



## Visica

Visica is a proven safe and effective treatment. Most patients find it extremely tolerable, suggesting that there is very little discomfort. With Visica, you can avoid surgery and still feel the satisfaction of knowing that the fibroadenoma has been treated. Because the tissue has not been removed, the shape and size of your breast will not change. The tiny incision point may not even be visible after a short period of time.

**If you would like to learn more about VISICA ask your doctor. It might be the right choice, helping you to avoid surgery.**

*Visica is a simple, safe and highly effective procedure*

SANARUS®  
*The visible difference in breast care®*

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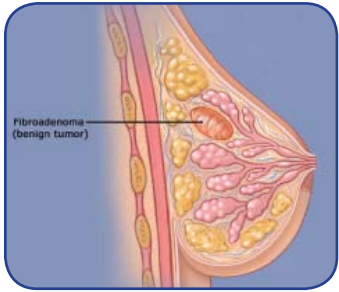
## You Have a Benign Breast Lump

*What are your options?*



## Fibroadenoma: A benign (non-cancerous) tumor of the breast.

Fibroadenomas are found in 10% of all women and most commonly in young women between the ages of 15 and 30.



Fibroadenomas can be described as hard marble-like round lumps that some times move around when palpated (felt). They usually measure between 1 to 5 centimeters in diameter; however, they can become as large as

a lemon. Approximately 10-15% of women with a fibroadenoma will develop more than one<sup>1</sup>. The cause of breast fibroadenomas is unknown but they are usually found in premenopausal women or women taking estrogen and they often grow rapidly in pregnant women.

### What are the common symptoms?

The following symptoms listed are typical; however, the degree of severity is subjective and personal:

- Pain
- Discomfort
- Tenderness
- Tightness/tension
- Hard or palpable lump(s) that grows larger over time

*Fibroadenomas are found in 10% of all women*

## How do I know if I have a Fibroadenoma?

Breast lumps are often discovered during breast self-examination, or during a routine check-up. If you feel something abnormal or concerning, you should notify your doctor immediately. If a breast lump is discovered, your doctor may perform some or all of the following exams in order to gain information to determine if the lump is benign or cancerous.

- Physical Examination
- Mammography (x-ray of the breast)
- Breast Ultrasound
- Breast Biopsy

*Today there are minimally invasive options for dealing with your fibroadenoma*

## What do I do if I am diagnosed with a Fibroadenoma?

Today when a fibroadenoma is diagnosed, there are multiple treatment options, including non-surgical options. In the past women were offered only two choices; wait and do nothing or have the lump surgically removed.

**Observation** or waiting may be the right choice in certain circumstances. Often when this option is chosen your doctor will follow up with you within a 6 month period to see if there was any growth or change in the breast tumor.

Some women choose **Surgery** to alleviate their anxiety and/or symptoms of pain, discomfort, etc. Surgery often requires a day in the hospital and general anesthesia. Surgery does require an incision and could potentially leave a scar. Because tissue is removed, a depression or indentation may be created in the breast. Recovery will typically take several days.

## Today's Option.

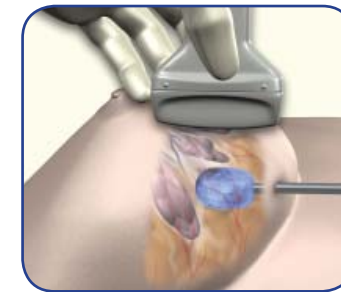
Now there is a third option: **Visica® Cryoablation**. Cryoablation is a revolutionary treatment for women suffering from fibroadenomas. Some of the benefits of the Visica treatment are:

- Highly effective treatment
- Extremely safe
- Excellent cosmetic outcomes
- Minimal discomfort
- No surgery
- No general anesthesia
- No hospital
- No tissue deficit
- Virtually no recovery time

Visica is done in the comfort of a doctor's office. The typical treatment is completed in less than 30 minutes.

## What is Visica Cryoablation?

Cryoablation is a technology that is used to treat benign tumors by engulfing them in ice. Visica has received FDA



market clearance for benign breast fibroadenomas. A small probe (about the size of a match stick) is inserted into the tumor through a small nick in the skin. The probe then freezes the tumor causing cell damage and break

down, thereby destroying the fibroadenoma and preventing regrowth. Over time your tumor will reduce in size and your body will absorb and replace the ablated tissue.

*Visica uses freezing or cryoablation to completely eliminate the fibroadenoma*

1. <http://www.nlm.nih.gov/medlineplus/ency/article/007216.htm>