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Are You Experiencing Symptoms of Overactive Bladder (OAB)?

How Does the Bladder Work?

The bladder is a part of the urinary tract which stores urine made by the kidneys before it is passed out from the body. Nerve signals in your brain let you know that your bladder is getting full. This makes you feel the need to urinate. If your bladder is working normally, you can control the need to urinate longer than when it is not.

What Is OAB?

OAB is a medical condition characterized by a group of urinary symptoms. It is not a disease. OAB can happen when nerve signals between your bladder and brain tell your bladder to empty even though it is not full or when the muscles in your bladder are too active.

What Are the Symptoms of OAB?

Urgency: A sudden and strong need to urinate right away

People with OAB also have 1 or more of these signs:

Frequency: Urinating 8 or more times per day or what seems like too often **Urge Incontinence:** A sudden need to urinate followed by urine leakage **Night Urination:** Waking up 1 or more times during the night to urinate

These symptoms can also be caused by a urinary tract infection, being sick, or as a side effect of a medication. Your healthcare provider can advise you on the possible cause of your symptoms.

How Common Is OAB?

OAB is a common condition—about 46 million US adults who are 40 years of age or older say they have signs of OAB at least "sometimes."

What Treatment Options Are Available for OAB?

Lifestyle changes and medication can help treat OAB. Treatment is different for everyone. Together, you and your healthcare provider will decide what is best for you.

Lifestyle Changes

- Limit food and drinks that bother your bladder
- Keep a diary of your trips to the bathroom
- Go to the bathroom on a schedule instead of only when you feel the urge
- Talk to your healthcare provider about exercises that help to relax your bladder muscles

Prescription Medications

- Medications can be taken in addition to making lifestyle changes
- There are medications that may help with your OAB symptoms. Your healthcare provider can advise you about what medication may be right for you

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Talking With Your Healthcare Provider About Your Bladder Symptoms

Choose an option for each question. Then use your answers to start

0 0-3	0 4-7	O 8 or more
How many time	s per day do you use the b	pathroom to urinate?
O 0-3	0 4-7	O 8 or more
How many times as many trips to		w much you drink so you don't have to mal
O 0-3	0 4-7	O 8 or more
How many times O 0-3	s have you leaked urine thi	s week? O 8 or more
How many time	s do you use the bathroom	n to urinate during the night?
O 0-3	0 4-7	O 8 or more
		t your bladder symptoms. But healthca