Questions & Answers

What can I expect in terms of my recovery after the Stretta Procedure?

Patients are advised to restrict their diet to liquids for 24 hours after the procedure, followed by a soft diet for the next 7 days. Most patients are able to return to normal activities the following day.

Will I experience any pain during or after the Stretta Procedure?

Some patients experience chest or abdominal discomfort during the procedure, which may be alleviated with additional sedation medications. In the days following the procedure patients may feel tenderness in the chest or upper abdomen, which typically improves in 3 to 5 days.

How soon will I experience improvement after the Stretta Procedure?

Patients typically remain on their GERD medications for 8 weeks following the procedure. After this period, your physician may discontinue or reduce your medication according to your symptom response to the procedure.

INDICATIONS, CONTRAINDICATIONS AND WARNINGS - INDICATIONS FOR USE: The Stretta System is intended for general use in the electrosurgical coagulation of tissue and intended for use specifically in the treatment of gastroesophageal reflux disease (GERD). CONTRAINDICATIONS: The use of electrosurgery is contraindicated when, in the judgment of the physician, electrosurgical procedures would be contrary to the best interest of the patient. The following is a list of patient groups in whom the use of the Stretta System for the treatment of GERD is contraindicated: subjects under the age of 18, pregnant women, patients without a diagnosis of GERD, hiatal hernia >2cm, achalasia or incomplete LES relaxation in response to swallow, poor surgical candidate, ASA IV classification. WARNINGS: Use of electrosurgery for the treatment of GERD may result in the following complications which have been identified with low frequency: transient bleeding, transient chest pain, transient difficulty belching, transient dysphagia, transient epigastric discomfort, transient fever, injury to esophageal mucosa, perforation, pharyngitis, vomiting - transient with potential for bleeding or esophageal injury. If any vomiting occurs, contact your treating physician immediately. Excessive vomiting may result in perforation and more serious injury resulting in death. (Note: Consult your doctor for full contraindications, warnings and precautions).

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IF YOU SUFFER CHRONIC HEARTBURN, and you are considering a surgical intervention, Stretta may be a less invasive option for you.

STRETTA:

The less invasive alternative to anti-reflux surgery.

Stretta® is a Curon Medical Product.
With the patient under conscious sedation, the physician places the Stretta catheter through the patient's mouth and into the valve between the stomach and esophagus. Radiofrequency energy is delivered to the muscle of the lower esophageal sphincter and gastric cardia to create small thermal lesions. Over time, the lesions heal and the tissue contracts. Clinical studies show improvement in GERD symptoms, acid exposure, and reduction in use of heartburn medications.

GERD sufferers does not achieve adequate relief on prescription medications and may consider intervention, including anti-reflux surgery and Stretta.

What is Heartburn or GERD?

GERD (gastroesophageal reflux disease) occurs when stomach contents “reflux” upward from the stomach into the esophagus through the lower esophageal sphincter (LES). Normally, the LES acts as a one-way valve, enabling food to pass downward into the stomach but not upward into the esophagus. Chronic exposure to stomach acid, enzymes and bile causes irritation of the esophagus that can result in inflammation (esophagitis), ulceration and pain.

GERD can cause a wide range of symptoms:

• Persistent heartburn
• Regurgitation
• Choking episodes at night
• Chest pain
• Difficulty or pain when swallowing
• Asthma
• Chronic sore throat
• Chronic cough
• Laryngitis

(A visit to a gastroenterologist or surgeon is the best way to determine whether you have GERD.)

Treatment Options

Lifestyle Modifications

Changes in lifestyle may relieve GERD symptoms in some patients.
• Eliminate coffee, alcohol, smoking
• Avoid eating close to bedtime
• Sleep with the head of the bed elevated
• Eliminate spicy foods, fatty foods, citrus and tomato products

Prescription Medications

Medication provides symptomatic relief, but is often required for the lifetime of the patient.
• Drugs work by decreasing acid production
• Proton pump inhibitors
• H2-receptor antagonists

Anti-Reflux Surgery

Surgery involves wrapping the stomach around the esophagus to improve the barrier function of the lower esophageal sphincter.
• 2-4 hour procedure
• General anesthesia
• 1-4 day hospital stay
• 1-3 weeks back to work

The Stretta Procedure

Stretta is an outpatient procedure for patients who prefer a less invasive therapy.
• 45 minute procedure
• Conscious sedation
• Outpatient, no hospital stay
• 1-2 days back to work

Candidates for Stretta

If you are not achieving adequate relief on prescription medications or you are intolerant of these medications, and you are considering anti-reflux surgery, you may be a candidate for the Stretta procedure. (An inquiry to your physician is the best way to determine whether you are a candidate for the Stretta procedure.)

The Stretta Procedure

The Stretta procedure is a minimally invasive, outpatient procedure that takes approximately 45 minutes. There is no hospital stay involved with the Stretta procedure and patients typically return to normal activities the following day.

1 With the patient under conscious sedation, the physician places the Stretta catheter through the patient’s mouth and into the valve between the stomach and esophagus
2 Radiofrequency energy is delivered to the muscle of the lower esophageal sphincter and gastric cardia to create small thermal lesions
3 Over time, the lesions heal and the tissue contracts. Clinical studies show improvement in GERD symptoms, acid exposure, and reduction in use of heartburn medications.