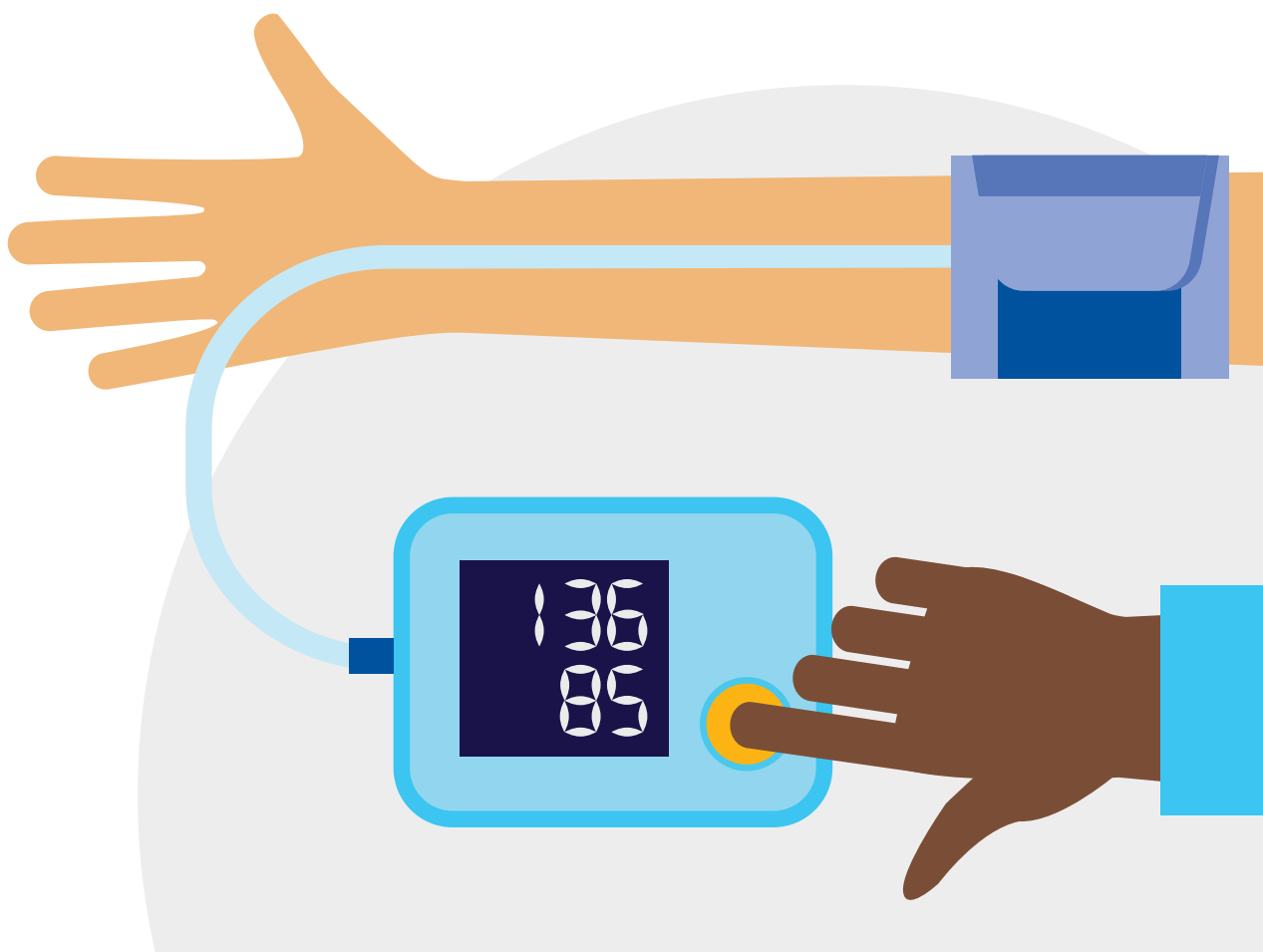


# Medtronic

## Beyond lifestyle changes. Beyond medications.

### The Symplicity™ blood pressure procedure

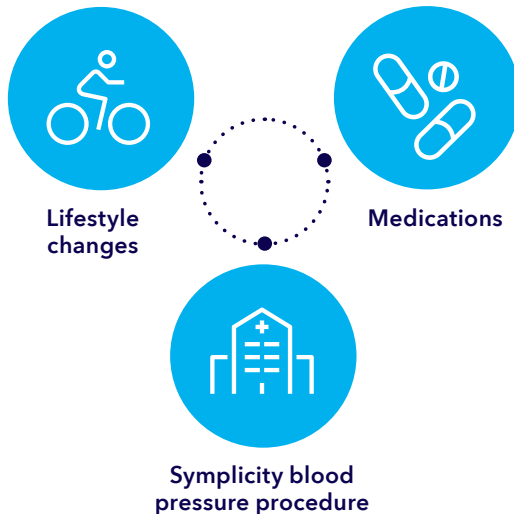
A procedure that complements typical high blood pressure treatments



# Think beyond the typical treatments

Until now, the only way to treat high blood pressure was through diet, exercise, and medications.

Today, there is an innovative approach that works alongside typical treatments, the Symplicity blood pressure procedure.<sup>1</sup>



## What are the risks of high blood pressure?

**High blood pressure (HBP), or hypertension,** often has no symptoms, so you may not know you have it.<sup>2</sup> According to the American Heart Association, a reading above 130/80 mmHg is considered high.<sup>3</sup>

When symptoms of high blood pressure occur, they may be:



**Mild:**  
headache, nosebleeds, blurred vision, and difficulty breathing<sup>2</sup>



**Severe:**  
chest pain, headache with confusion and blurred vision, nausea and vomiting, and anxiety<sup>2</sup>

### Why it matters:

Untreated high blood pressure raises your risk of<sup>3,4</sup>:



Stroke



Heart attack and failure



Kidney failure

# What is the Symplicity procedure?

- A minimally invasive treatment proven to reduce high blood pressure safely and effectively<sup>5,6</sup>
- Keeps working 24 hours a day – like a pill you never have to remember to take<sup>5,6</sup>
- Supports your existing medication and healthy lifestyle habits<sup>5,6</sup>

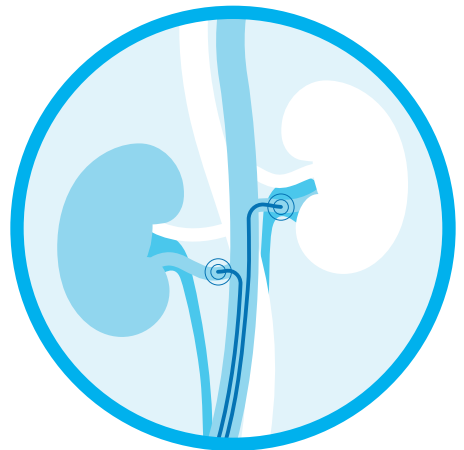
## How does it work?

Your body controls blood pressure in several ways, using your heart, blood vessels, and kidneys.<sup>7</sup> In some people, nerves near the kidneys become overactive and make it harder to keep blood pressure in a healthy range.<sup>8</sup>

The Symplicity procedure helps calm these excessively active nerves<sup>9</sup> so your body can better control blood pressure when lifestyle changes and medications aren't enough.<sup>5,6</sup>

Adverse events include, but are not limited to, temporary bruising and pain.

Not every person will experience the same results. Talk with your doctor to see if the Symplicity blood pressure procedure is right for you. Your doctor should discuss all potential benefits and risks with you.



**See how the Symplicity procedure works.**

Go to [BeyondHBP.com/procedure](https://BeyondHBP.com/procedure)

# Proven to help reduce blood pressure beyond medications<sup>5,6</sup>

Two clinical studies showed that within six months the Symplicity procedure lowered blood pressure in people both on and off blood pressure medications.<sup>†,‡,5,6,10</sup>

**65%** of participants saw at least a 5 mmHg drop.

**50%** saw at least a 10 mmHg drop.

**35%** saw at least a 15 mmHg drop.

Half  
experienced

**≥ 10**  
**mmHg**  
reduction

† 199 people on medications (6 months after procedure).

‡ 170 people not on medications (3 months after procedure).

**This means the Symplicity procedure can work  
whether you are already taking medication or not.**

Not every person will experience the same results. Talk with your doctor to see if the Symplicity blood pressure procedure is right for you. Your doctor should discuss all potential benefits and risks with you.



# What are the potential benefits for you?

Reducing your blood pressure by **10 mmHg** can lower your risk of<sup>11</sup>:



↓ 20%

cardiovascular events,  
such as heart attacks



↓ 28%

heart failure



↓ 27%

stroke



> **30,000**

people worldwide have been treated with the Symplicity blood pressure procedure.<sup>12</sup>

# Think beyond medication

Is this procedure right for you?

The Symplicity procedure may be a good option if:



You've tried **lifestyle changes and medications**, but your blood pressure is still high.



You're interested in lowering your blood pressure **without adding another daily pill**.<sup>5,6</sup>



You're looking for long-term results **without the same side effects as medications**.<sup>8,13,14</sup>

// This procedure brought me my life back."

– Lisa, patient with high blood pressure who received the Symplicity procedure

# What happens next?

You will decide with your doctor if the Symplicity blood pressure procedure is right for you. What you want plays a big role in this decision, so it's important to speak up about your preference.

## Is the procedure covered by insurance?

**Some insurance companies, including Medicare, cover the Symplicity blood pressure procedure for eligible patients.<sup>15</sup>**

Coverage is based on medical necessity, and your doctor can help determine if you qualify.

Learn more about  
coverage at  
[BeyondHBP.com/insurance](https://BeyondHBP.com/insurance)



# What to expect from your procedure

1

## The day of your procedure

- You'll go to the hospital for the procedure.
- It usually takes **about an hour**, not including prep and recovery time.<sup>6</sup> Individual procedure times may vary by hospital.
- You'll be given medication to help you feel relaxed and sleepy.
- Once you're comfortable, your doctor will make a small incision.
- A thin tube (called a catheter) will be gently guided into the artery near your kidney.
- The doctor then uses the catheter to deliver therapy that helps calm the overactive nerves near the kidney.<sup>9</sup>
- The catheter is removed, **leaving no device or implant behind**.

Adverse events include, but are not limited to, bruising and pain.

Not every person will experience the same results. Talk with your doctor to see if the Symplicity blood pressure procedure is right for you. Your doctor should discuss all potential benefits and risks with you.

// Since getting the procedure, I feel like a free spirit again."

– Danny, patient with high blood pressure who received the Symplicity procedure

2

## After your procedure

Most people feel well enough to go home the same day, but some may stay overnight. Your doctor will decide what's best for you.

### Getting back to normal

Most people return to regular activities within a week. Your doctor will let you know when it's safe for you to do so.

### Follow-up visits

You may have two check-ins:

- One with the doctor who performed your procedure
- One with the doctor who treats your HBP

Explore patient stories at  
[BeyondHBP.com/PatientStories](https://BeyondHBP.com/PatientStories)



§ Data available through three years.

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# Important safety information

The Symplicity™ blood pressure procedure (BPP) is a minimally invasive procedure approved to help lower high blood pressure. The procedure is approved as a complement to treatments you may already be trying, such as lifestyle modifications and high blood pressure medications that might not be adequately controlling your blood pressure.

Receiving the Symplicity BPP should be based on a joint decision between you and your doctor. Consider the benefits and risks of the device and procedure. Please talk to your doctor to decide whether or not the Symplicity BPP is right for you.

If you have a pacemaker or an ICD, your doctor will follow up with steps to take ahead of the procedure if you decide it is right for you.

At the time of your procedure, your doctor may detect certain anatomical conditions (e.g., your blood vessels are too big or too small) that do not allow the blood pressure procedure to continue.

You should not receive the procedure if you cannot tolerate medications that are required for the procedure, like atropine, nitroglycerin, systemic blood thinners, or certain pain medications. These medications are to help you in case your heart rate drops too low, you experience pain, or your blood vessels tighten during the procedure. You should not receive the procedure if you are pregnant.

The Symplicity BPP has not been studied in patients:

- Who are breastfeeding
- Who are under 18 years old
- Who have isolated systolic hypertension (only the “top number” of your blood pressure is high)
- Who have secondary causes of high blood pressure
- Who have had a renal stent placed less than 3 months prior to the procedure
- Who had a prior minimally invasive treatment in their renal arteries (stenting, angioplasty, or prior renal denervation)

Potential risks of the Symplicity BPP (note that you may experience other problems that have not been previously observed with this procedure):

- Allergic reaction to the imaging solution
- Damage to your arteries
- Future narrowing of your arteries
- Arterio-enteric fistula (an abnormal connection between your aorta and your gastrointestinal tract)
- AV fistula (an irregular connection between an artery and a vein)
- Bleeding or blood clots
- Bruising where the device enters your body (mild or severe)
- Cardiac arrest or heart attack
- Death
- Deep vein thrombosis
- Swelling
- Slow heart rate
- Infection
- Low or high blood pressure
- Damage to your kidneys that may cause one or both to stop working
- Nausea or vomiting
- Peripheral ischemia (lack of blood supply to your limbs)
- Pulmonary embolism (a sudden block in your arteries that send blood to your lungs)
- Pseudoaneurysm (blood collecting on the outside of a vessel wall causing a balloon-like widening)
- Pain or discomfort
- Skin burns from the failure of the equipment during the procedure
- Exposure to radiation
- Stroke

For further information, please call and/or consult Medtronic at 800-633-8766 or the Medtronic website at [medtronic.com](http://medtronic.com).



Find out if the Symplicity blood pressure procedure is right for you.

[BeyondHBP.com/RightforMe](https://BeyondHBP.com/RightforMe)

[medtronic.com](https://www.medtronic.com)

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