and so on.

The best way to find out if neurostimulation works for you is to try it. During an evaluation period, you can assess if the therapy:

- Provides adequate pain relief
- Improves your ability to perform daily activities
- Improves your sleeping habits
If the evaluation period is successful, you can have the system implanted. The system is usually implanted in a surgical procedure in a specialized medical center. Before the procedure, you and your doctor should review any possible complications as well as the restrictions you will be asked to follow during your recovery and for the long term. Certain activities can cause the lead or leads to move and cause an undesirable change in stimulation. In general, you should be able to perform your daily activities with less pain over time.
A temporary evaluation showed Lori P. how neurostimulation could manage the chronic pain that was making her rehabilitation impossible—all without the commitment of an implant.
Five months after implant, Josh B. is back where he belongs: spending time with his buddies in the garage.
The generator produces the pulses that manage your pain. It is a small device, usually implanted in the abdomen or buttock area, that is connected to the leads.

Some generators are rechargeable—others are nonrechargeable. Your doctor will help you decide which is right for you.

The leads are thin wires that deliver pulses from the generator to nerves along the spinal cord. Leads are placed in an area along the spinal column called the epidural space.

The controller is a handheld device similar to a remote control that lets you adjust the therapy. Our newest controllers are based on Apple™ technology, and are completely wireless.

The implanted system is similar to the temporary system, with three basic components:
A Greater Chance for Success
Only St. Jude Medical neurostimulation systems give you two different stimulation options to try: tonic stimulation and another option called Burst stimulation.

Familiar Consumer Technology
The St. Jude Medical™ invisible trial system—as well as some of our permanent systems—use familiar Apple™ products and wireless communication for seamless integration into a modern lifestyle.

Future Ready
Upgradeable technology—first introduced by St. Jude Medical—means you won’t need surgery to benefit from our next advancement in chronic pain therapy. Approved technologies are easily and painlessly delivered via software updates.

MRI Ready
Our newest neurostimulation systems allow scanning with a wide variety of medical imaging techniques, including MRIs.*

*Within approved MRI parameters.
St. Jude Medical neurostimulation technologies are unique because they are developed with the patient in mind—designed to seamlessly interact with your daily activities and lifestyle.

St. Jude Medical offers both Burst and tonic stimulation in both our trial and permanent neurostimulation systems, so you can always choose which is best for you. In addition, our neurostimulators (generators) are the smallest available and our permanent systems have the longest projected battery life.3-6
WILL NEUROSTIMULATION CURE MY PAIN?

Neurostimulation is not a cure for pain, but it is a therapy that may help you reduce your pain to a manageable level and return to a more normal lifestyle.
Since receiving his St. Jude Medical neurostimulation system, Dominic B. has been able to play superhero for his son Damien.
WHAT ARE SOME OF THE RESTRICTIONS I MAY HAVE WITH AN IMPLANTED SYSTEM?

Your doctor will give you detailed information about restrictions and activities with your system. As a general rule, however, it is important to restrict the amount of bending, twisting and reaching you do for the first six to eight weeks after surgery. This is the time that the healing is taking place around the leads. There are also some permanent restrictions associated with receiving a neurostimulation system. For example, neurostimulation recipients cannot have diathermy therapy. Be sure to ask your doctor for a complete list of restrictions.
WILL I BE ABLE TO REDUCE MY PAIN MEDICATIONS?

Every patient responds differently. Many patients are able to decrease the number of pain pills they take each day, while other patients are able to change the type of medication they take.

Reductions in medication should only be made under the advisement of your doctor.
Talk to your doctor about how neurostimulation therapy from St. Jude Medical may benefit your specific pain.


The stories featured in this brochure explain the experiences of people who have received neurostimulation systems for the management of chronic pain of the trunk and/or limbs. These results are specific to the individuals featured. While most people experience at least some reduction in pain, the amount of pain relief experienced varies by individual. The surgical placement and/or use of a neurostimulation system poses certain risks. The occurrence of these risks also varies by individual.

Rx Only

Brief Summary: Prior to using these devices, please review the Instructions for Use for a complete listing of indications, contraindications, warnings, precautions, potential adverse events and directions for use.

Indications for Use: Spinal cord stimulation as an aid in the management of chronic, intractable pain of the trunk and limbs. Contraindications: Patients who are unable to operate the system or who have failed to receive effective pain relief during trial stimulation. Warnings/Precautions: Diathermy therapy, implanted cardiac systems, magnetic resonance imaging (MRI), explosive or flammable gases, theft detectors and metal screening devices, lead movement, operation of machinery and equipment, postural changes, pediatric use, pregnancy, and case damage. Patients who are poor surgical risks, with multiple illnesses, or with active general infections should not be implanted. Adverse Effects: Painful stimulation, loss of pain relief, surgical risks (e.g., paralysis). The User’s Guide must be reviewed for detailed disclosure.

Precision Spectra is a trademark of Boston Scientific Neuromodulation Corporation. RestoreSensor and SureScan are trademarks of Medtronic, Inc. Apple™ is a trademark of Apple, Inc.

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