

# SYMMETRY™

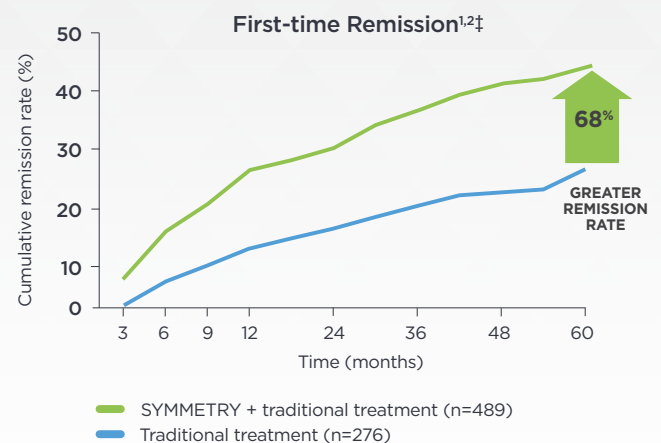
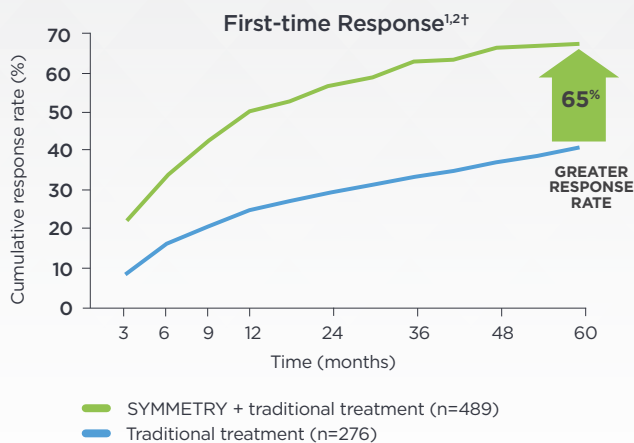
LOVE LIFE, LIVE LIFE.

## THE ANTIDEPRESSANT THERAPY THAT PROVIDES LONG-TERM PROTECTION WITH A ONE-TIME PROCEDURE<sup>1-3</sup>

SYMMETRY is an **FDA-approved device** for adjunctive long-term treatment of chronic or recurrent depression for patients 18 years of age or older who are experiencing a major depressive episode and have not had an adequate response to 4 or more adequate antidepressant treatments<sup>1,4</sup>

### RESULTS WITH SYMMETRY GET STRONGER OVER TIME<sup>1,2</sup>

SYMMETRY + traditional treatment **delivered superior depressive symptom improvement** vs traditional treatment alone over 5 years (P<0.001)\*



\*Individual results may vary †Response was defined as a reduction of  $\geq 50\%$  from baseline in MADRS score.<sup>2</sup> ‡Remission was defined as a MADRS score  $\leq 9$ .<sup>2</sup> MADRS, Montgomery-Åsberg Depression Rating Scale.

## SYMMETRY SAFETY PROFILE

### Proven Safety and Tolerability

SYMMETRY **is well-tolerated** and side effects are less noticeable over time<sup>5,6</sup>

Implant- and stimulation-related adverse events reported in  $\geq 5\%$  of patients are listed in order of decreasing occurrence:

- Common implant issues include incision pain, voice alteration, incision site reaction, device site pain, device site reaction, pharyngitis, dysphagia, hypesthesia, dyspnea, nausea, headache, neck pain, and increased cough.
- Common stimulation issues include hoarseness or changes in voice tone, a prickly feeling in the skin, shortness of breath, sore throat, and coughing. These side effects generally only occur during stimulation and were less noticeable over time.

However, adding SYMMETRY does not impart a clinically greater side-effect burden than what is seen with traditional treatment alone, based on patient self-assessments.

1. LivaNova VNS Therapy™ System Depression Physician's Manual. May 2020. 76-0000-5500/5 (US). 2. Aaronson ST, Sears P, Ruvuna F, et al. A 5-year observational study of patients with treatment-resistant depression treated with vagus nerve stimulation or treatment as usual: comparison of response, remission, and suicidality. *Am J Psychiatry*. 2017;174(7):640-648. 3. LivaNova VNS Therapy™ Patient's Guide for Depression. April 2020. 26-0009-9600/3 (US). 4. Food and Drug Administration. Summary of safety and effectiveness data. [https://www.accessdata.fda.gov/cdrh\\_docs/pdf/P970003S050b.pdf](https://www.accessdata.fda.gov/cdrh_docs/pdf/P970003S050b.pdf). July 15, 2005. Accessed January 8, 2020. 5. Berry SM, Broglio K, Bunker M, Jayewardene A, Olin B, Rush AJ. A patient-level meta-analysis of studies evaluating vagus nerve stimulation therapy for treatment-resistant depression. *Med Devices (Auckl)*. 2013;6:17-35. 6. Aaronson, ST et al. Vagus nerve stimulation therapy randomized to different amounts of electrical charge for treatment-resistant depression: Acute and chronic effects. *Brain Stimulation* (2012) 1-10.

Please see full Prescribing Information within the pocket, or visit <https://symmetryvns.com/resources.html#manuals>

# SYMMETRY™

LOVE LIFE, LIVE LIFE.

Patient

If you're struggling with depression that is difficult to treat  
**GET WELL AND STAY WELL—WITH SYMMETRY**

## GET TO KNOW SYMMETRY



**SYMMETRY** is an FDA-approved device for adjunctive long-term treatment of chronic or recurrent depression for patients 18 years of age or older who are experiencing a major depressive episode and have not had an adequate response to 4 or more adequate antidepressant treatments<sup>1</sup>



**SYMMETRY** begins with a one-time outpatient procedure. The procedure is typically done under general anesthesia in about 1-2 hours. Most people go home the same day<sup>2</sup>



**SYMMETRY** stays with you 24/7 and delivers years of therapy<sup>\*1,3</sup>

\*Individual results may vary.



Relative size

## SYMMETRY MAY BE RIGHT FOR YOU IF:

- **You are 18 years or older** and suffering from difficult-to-treat depression or bipolar depression
- Your depressive symptoms have **lasted for at least 2 years or come back several times**
- **Depression has impacted your quality of life**
- **You don't want to experience** the same side effects that other antidepressant medications and treatments can cause

## WHAT TO EXPECT WITH SYMMETRY

**In a 5-year study of 795 patients, results were superior** with SYMMETRY + traditional treatment compared with traditional treatment alone\*

Nearly **7 in 10** people saw significant improvement in their depression symptoms when SYMMETRY was added to their usual treatment.



More than **4 in 10 people** fully or almost fully recovered from their depression symptoms when SYMMETRY was added to their usual treatment.



\*Individual results may vary.

## SYMMETRY SAFETY AND TOLERABILITY PROFILE

- You can begin new treatments, such as medication or talk therapy, even after SYMMETRY is activated
- The most common side effects seen with SYMMETRY include hoarseness or changes in voice, prickling or tingling in the skin, sore throat, shortness of breath, and coughing.
- The most common side effect from the implant procedure is infection
- Most **side effects were well tolerated** and were less noticeable over time

Your doctor can **lessen your side effects** by adjusting the device settings

Please see full Prescribing Information within the pocket, or visit <https://symmetryvns.com/resources.html#manuals>

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