

# SYMMETRY™

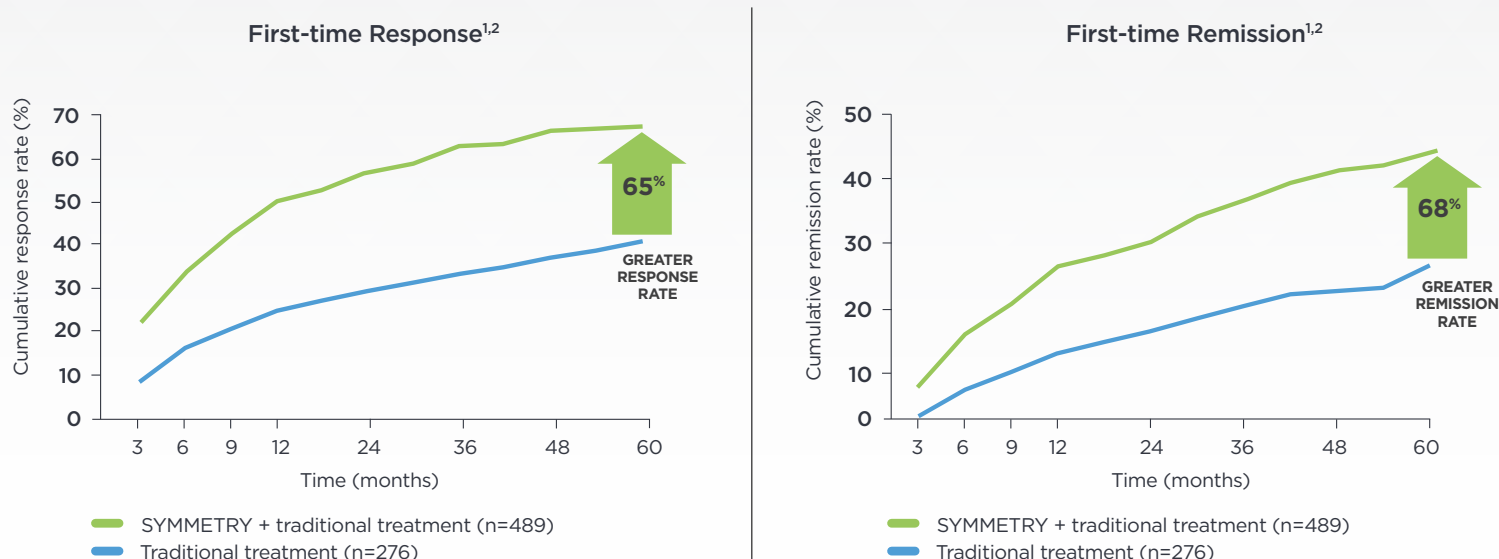
LOVE LIFE, LIVE LIFE.

## 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 treatment of chronic or recurrent depression in patients 18 years of age or older lacking adequate response to  $\geq 4$  antidepressant treatments<sup>1,4</sup>

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

SYMMETRY delivered superior response and remission rates vs traditional treatment alone over 5 years ( $P < 0.001$ )\*†



\*Traditional treatment reflects standard-of-care psychotropic medications, as well as psychotherapy, cognitive behavioral therapy, or electroconvulsive therapy (ECT).

†Individual results may vary.

### PROVEN SAFETY AND TOLERABILITY<sup>1,5</sup>

SYMMETRY has a well-tolerated, nonpharmacologic side-effect profile, which was less noticeable over time

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, and neck pain
- 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 **VNS Therapy 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. September 2019. 76-0000-5500/4 (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. September 2019. 26-0009-9600/2 (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.

Please see full Prescribing Information within the pocket, or visit [www.SymmetryVNS.com](http://www.SymmetryVNS.com).

# SYMMETRY™

LOVE LIFE, LIVE LIFE.

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 option for patients 18 years of age or older who have tried at least 4 depression treatments without success.



SYMMETRY is a small device that is placed under the skin in a short outpatient procedure; most people go home the same day.



SYMMETRY stays with you 24/7 and delivers years of results.\*

\*Individual results may vary.



Actual size

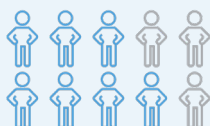
## SYMMETRY IS RIGHT FOR YOU:

- If you are **18 years or older**
- If you've tried at least 4 types of antidepressant medications or other non-drug treatments **without success**
- If **depression has impacted your quality of life** and left you with occasional suicidal thoughts
- If you **don't want to experience** the same side effects that other medications and devices can cause

## WHAT TO EXPECT WITH SYMMETRY

**Results over 5 years were superior** with SYMMETRY + traditional treatment compared with traditional treatment alone\*

Nearly **7 in 10** people significantly improved with SYMMETRY



More than **4 in 10 people** fully or almost fully recovered from their depression



\*Individual results may vary.

## SYMMETRY IS SAFE AND WELL TOLERATED

- 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, and shortness of breath
- 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

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