

# is this you?



Do you experience **pain** or **numbness** in your **lower back** when **standing** upright?



Do you experience **pain**, **numbness**, or **tingling** in your **legs** or **buttocks** when you **walk**?

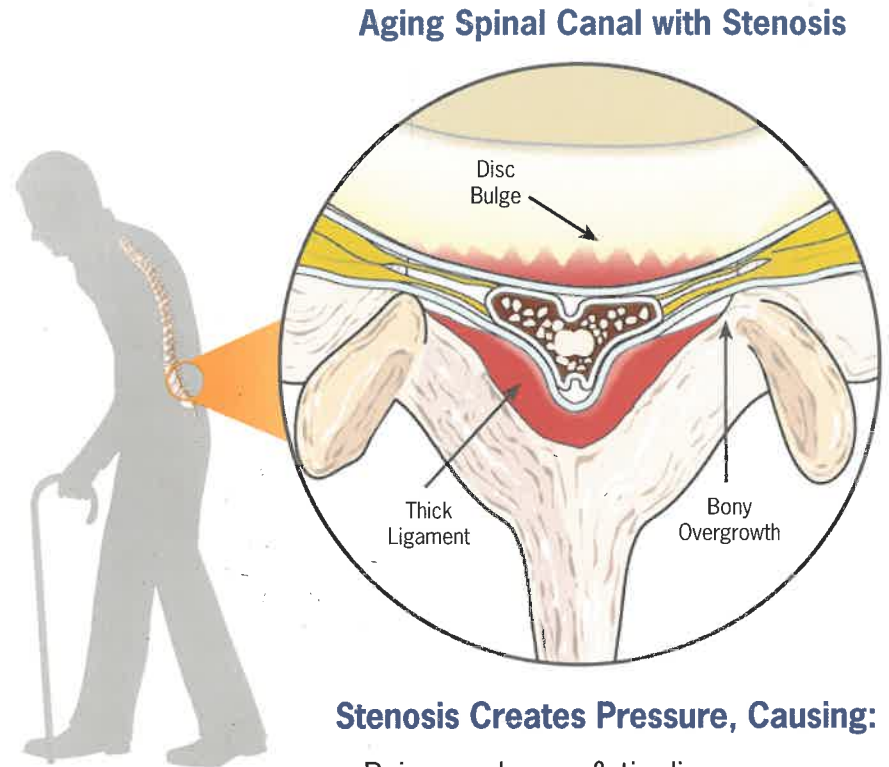
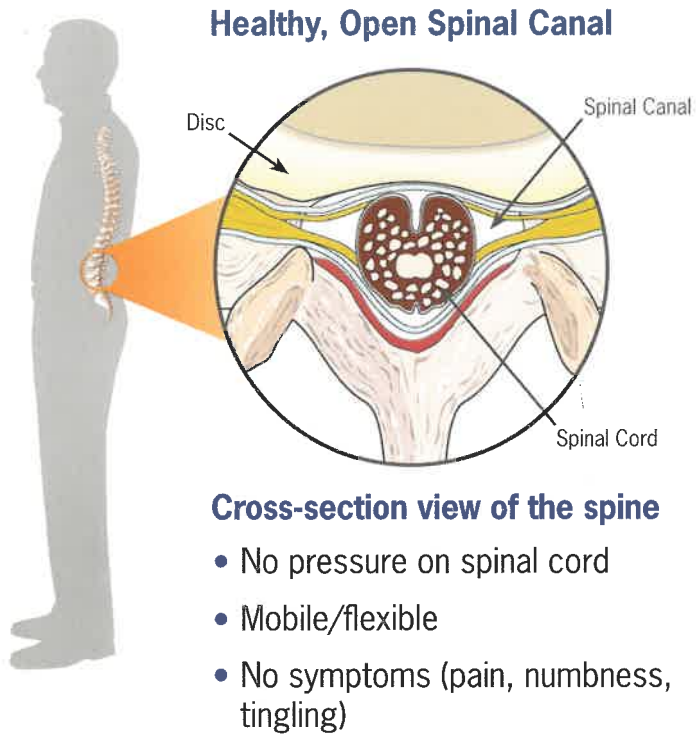


Is your **discomfort** **relieved** when you **bend forward** at the waist or **sit down**?

*mild*<sup>®</sup>

# about LSS

(Lumbar Spinal Stenosis)



## **What is LSS?**

Lumbar spinal stenosis (LSS) is a condition where the spinal canal narrows and compresses the spinal cord nerves in your lower back. As we age, the natural wear and tear on our spine can lead to a number of contributing factors that cause the narrowing of the spinal canal – thickening of ligament tissue, formation of excess bone, or compression/bulging of the discs.

## **What are the Symptoms of LSS?**

The narrowing of the spinal canal can cause a number of symptoms such as pain, numbness or a tingling sensation in your buttocks, legs and lower back. It may also limit the amount of time/distance you are able to stand or walk. If your symptoms increase when you walk or stand, but you experience relief when you sit or bend forward, then you may have a certain type of LSS that can be treated by the removal of excess tissue that is causing the narrowing of the spinal canal.

# LSS treatments

	Conservative Treatments (OTC Meds, PT, Injections)	<i>mild</i> <sup>®</sup>	Open Surgery (Fusion, Laminotomy, Laminectomy) <sup>2</sup>
<b>Hospital Stay</b>	None	Outpatient (less than 24 hours)	Inpatient (3–5 days)
<b>Patient Positive Outcomes</b>	Variable (short-term)	79% <sup>1</sup> (about 3 out of 4 patients)	60–80%
<b>Major Complication Risk*</b>	Extremely Low	Extremely Low	23.5%
<b>Incision Length</b>	N/A	Smaller than a Baby Aspirin (5.1mm)	3–5 inches
<b>General Anesthesia</b>	No	No	Yes

\*Major complications defined as: dural tear & blood loss requiring transfusion.

## LSS Treatment Considerations

There are many options available to treat LSS, and your doctor should help determine what is best for you. Some important things to consider with your physician are:

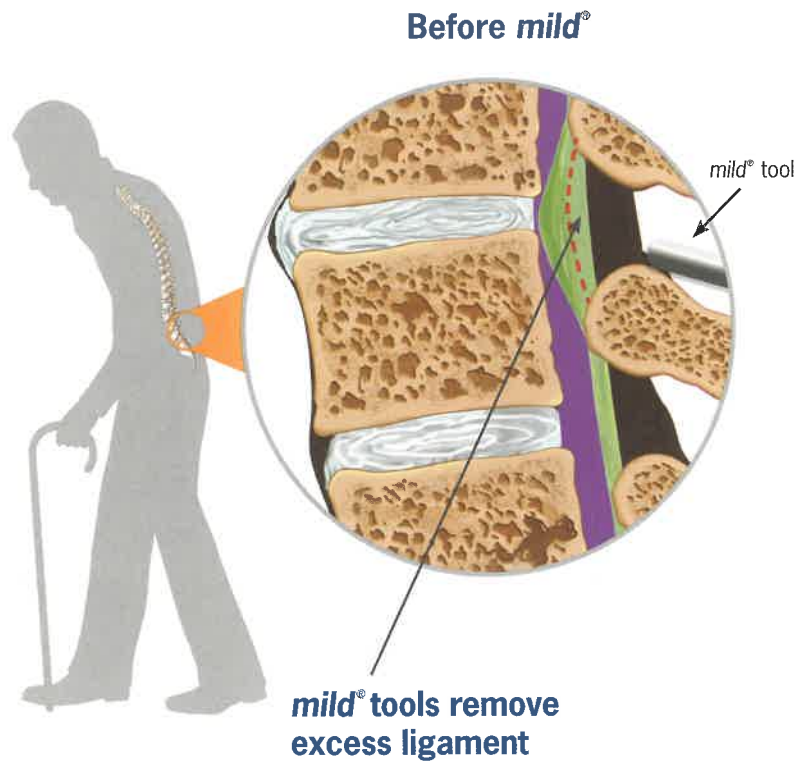
- How effective is the treatment?
- How long will the treatment provide relief from my pain/discomfort?
- What are the risks of the treatment? What are the benefits?
- Will I need to stay in the hospital? Will I have to undergo general anesthesia or surgery? How long is the recovery?

### ***mild***<sup>®</sup> as a Treatment Option

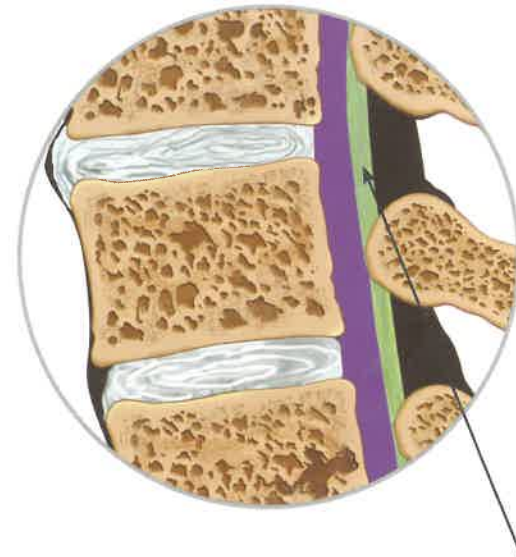
If your doctor determines you have LSS caused by excess ligament, then the *mild*<sup>®</sup> procedure may be a safe and effective treatment for you. *mild*<sup>®</sup> is a quick outpatient procedure, performed through a tiny incision (about the size of a baby aspirin), requiring no general anesthesia or stitches. Study data show that 79% of patients experience a significant reduction in pain and significant increase in mobility.<sup>1</sup> In addition, the *mild*<sup>®</sup> procedure has been proven to have a very low risk of major complications.\*

*mild*<sup>®</sup>

# *mild*<sup>®</sup> procedure



**After mild<sup>®</sup>**



**After the *mild*<sup>®</sup> procedure, space is restored:**

- Reducing compression of the nerves
- Reducing pain
- Restoring mobility

## How mild® Works

*mild*® is an FDA-cleared procedure that has been performed safely on thousands of patients. Specialized tools are inserted through a tiny incision in your back and are used to remove small pieces of bone and excess ligament that cause the narrowing of the canal. Some doctors have described the goal of treating LSS as being similar to *“removing a kink in a drinking straw.”* The doctor will use an imaging machine to help guide him or her through the procedure. The restoration of space in the spinal canal decreases the compression of the nerves, which reduces pain and restores mobility.

*mild*® is performed through a tiny incision,  
smaller than a baby aspirin. ●

- Outpatient procedure, performed in less than 1 hour
- Able to resume light activities within just a few days
- Requires:
  - No general anesthesia
  - No implants
  - No stitches

*mild*®

Clinical studies show that *mild*<sup>®</sup> is a **safe** procedure that can help you **stand longer** & **walk farther** with less **pain**.

### Safe Procedure:

- Low complication risk
- Outpatient procedure
- No general anesthesia
- No stitches or implants left behind

### Significant Improvement:

- Standing time increase from **8** to **56** minutes<sup>3</sup>
- Walking distance increase from **246** to **3,956** feet<sup>3</sup>
- **53%** pain reduction<sup>1</sup>



Return to the daily activities of your life, such as cooking a meal, taking a stroll in the park, or grocery shopping.

To learn more, talk to your doctor or visit [www.mildprocedure.com/moreinfo](http://www.mildprocedure.com/moreinfo)

\*Results may vary.

<sup>1</sup>Data based on average of responder group at 1 year from MiDAS I study.

<sup>2</sup>Based on SPORT study. <sup>3</sup>Averages based on clinical data from Cleveland Clinic study.

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