

# WHAT IF ...

small things  
became easier?

# WHAT IF ...

you could make  
it happen?

SYMMETRY  
Treat Depression Differently



TM

 VNS Therapy®

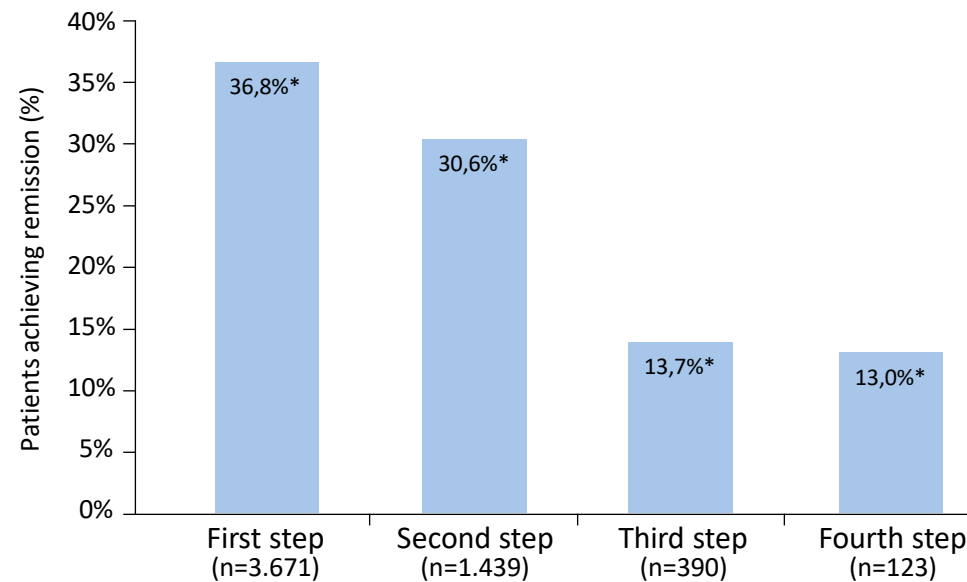
IM-7500106-DEP

1 out of every 3 patients with depression will not benefit from a series of treatment trials<sup>1</sup>



IM-7500106-DEP

## Success becomes less attainable with each oral medication<sup>1</sup>



\* Remission defined as QIDS-SR<sup>16</sup> score  $\leq 5$  at exit from the indicated treatment step

Approximately 50% of all patients with depression will experience a chronic or recurrent course of illness and can be considered Difficult to Treat<sup>\*\*2</sup>.

\*\* Difficult to Treat Depression (DTD) = Depression that continues to cause significant burden despite usual treatment efforts<sup>3</sup>.

1. Rush AJ et al. Am J Psychiatry 2006;163:1905-17.
2. Keitner GA et al. Psychiatr Clin N Am 2012;35:249-65.
3. McAllister-Williams RH et al. J Affect Disord 2020;267:264-82.

SYMMETRY™

Treat Depression Differently



If you're struggling  
with depression  
that is difficult to  
treat  
**GET WELL AND STAY  
WELL—WITH  
SYMMETRY**

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## VNS Therapy: The antidepressant therapy that provides long-term protection with a one-time procedure<sup>1,2</sup>

**VNS Therapy**<sup>®</sup> is indicated for the treatment of chronic or recurrent depression in patients who are in a treatment-resistant or treatment-intolerant major depressive episode<sup>3</sup>.

- The procedure consists of a small generator and lead implanted under the skin below the collarbone (similar to a pacemaker)<sup>1</sup>.
- An attached electrode passes stimulation to the vagus nerve, which in turn sends electrical pulses to areas of the brain associated with mood regulation<sup>4</sup>.
- VNS Therapy is a proven technology with 100,000 patients implanted across multiple diseases<sup>5</sup>.



1. livaNova VNS Therapy<sup>®</sup> Patients Guide for Depression. September 2019. 2. Aaronson ST et al. Am J Psychiatry 2017;174:640-48. 3. EC Design-Examination Certificate;DEKRA,issued nov 29,2019. 4. Nemeroff CB et al. Neuropsychopharmacol 2006;31:1345-55. 5. LivaNova Data on File

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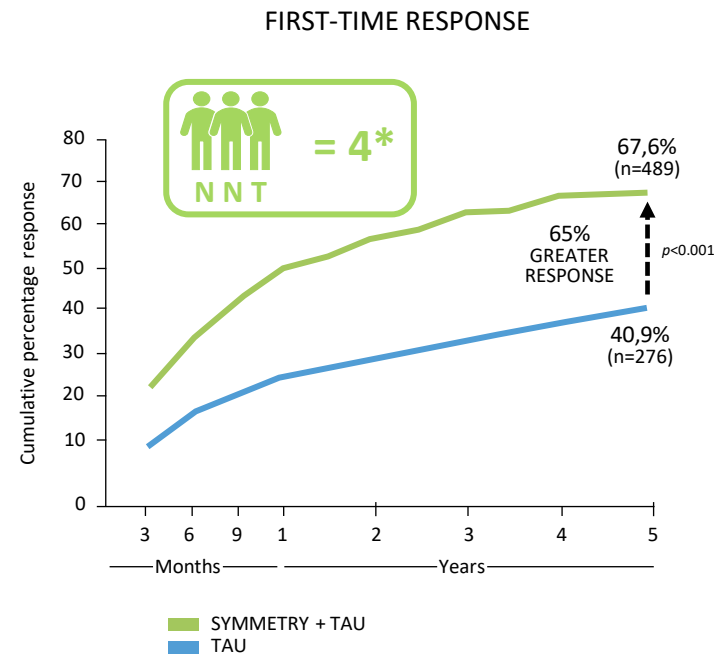
SYMMETRY™

Treat Depression Differently



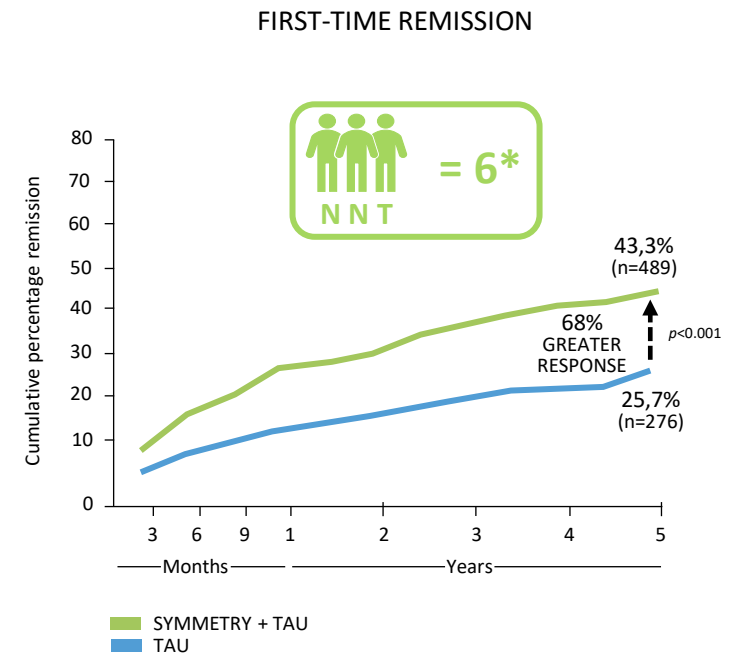
Nearly 7 in 10 people significantly improved with SYMMETRY

# Symmetry (+TAU) is more effective in terms of cumulative response and cumulative remission vs treatment as usual alone



Response is defined as a decrease of  $\geq 50\%$  in baseline MADRS score at any post baseline visit during the 5-year study.

\* The Number Needed to Treat (NNT) is the inverse of the Absolute Risk Reduction (ARR).



Remission is defined as a MADRS score  $\leq 9$  at any post baseline visit during the 5-year study.

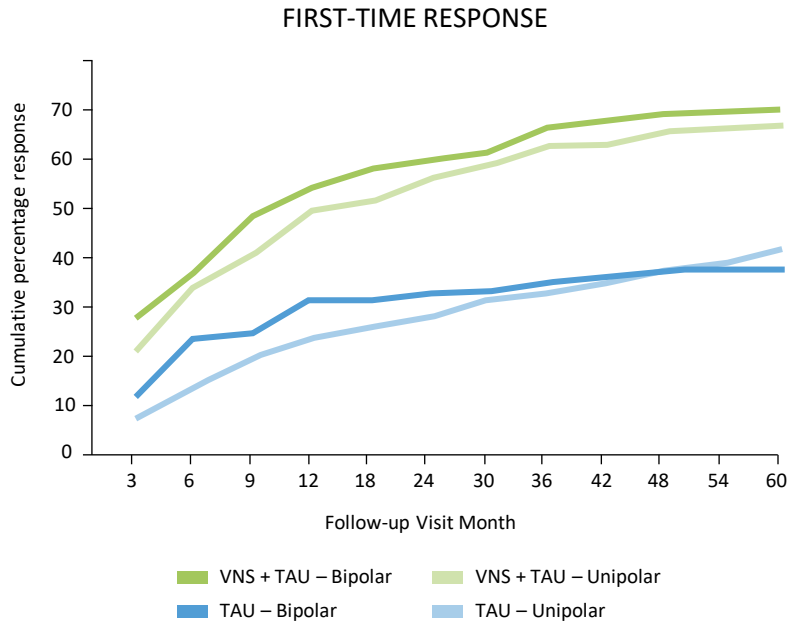
More than 4 in 10 people fully or almost fully recovered from their depression

Aaronson ST et al. Am J Psychiatry 2017;174:640-48.



7 in 10 bipolar patients significantly improved with SYMMETRY

## Symmetry (+TAU) is equally efficacious in both unipolar and bipolar depression and significantly better than TAU



Results with Symmetry get stronger over time

Response is defined as a decrease of  $\geq 50\%$  in baseline MADRS score at any post baseline visit during the 5-year study.

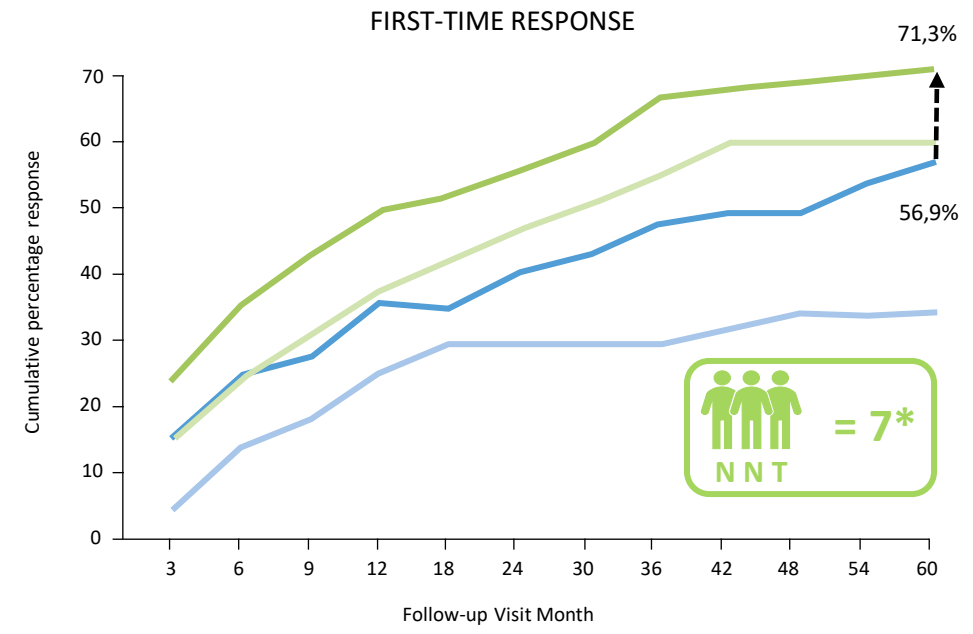
Aaronson ST et al. Am J Psychiatry 2017;174:640-48.



**SYMMETRY is more effective in terms of cumulative response vs treatment as usual alone**

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## MADRS response by history of prior ECT response



■ VNS + TAU - ECT Response (n=290)    ■ VNS + TAU - ECT non Response (n=204)  
■ TAU - ECT Response (n=109)        ■ TAU - ECT non Response (n=192)

Response is defined as a decrease of  $\geq 50\%$  in baseline MADRS score at any post baseline visit during the 5-year study.

= 7\*  
NNT

\* The Number Needed to Treat (NNT) is the inverse of the Absolute Risk Reduction (ARR).

The 5-year cumulative response rate for patients with VNS Therapy (+TAU) who had previously responded to ECT was significantly greater compared with patients with TAU (p=0.006)

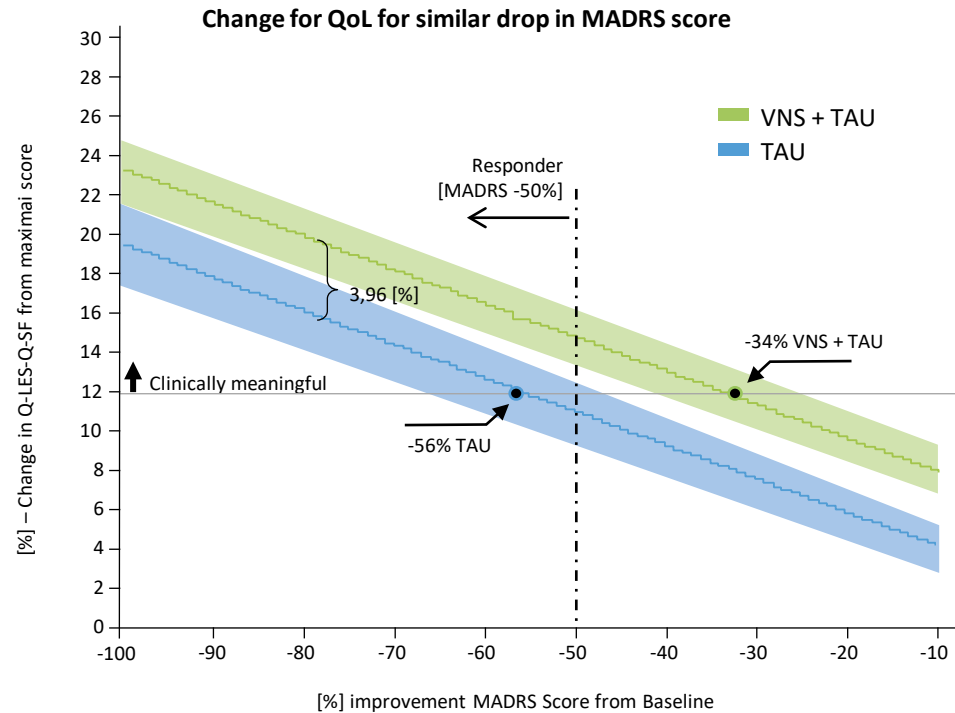
- VNS (+TAU): 71,3%
- TAU: 56,9%

A significant difference was seen at 9 months, and it was maintained for the duration of the study.

Aaronson ST et al. Am J Psychiatry 2017;174:640-48.



# Symmetry shows a significant improvement in the quality of life



Patients treated with Symmetry (+TAU) experienced quality of life improvements with MADRS reductions far below the classical 50% improvement definition of depression response.

**SYMMETRY (+ TAU)** patients could achieve a clinically meaningful increase in QoL when the MADRS drop from baseline is at least 34%

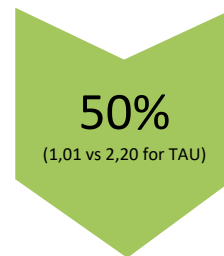
The TAU patients achieved the same increase when the MADRS drop from baseline is much bigger (at least 56%)

Conway CR et al. J Clin Psychiatry 2018;79:18m12178.

## Efficacy that protects your patients most at risk

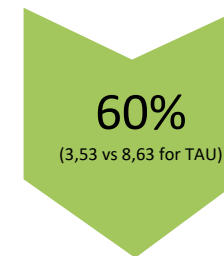
SYMMETRY + TAU (=n489)

**RATE OF SUICIDE**  
(Reduction in suicide rate  
per 1.000 person years at 5 years)



**Rate of suicide  
decreased by 50%**

**ALL-CAUSE MORTALITY**  
(Reduction in suicide rate  
per 1.000 person years at 5 years)



**All-cause mortality  
decreased by 60%**

**SYMMETRY reduces  
rates of suicide and all-  
cause mortality when  
added to traditional  
treatment**

Aaronson ST et al. Am J Psychiatry 2017;174:640-48.

**SYMMETRY™**

Treat Depression Differently





## There is safety in our numbers

Initial Implant-related adverse events (>10%) <sup>1</sup>	Stimulation-related adverse events (>10%) <sup>1</sup>
Incision pain (36%)	Voice alteration (55%)
Voice alteration (33%)	Increased cough (24%)
Incision-site reaction (29%)	Dyspnea (19%)
Device-site pain (23%)	Neck pain (16%)
Device-site reaction (14%)	Dysphagia (13%)
Pharyngitis (13%)	Laryngismus (11%)
Dysphagia (11%)	Paresthesia (10%)
Hypersthesia (11%)	

**Symmetry is well tolerated and side effects were less noticeable over time<sup>3</sup>**

**SYMMETRY™**  
Treat Depression Differently

**More than**



**25 years**  
of patient experience <sup>2\*</sup>



**100.000**  
patients implanted <sup>2\*</sup>



**1.000.000**  
patient-years of Experience <sup>2\*</sup>

# Indications and warnings

**Indication for Use** – The VNS Therapy System is indicated for the treatment of chronic or recurrent depression in patients that are in a treatment-resistant or treatment-intolerant major depressive episode.

**Contraindications** – The VNS Therapy System cannot be used in patients after a bilateral or left cervical vagotomy. Do not use short-wave diathermy, microwave diathermy, or therapeutic ultrasound diathermy on patients implanted with the VNS Therapy System.

**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. 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.

**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.

For full safety information, please see our website at [www.symmetryvns.com](http://www.symmetryvns.com).

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# VNS Therapy: The antidepressant therapy that provides long-term protection with a one-time procedure

- Symmetry is indicated for the treatment of chronic or recurrent depression in patients who are in a treatment-resistant or treatment-intolerant major depressive episode.
- Symmetry (+TAU) delivers superior cumulative response and remission rates vs Treatment as Usual (TAU) alone over 5 years
- Symmetry (+TAU) Improves quality of life vs TAU
- Symmetry (+TAU) reduces rate of suicide and all-cause mortality vs TAU
- Symmetry is well tolerated and side effects were less noticeable over time

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