

SYMMETRY®

LOVE LIFE, LIVE LIFE.

> If you're struggling with depression that is difficult to treat

GET WELL AND STAY WELL—
WITH SYMMETRY



VNS THERAPY® FOR DEPRESSION INDICATIONS FOR USE (US)

The VNS Therapy System is indicated for the 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 four or more adequate antidepressant treatments.

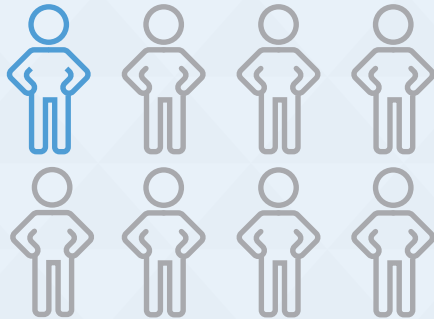
> FEWER PEOPLE FIND RELIEF WITH EACH MEDICATION THEY TRY

Depression may continue even with traditional treatments, such as medication or talk therapy.¹

In fact, more than 6 in 10 people fail to successfully achieve complete relief from major depression with their first medication.¹

Only ~1 in 8 people who have tried

4 medications achieve complete relief¹



If traditional treatments have failed to provide you with relief, **there's another way forward**

CONTRAINDICATIONS

The VNS Therapy® System cannot be used in patients after a bilateral or left cervical vagotomy. Do not use shortwave diathermy, microwave diathermy, or therapeutic ultrasound diathermy on patients implanted with the VNS Therapy System.

> WHEN OTHER TREATMENTS HAVEN'T WORKED OR HAVE STOPPED WORKING, IT MAY BE TIME TO CONSIDER A UNIQUE APPROACH



Actual size



SYMMETRY is an FDA-approved device for adjunctive treatment of chronic or recurrent depression in patients 18 years of age or older lacking adequate response to >4 antidepressant treatments³



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.³



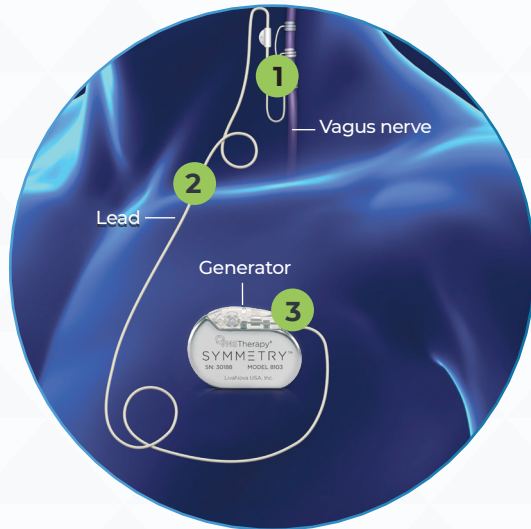
SYMMETRY stays with you 24/7 and delivers years of stimulation.^{*2,4}

*Individual results may vary.

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> SYMMETRY® IS NOT A DRUG, IT USES THE NATURAL PATHWAYS IN YOUR BODY

VNS Therapy® is a device that works by stimulating the vagus nerve



What makes SYMMETRY effective:⁵

1. The vagus nerve is connected to areas of the brain that control mood.
2. SYMMETRY works by regularly sending mild pulses through a thin wire directly to the vagus nerve in the neck.
3. Through these pulses, SYMMETRY has been shown to improve depression symptoms.

WARNINGS

All potential risks and adverse events are discussed in the VNS Therapy System physician's manuals. VNS Therapy may not be a cure for depression. Individual results will likely vary. Beneficial results might not become evident for months. Most patients will continue to require antidepressant medications and/or electroconvulsive therapy (ECT) in addition to VNS Therapy. Patients being treated with adjunctive VNS Therapy should be observed closely for clinical worsening and suicidality, especially at the time of VNS Therapy stimulation parameter changes or drug dose changes.

> RESULTS WITH SYMMETRY® GET STRONGER OVER TIME

In a 5-year study of 795 patients with depression that is difficult to treat: SYMMETRY + traditional treatment delivered superior reduction in depression symptoms vs traditional treatment alone over 5 years²

- Nearly **7 in 10 people** had a significant improvement in their depressive symptoms²
- More than **4 in 10 people** fully or almost fully recovered from their depressive symptoms²



*Individual results may vary.

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> SYMMETRY® SHOWS A SIGNIFICANT IMPROVEMENT IN THE QUALITY OF LIFE

Quality of life (QoL)

Sustained QoL improvement for 5 years when added to traditional treatment.^{4,6}

Improvements including:

- Mood
- Overall well-being



Sexual function

Using self-reported results, patients' sexual function scores improved each year for 5 years with SYMMETRY + traditional treatment. Scores generally worsened in patients receiving only traditional treatment.⁴



WARNINGS (CONT.)

Patients who have pre-existing swallowing, cardiac, or respiratory difficulties (including, but not limited to, obstructive sleep apnea and chronic pulmonary disease) should discuss with their physicians whether VNS Therapy® is appropriate for them, since there is the possibility that stimulation might worsen their condition.

Patients with the VNS Therapy System implanted should have MRI procedures performed only as described in the MRI Chapter of the Physician Manual or in the MRI Guide.

> THERE'S SAFETY IN OUR NUMBERS

VNS Therapy® is FDA approved and has been extensively studied across multiple conditions⁷

- VNS Therapy is a proven technology with **25 years** of patient experience and **100,000 patients** implanted across multiple diseases⁷



> INNOVATIVE TREATMENT THAT'S SAFE AND WELL TOLERATED

SYMMETRY® is not a drug.^{4,5,8}

It doesn't cause the same side effects as antidepressant medications, such as fatigue, sedation, weight gain, and dry mouth.

It also doesn't cause the same side effects as other medication-free treatments (eg, ECT, TMS), such as memory loss, drowsiness, and poor concentration.

Most common side effects with SYMMETRY:³

- Hoarseness or changes in voice
- Prickling or tingling in the skin
- Sore throat
- Increased coughing
- Shortness of breath

The most commonly reported side effect from the implant procedure is infection.³

SYMMETRY is well tolerated and side effects were less noticeable over time.^{9,10}

Your doctor can lessen your side effects by adjusting the device settings³

ECT = Electroconvulsive therapy
TMS = Transcranial magnetic stimulation

ADVERSE EVENTS

The most commonly reported side effects from stimulation include hoarseness (voice alteration), paresthesia (prickling feeling in the skin), dyspnea (shortness of breath), sore throat, and increased coughing. Other adverse events reported during clinical studies as statistically significant are ataxia (loss of the ability to coordinate muscular movement); dyspepsia (indigestion); hypesthesia (impaired sense of touch); insomnia (inability to sleep); laryngismus (throat, larynx spasms); nausea; pain; pharyngitis (inflammation of the pharynx, throat); and vomiting. These typically occur only during stimulation, and are well tolerated and noticed less as time goes on. The most commonly reported side effect from the implant procedure is infection.

> WHAT TO EXPECT WITH SYMMETRY®



The procedure is typically done under general anesthesia in about 1-2 hours.³



Most people go home the same day.³



SYMMETRY is activated by your healthcare professional approximately 2 weeks after the procedure.³



Your healthcare professional will monitor your progress and may adjust SYMMETRY over time.³

You can continue to use other antidepressant therapies after SYMMETRY is activated: medication, talk therapy, and ECT.^{4,11,12}

- For TMS, refer to the manufacturer's prescribing information.

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> RECOVER

A VNS Therapy® Clinical Trial

RECOVER is a research study that will gather new information about the benefit SYMMETRY® has on people with depression that has been difficult to treat. It has been designed in partnership with many of the nation's top depression experts and is approved by Medicare.

Right now, doctors throughout the United States are actively looking for patients to participate in the RECOVER study:¹³

- Up to 1,000 people who have depression or bipolar depression that has been difficult to treat will take part in the study
- The study will be carried out at up to 100 leading hospitals and medical centers across the United States
- If you choose to participate, you will receive compensation for each study visit you complete

To join the RECOVER study, you must be 18 years or older and:

- Currently be diagnosed with depression
- Have depression or bipolar depression that has lasted for at least 2 years or come back several times
- Have tried at least 4 antidepressant treatments and not found them helpful

To learn more about the RECOVER study and to see if you qualify, visit RECOVERvns.com

> THE LIVANOVA PATIENT ACCESS PROGRAM—FOR PEOPLE WITH COMMERCIAL INSURANCE

- Assists you with commercial health plans and TriCare insurance to secure approval for SYMMETRY
- Supports clinician's ability to document your history to demonstrate medical necessity
- Provides easy access to online portal for submitting Prior Authorization (PA) to accelerate the approval process

Enrollment is simple and is handled by your psychiatrist, who will send your completed paperwork to the LivaNova Patient Access Program.

Ask your psychiatrist today if SYMMETRY is right for you

Please see full Prescribing Information available at <https://www.symmetryvns.com/resources.html#manuals>

THE INFORMATION CONTAINED IN THIS SUMMARY REPRESENTS PARTIAL EXCERPTS OF IMPORTANT PRESCRIBING INFORMATION TAKEN FROM THE PRODUCT LABELING. THE INFORMATION IS NOT INTENDED TO SERVE AS A SUBSTITUTE FOR A COMPLETE AND THOROUGH UNDERSTANDING OF THE VNS THERAPY SYSTEM NOR DOES THIS INFORMATION REPRESENT FULL DISCLOSURE OF ALL PERTINENT INFORMATION CONCERNING THE USE OF THIS PRODUCT. PATIENTS SHOULD DISCUSS THE RISKS AND BENEFITS OF VNS THERAPY WITH THEIR HEALTHCARE PROVIDER. PRESCRIPTION ONLY - DEVICE RESTRICTED TO USE BY OR ON THE ORDER OF A PHYSICIAN.

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> SYMMETRY®—IT'S TIME TO TREAT DEPRESSION DIFFERENTLY



1. Rush AJ, Trivedi MH, Wisniewski SR, et al. Acute and Longer-Term Outcomes in Depressed Outpatients Requiring One or Several Treatment Steps: A STAR*D Report. *Am J Psychiatry*. 2006;163(11):1905–17. 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® System Patient's Guide for Depression, September 2019. 4. LivaNova VNS Therapy® System Depression Physician's Manual, May 2020. 5. Nemeroff CB, Mayberg HS, Kahl SE, et al. VNS therapy in treatment-resistant depression: clinical evidence and putative neurobiological mechanisms. *Neuropsychopharmacology*. 2006;31:1345–55. 6. Conway CR, et al. Chronic Vagus Nerve Stimulation Significantly Improves Quality of Life in Treatment-Resistant Major Depression. *J Clin Psychiatry*. 2018;79(5):18m12178. 7. Data on File. LivaNova USA Inc., Houston, TX. 8. Santarsieri D, Schwartz TL. Antidepressant efficacy and side effect burden: a quick guide for clinicians. *Drugs in Context* 2015;4:212290. 9. Berry et al. A patient-level meta-analysis of studies evaluating vagus nerve stimulation therapy for treatment-resistant depression. *Medical Devices: Evidence and Research*. 2013; 6:17–35. 10. 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. 11. Middleton H, et al. NICE guidelines for the management of depression. *BMJ*. 2005;330(7486):267–8. 12. Burke MJ, et al. Concomitant Use of Vagus Nerve Stimulation and Electroconvulsive Therapy for Treatment-resistant Depression. *J ECT* 2006;22(3):218–222. 13. Conway CR, et al. A prospective, multi-center randomized, controlled, blinded trial of vagus nerve stimulation for difficult to treat depression: A novel design for a novel treatment. *Contemp Clin Trials*. 2020 Aug;95:106066.

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Depression