



Impact of Common Men's Health Condition Extends to Other Side of the Bed

February 14, 2018

Nearly Half of Women Whose Partners Experience Urinary Symptoms Say Those Symptoms Affect Their Lives as Well, Most Often in the Form of Sleep

WAYNE, Pa.--(BUSINESS WIRE)--Feb. 14, 2018-- Teleflex Incorporated (NYSE: TFX), a leading global provider of medical technologies for critical care and surgery, has announced that a common health problem that affects nearly 40 million men in the United States often impacts more than just the health of the sufferer, new data suggests. Two surveys sponsored by NeoTract Interventional Urology were recently deployed to more than 1,000 men and 1,000 women over the age of 50 in the U.S. with the aim of measuring the impact of a frequently undiagnosed men's health issue on couples, as well as to ascertain the reasons why men may not be seeking treatment. The results demonstrated that, while men may not be communicating about their symptoms or aware of their impact, the lives of their partners are often affected by them.

Benign prostatic hyperplasia (BPH), also known as enlarged prostate, is non-cancerous enlargement of the prostate that occurs as men age. The condition, which affects more than 40% of men over 50, is marked by bothersome urinary symptoms that can cause loss of productivity, depression, and decreased quality of life. One of the most common symptoms, interrupted sleep, has recently been linked to shortened life span, cancer, heart attacks, and Alzheimer's, according to research by leading neuroscientist Matthew Walker.¹

When women were asked about their partners' urinary symptoms, 43 percent said they were aware that their significant other was experiencing symptoms of BPH. The most common symptom identified, by far, was getting up in the night to urinate. Of the women whose partners were experiencing symptoms, 42 percent said those symptoms affect their lives in at least one way. The biggest impact occurred at night, with 64 percent saying their partners' symptoms affected their sleep. Nearly one-third said symptoms influenced social life and vacations, and 39 percent said their relationship with their significant other was impacted.

The majority of men surveyed were experiencing BPH symptoms, and also identified sleep as the main issue:

- 55 percent said they were experiencing at least one symptom of BPH, 46 percent were experiencing multiple symptoms
- Of those experiencing symptoms, 68 percent said those symptoms affect their life in some way. The most common complaint was sleep (affecting 56 percent), followed by travel, social life, and work.
- More than one-third were not aware these symptoms were signs of a treatable condition, rather than just a result of aging.

The survey also found that while 82 percent of men said they regularly wake up at least once in the night to urinate, the majority said the nighttime waking did not bother their significant other (82 percent). In contrast, the impact on sleep was the top issue for women whose significant others experienced symptoms, suggesting that men may not be aware of the effect their symptoms have on those around them.

"When it comes to prostate issues, men are typically reluctant to speak with a doctor about their symptoms," said Dr. David Sussman², a urologist with Delaware Valley Urology in New Jersey. "For those who have seen a doctor, the BPH treatments most often discussed have long been associated with sexual dysfunction, making the symptoms sometimes more appealing to live with than the treatment options. But a new treatment, called the UroLift System, offers effective symptom relief with minimal side effects, preserves prostate tissue and does not cause sexual dysfunction. It's a rapid, minimally invasive procedure that can be performed right in the urologist's office, making it an appealing option for men who have been hesitant to seek treatment."

Medication is often the first-line therapy for enlarged prostate, but relief can be inadequate and temporary. Side effects of medication treatment can include sexual dysfunction, dizziness and headaches, prompting many patients to quit using the drugs. For these patients, the classic alternative is surgery that cuts, heats or removes prostate tissue to open the blocked urethra. Of the men surveyed:

- 86 percent said preserving sexual function was of importance when considering treatment
- 60 percent said preserving prostate tissue was of importance when considering treatment
- 74 percent said the risk of incontinence and impotence would likely factor into their decision when considering treatment

"These survey results, in conjunction with the growing body of evidence pointing towards the importance of sleep, reinforce the need for continued education on the true impact of BPH," said Dave Amerson, president and general manager of NeoTract Interventional Urology, a medical device company focused on addressing unmet needs in the field of urology, and sponsor of the surveys. "It's a fairly common misperception that these symptoms are harmless and just an inevitable part of aging, and as a result, many men and their partners are dealing with the effects unnecessarily, and potentially putting themselves at risk for other health conditions."

BPH is not a pre-cursor to prostate cancer, but is twelve times more common, especially as men age. Over 40 percent of men in their 50s have BPH and over 70 percent of men in their 60s have the condition. The incidence rate climbs to 80 percent for men over the age of 70. If BPH is left untreated, the condition can worsen over time and cause permanent bladder damage.

"We hope this new data sparks a dialogue between men and their partners on the impact of BPH on each other's lives, and that it encourages more men to speak with their doctor about symptoms they are experiencing," said Ana Fadich, vice president of Men's Health Network. "BPH only becomes more and more common as men age, so early intervention can really make a difference in quality of life and long-term health, both for men and their loved ones."

About the UroLift System

The FDA-cleared UroLift System is a novel, minimally invasive technology for treating lower urinary tract symptoms due to benign prostatic hyperplasia (BPH). The UroLift permanent implants, delivered during a minimally invasive transurethral outpatient procedure, relieve prostate obstruction and open the urethra directly without cutting, heating, or removing prostate tissue. Clinical data from a pivotal 206-patient randomized controlled study showed that patients with enlarged prostate receiving UroLift implants reported rapid and durable symptomatic and urinary flow rate improvement without compromising sexual function. Patients also experienced a significant improvement in quality of life. Most common adverse events reported include hematuria, dysuria, micturition urgency, pelvic pain, and urge incontinence. Most symptoms were mild to moderate in severity and resolved within two to four weeks after the procedure. The UroLift System is available in the U.S., Europe, Australia and Canada. Learn more at www.UroLift.com.

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About NeoTract | Teleflex Interventional Urology

A wholly owned subsidiary of Teleflex Incorporated, the NeoTract Interventional Urology Business Unit is dedicated to developing innovative, minimally invasive and clinically effective devices that address unmet needs in the field of urology. Our initial focus is on improving the standard of care for patients with BPH using the UroLift System, a minimally invasive permanent implant system that treats symptoms while preserving normal sexual function. Learn more at www.NeoTract.com.

About Teleflex Incorporated

Teleflex is a global provider of medical technologies designed to improve the health and quality of people's lives. We apply purpose driven innovation – a relentless pursuit of identifying unmet clinical needs – to benefit patients and healthcare providers. Our portfolio is diverse, with solutions in the fields of vascular and interventional access, surgical, anesthesia, cardiac care, urology, emergency medicine and respiratory care. Teleflex employees worldwide are united in the understanding that what we do every day makes a difference. For more information, please visit www.teleflex.com.

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¹ The Guardian: "The Shorter Your Sleep, the Shorter Your Life: The New Sleep Science." <http://bit.ly/2xZXEeR> MAC00599-01 Rev C² Dr. David Sussman is a paid consultant of NeoTract.

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