

All About OAB

WHAT IS OVERACTIVE BLADDER (OAB)?

The Symptoms of OAB Include:



Frequency

Needing to go to the bathroom >8 times daily.



Urgency

A sudden strong desire to urinate that is difficult to control.



Nocturia

Waking up more than once during the night to urinate.



What causes OAB?

OAB happens when the **nerves of the bladder** tell the **brain** that it is time to empty even when the bladder is not full. This results in a sudden urge to urinate that can **cause leakage**.

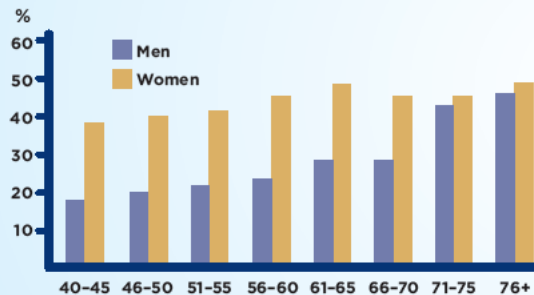
Who is affected by OAB?

1 in 3 adults **40 years and older** report symptoms of OAB at least occasionally.

At least **37 million** Americans report symptoms of OAB.



Chart of symptoms by age



What are the effects of OAB?

- Wear pads for protection
- Limit types of drinks
- Avoid public places or social events
- Isolate themselves from family & friends
- Reduce productivity at work or even lose work



WHAT CAN BE DONE ABOUT OAB?

Lifestyle Changes



Limit irritating foods like coffee, tea, or alcohol.



Bladder restraint by urinating on a regular schedule.



Doing pelvic floor exercises to strengthen muscles.

Prescription Drugs

These help to relax the bladder and decrease the urge to urinate.

Neuromodulation

Tiny electrical signals stimulate the bladder nerve to block the abnormal signals to the brain.

Botulinum

Injected into the bladder to block the nerve endings sending abnormal signals to the brain.



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Overactive Bladder Clinic

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