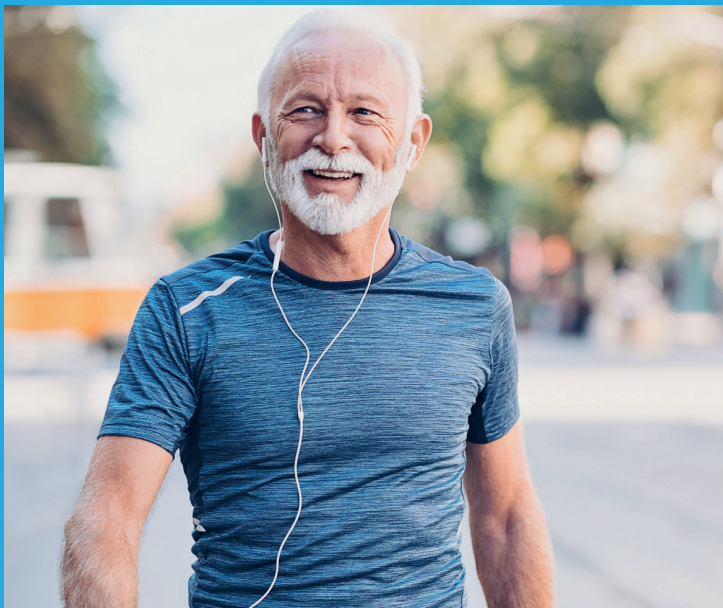


Urology

Male Urinary Incontinence



**Feel like yourself again -
A patient's guide to
Male Stress Urinary
Incontinence**

A.M.I.[®]

Agency for Medical Innovations



Answers and Relief for Men

Are you experiencing urine leakage during physical activities or exercises?

This may be a sign of Urinary Incontinence and is a common condition affecting 1 in 3 men over the age of 65.¹ Urinary Incontinence can interfere with your daily life and confidence, but effective solutions are available.

In this brochure, you will learn the types of urinary incontinence, what causes it, and the treatment options that can help you regain control.

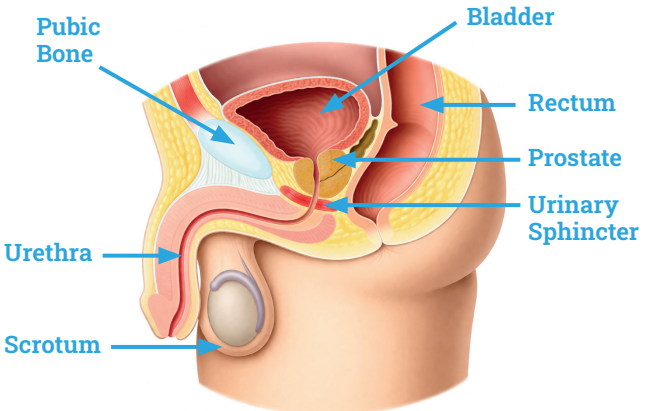
Understanding Urinary Incontinence ²

Urinary incontinence is the unintentional leakage of urine, typically caused by a weakened urinary sphincter or a functional problem with the bladder.

The urinary sphincter is a muscle that surrounds the urethra and can be consciously controlled to either allow urine to pass or to hold it back. If this muscle becomes weak or damaged, it may not close the urethra properly, leading to urine leakage.

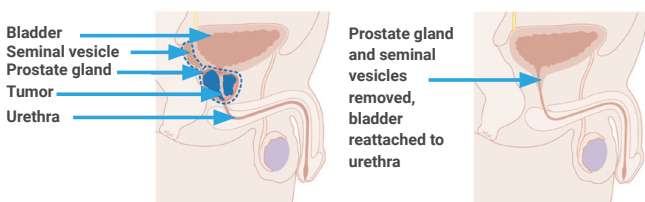
Types of Urinary Incontinence ^{2,3}

- ▶ **Stress urinary incontinence (SUI):** Leaking of urine during high pressure on your bladder like exercise or lifting heavy objects - most common type
- ▶ **Urge incontinence or overactive bladder (OAB):** You suddenly feel a strong need to urinate but can't hold it long enough to reach the toilet
- ▶ **Mixed incontinence:** A combination of both stress and urge urinary incontinence



What causes Incontinence in Men? ⁴⁻⁷

The most common cause of stress urinary incontinence in men are surgical prostate cancer treatments, especially the **removal of the prostate (radical prostatectomy)** and pelvic radiation. The prostate surrounds the urethra, helping it to resist the pressure of a full bladder. If the prostate is partially or completely removed, this may have an effect on how much pressure the urethra can resist.



Adapted from "Diagram showing before and after a radical prostatectomy", Wikimedia Commons, CC BY-SA 4.0. Modified by the author ⁷

Other factors that can lead to SUI

- ▶ **Health conditions/diseases:** Diabetes, MS, Parkinson's or stroke can effect bladder nerves and control
- ▶ **Injuries/surgeries:** Can damage or weaken the pelvic muscles, tissues, and nerves involved in bladder control
- ▶ **Agging:** Natural loss of muscle strength, especially in the pelvic floor, increases the risk of leakage
- ▶ **Excess weight:** It can add pressure on the bladder and pelvic floor, making leakage more likely

Grades of Stress Urinary Incontinence ⁹

Stress urinary incontinence can have different grades of severity. Understanding how severe the symptoms are can help decide which treatment is most appropriate for you:



Mild: Small urine leaks may occur during physical activities or exercising



Moderate: Everyday movements like standing up, walking, or bending over can sometimes cause urine leakage



Severe: Even gentle movement or daily activities may lead to frequent urine leakage, sometimes in larger amounts



Symptoms of Incontinence ³

Urine leakage can happen in different ways. Knowing the signs can help you get the right support and treatment.



Leaking during everyday activities: Such as lifting, bending or exercising.



Strong urge to urinate: Feeling unable to hold it after a sudden, intense need to go.



Leakage without warning: Urine leaking even when you don't feel the urge.



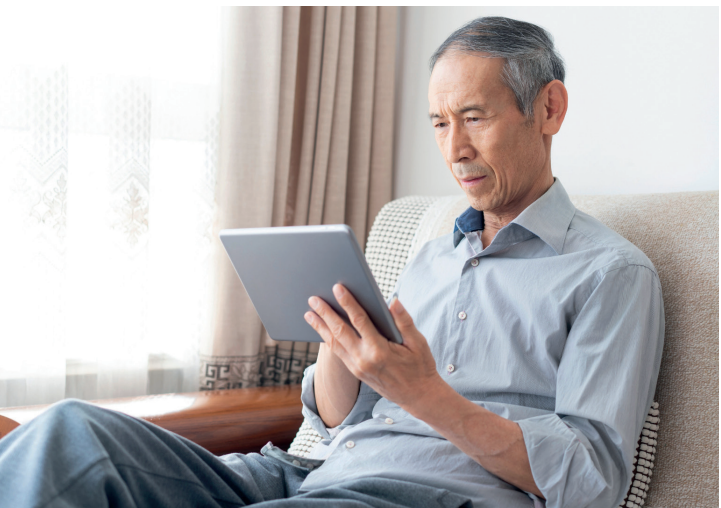
Rushing to the toilet: Sometimes being unable to reach the bathroom in time.



During sexual activity: Some men experience leakage at this time.



Bedwetting:
Leaking urine while asleep.



Treating Urinary Incontinence

Treatment options for male SUI vary significantly in terms of risks, benefits, and leakage. Initial treatments typically focus on conservative treatment options that don't involve surgery.

Conservative Treatment

- ▶ **Physiotherapy:** Supervised pelvic muscle training integrated in daily life
- ▶ **Lifestyle changes:** Reduction of caffeine, weight loss, regulation of fluid intake
- ▶ **Bladder training:** Your doctor may ask you to keep a diary to track and improve the bladder function

Surgical Treatment

If the conservative treatment proves to be unsuccessful, ATOMS can be your option for long-term treatment of stress urinary incontinence.

ATOMS

Adjustable
Trans Obturator
Male System



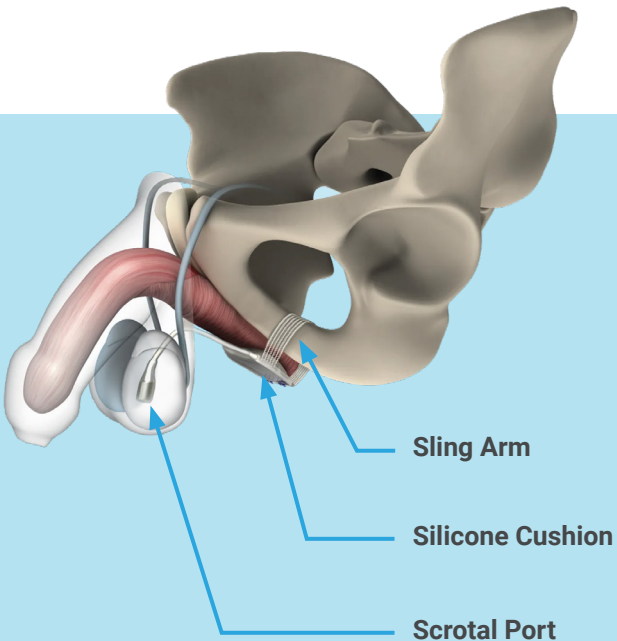
ATOMS

Our solution for Male Stress Urinary Incontinence

What is ATOMS?

ATOMS is a long-term adjustable system to support the urinary sphincter function to treat male SUI. The system has three main parts, all placed entirely within the body:

- ▶ **Self-anchoring sling arms:** Placed around the hip bone to keep the system in place
- ▶ **Silicone cushion:** Filled with saline solution to exert pressure on the urethra
- ▶ **Silicone-covered Scrotal Port (SSP):** For filling or removing of saline volume for long-term adjustment without the need for surgery



How does ATOMS work?

The silicone cushion, filled with saline, compresses the muscle beneath the urethra and indirectly supports the sphincter, reducing leakage while allowing normal urination.

The self-anchoring sling achieved through a 4-point fixation keeping the device securely and symmetrically positioned. The attached port is placed in the scrotum and enables adjustable filling of the silicone cushion even if the patient's anatomy changes (e.g. with aging). These adjustments can be performed in the office without the need for anesthesia or surgery. To reduce risk of erosion the port is covered with soft silicone.

ATOMS - Fact Box

25+ Years of experience in
35+ countries

3rd Generation of Innovation

100+ Scientific publications
with ATOMS

83-97% Success Rate*

*Improvement in Social Continence of 375 patients
with mild and moderate stress urinary incontinence
in long-term follow up¹⁰

For further information and clinical references,
please visit our website www.ami.at.



What should I expect before surgery?

Before surgery, your doctor will conduct a thorough medical history which includes providing a list of previous surgeries, diseases and medications. Your doctor will also ask you to describe the leakage you are experiencing as clearly as possible.

What to expect during and after ATOMS surgery?

ATOMS minimally invasive procedure is usually performed under local or general anesthesia and takes typically 40 - 60 minutes.^{11, 12} The silicone cushion is firmly placed on the muscle beneath the urethra through a single incision. Afterwards the sling arms are placed around the lateral bone structure to secure the system symmetrically in place. The attached port is firmly positioned in the scrotum to enable the possibility for postoperative adjustments without the need for anaesthesia or surgery.

After the procedure, it is normal to have pain or discomfort in the operated area.¹³ You will usually have a follow-up visit after 2-4 weeks to make sure everything is healing well.¹⁴ If needed, the doctor can make small adjustments to the filling volume of the silicone cushion through the scrotal port.

Your care team will provide you with detailed instructions for your recovery. Contact your doctor right away if you notice signs of infection, increased pain or unusual bleeding.



Important safety information

This patient guide includes general information about male urinary incontinence and the corresponding treatments. However, it is by no means a substitute for a consultation and thorough examination by your doctor. Only your doctor can evaluate your personal situation and recommend the treatment and aftercare best suited to your needs, as well as inform you of possible risks.

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Relief is possible. Talk to your doctor about treating your incontinence with A.M.I.'s solution, ATOMS - uniquely designed and manufactured in Austria.

A.M.I.[®]

Empowering Innovations.
Empowering Lives.



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