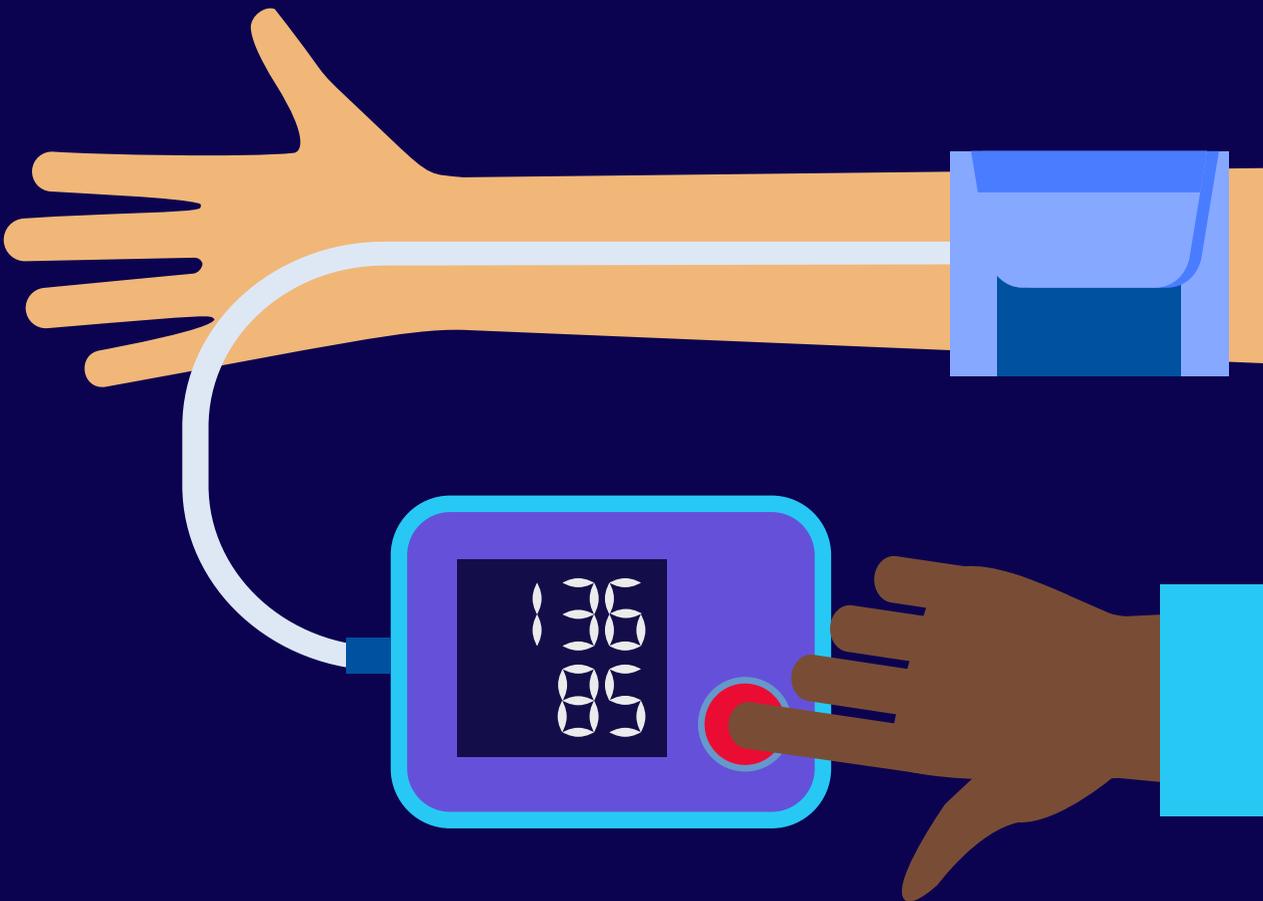


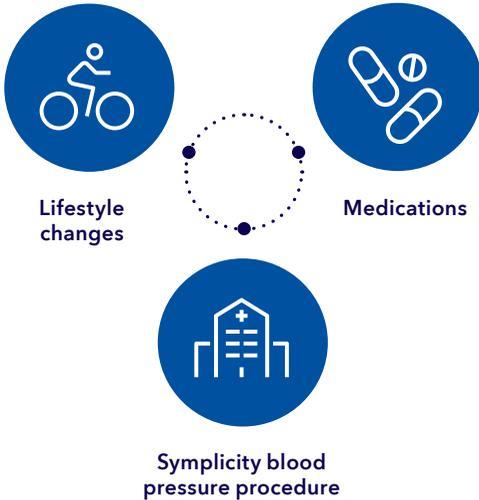
# Beyond lifestyle changes. Beyond medications.

## The Symplicity™ blood pressure procedure

A procedure that complements typical high blood pressure treatments



# Think beyond the typical treatments



For a long time, the only way to treat high blood pressure (HBP) was through lifestyle changes, like diet and exercise, and medications.

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

## The health risks of HBP

HBP, also known as hypertension, often has no warning signs – so you could have it and not know it.<sup>2</sup>

- Symptoms of HBP (if they occur) can be mild or severe, including headaches, nosebleeds, blurred vision, and difficulty breathing.<sup>2</sup> Symptoms of severe HBP include severe chest pain, headache with confusion and blurred vision, nausea and vomiting, and anxiety.<sup>2</sup>
- If you have HBP, your heart works harder, which can raise your risk of heart attacks, strokes, heart failure, and kidney failure.<sup>3,4</sup> These risks can be very serious – especially if your HBP is left untreated.
- U.S. guidelines from the American Heart Association define HBP as any value greater than 130/80 mmHg.<sup>3</sup>

// I'm seeing a reduction  
in my blood pressure."

– Paul, patient with HBP who received the Symplicity procedure



# Treat your HBP safely and effectively



The Symplicity procedure is a minimally invasive treatment designed to complement your existing efforts to manage HBP.<sup>1</sup> It works alongside the lifestyle changes and medications you may already be using to help control your blood pressure more effectively.<sup>5,6</sup> Your doctor might refer to the Symplicity procedure as a complementary, adjunctive, or supplemental treatment.

## It's clinically proven to:

- Help reduce HBP safely and effectively.<sup>5,6</sup>
- Keep working 24 hours a day – like a pill you never have to remember to take.<sup>5,6</sup>

## How does it work?

Your body controls blood pressure many ways. Your heart and blood vessels are involved, as well as your kidneys.<sup>7</sup> In some people, the nerves connected to the kidneys experience excessive activity that interrupts the natural process of blood pressure control, leading to higher blood pressure.<sup>8</sup>

The Symplicity procedure calms excessively active nerves near the kidneys that may be contributing to your HBP.<sup>9</sup>

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



## See how the Symplicity procedure works.

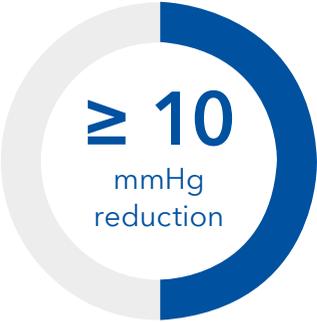
Not every person will experience the same results. Talk your doctor to see if the Symplicity blood pressure procedure is right for you. Your doctor should discuss all potential benefits and risks with you.

# Proven to help reduce blood pressure beyond medications<sup>4,5</sup>

Two clinical studies monitored people who were either on or off medications after receiving the procedure<sup>†,5,6,10</sup>:



**65% experienced**  
≥ 5 mmHg reduction



**50% experienced**  
≥ 10 mmHg reduction



**35% experienced**  
≥ 15 mmHg reduction

† Studies monitored 388 people who were on or off medications. Results for people on medications were captured at six months. Results for people off medications were captured at three months.

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



## Reducing serious health risks

The Symplicity procedure may reduce HBP,<sup>5,6</sup> which is shown to lower your risk of serious health problems.<sup>11</sup>

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



↓ 20%

cardiovascular events,  
such as heart attacks



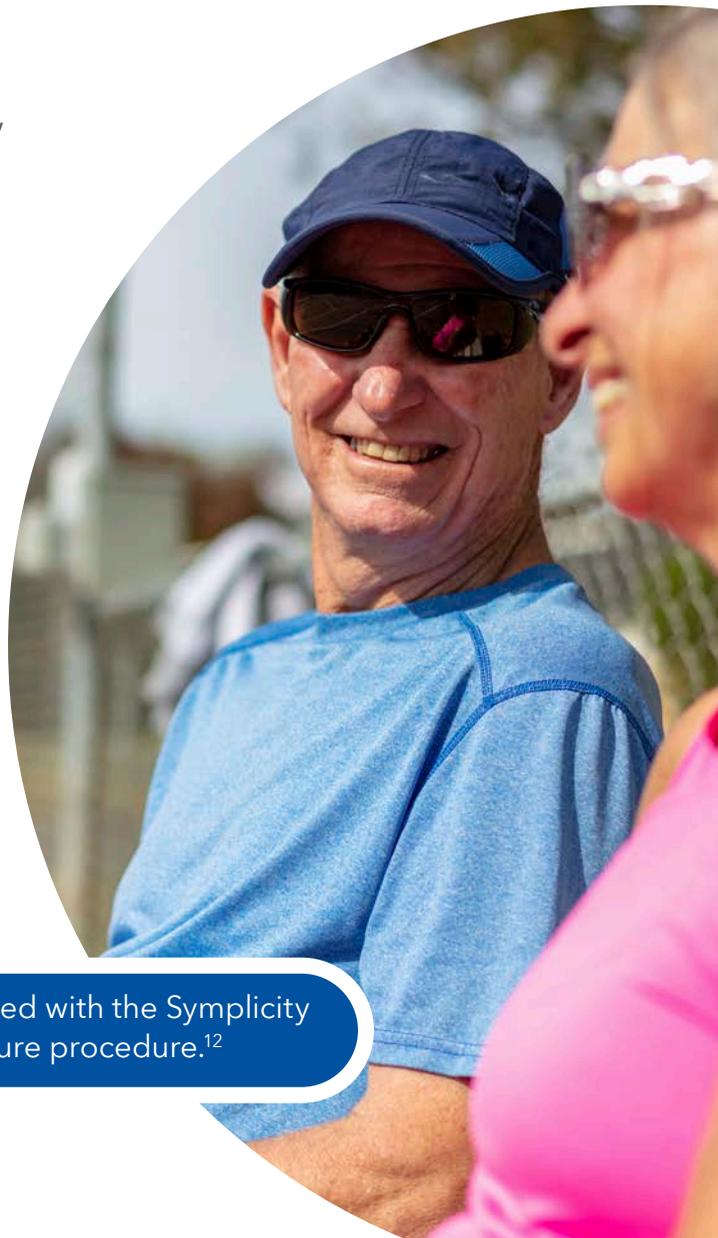
↓ 28%

heart failure



↓ 27%

stroke



> **30,000**

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

# What to expect from your procedure

The Symplicity blood pressure procedure may help get your numbers moving in the right direction.<sup>5,6</sup>

## 1 The day of your procedure

- The procedure is done in a hospital.
- Every hospital has its own approach, but generally speaking, the procedure takes about an hour. This does not include the time it takes to prepare for or recover from the procedure. Individual procedure times may vary.
- You will be given medication to make you relaxed, sleepy, and comfortable.
- After you are sedated, your doctor will make a small incision to insert a very thin tube (catheter) into the artery leading to the kidney.
- The doctor then uses this device to calm the excessive activity of the nerves near the kidney.<sup>9</sup>
- The tube is removed, leaving no device behind.
- Some people go home the same day. Others stay overnight. Your doctor will decide what is right for you.

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

Not every person will experience the same results. Talk 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.

// I'm feeling more vibrant and energetic."

– Paul, patient with HBP who received the Symplicity procedure

## 2

### After your procedure

Most people resume normal activities within a week after the procedure. Your doctor will decide when you can do the same.

At your doctor's discretion, you may have two follow-up appointments:

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

Follow your doctor's advice, monitor your blood pressure, take blood pressure (and other) medication as prescribed, and make healthy choices about diet, exercise, and smoking.

Find more frequently  
asked question at  
[BeyondHBP.com/FAQ](https://BeyondHBP.com/FAQ)



# Think beyond medication



## Is this procedure right for you?

- The Symplicity blood pressure procedure may be right for you if you haven't been able to manage your blood pressure with medication and lifestyle changes alone.
- It's another way to potentially get your numbers down<sup>5,6</sup> and reduce serious health risks.<sup>11</sup>
- It may help you achieve long-term reductions without the same side effects as medications.<sup>†,13,14</sup>
- While it may not affect how many medications you take, the Symplicity procedure may help reduce HBP without adding another pill to your daily regimen.<sup>5,6</sup>
- It may be an option no matter how many medications you have tried or when you were diagnosed.<sup>5,6</sup>



## What happens now?

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.

In the meantime, here are a few simple steps you can take:

- Talk to people you trust about this procedure.
- Schedule time to talk with your doctor.



## Is the procedure covered by insurance?

Prior to the procedure, please work with your provider and insurance company to determine your specific plan coverage, as this can vary.

# Who can the Symplicity blood pressure procedure help?

The Symplicity procedure works alongside typical HBP treatments to safely and effectively help reduce HBP, regardless of how many medications you've tried or when you were diagnosed.<sup>5,6</sup> It's proven to safely help lower blood pressure in people who are taking blood pressure medication and those who are not.<sup>5,6</sup>

- ✓ Taking blood pressure meds
- ✓ Diagnosed years ago
- ✓ Not taking blood pressure meds
- ✓ Moderately HBP
- ✓ Diagnosed recently
- ✓ Severely HBP



† 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://www.beyondhbp.com/RightforMe)**



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