

**Percutaneous Tibial Nerve Stimulation (PTNS): A new solution for overactive bladder and urge incontinence.**

- A non-drug, non-surgical treatment performed in the comfort of the Virginia Women's Continence Center
- Delivered by the Urgent PC Neuromodulation System

**What is Neuromodulation?**

- Neuromodulation is stimulation of specific nerves.
- Bladder function is regulated by nerves at the base of the spine, the sacral nerve plexus.
- Gentle stimulation of sacral nerves can change bladder activity.

**What happens during a PTNS Treatment?**

- A medical device, the Urgent PC system, delivers the treatment.
- A small, thin acupuncture-size needle electrode is temporarily placed near the ankle.
- The needle electrode is connected to a battery-powered stimulator that sends an impulse to the tibial nerve; the impulse then travels to the sacral nerves.
- The procedure is virtually painless.
- Each treatment is conducted in the office and lasts for 30 minutes. A series of 12 treatments, usually a week apart, are conducted. Frequency of ongoing "maintenance" therapy is tailored to each person.

**Does PTNS Work?**

PTNS works for the majority of individuals and may work when other therapies have failed. Scientific studies show that two out of three individuals treated with PTNS see a reduction in their symptoms.