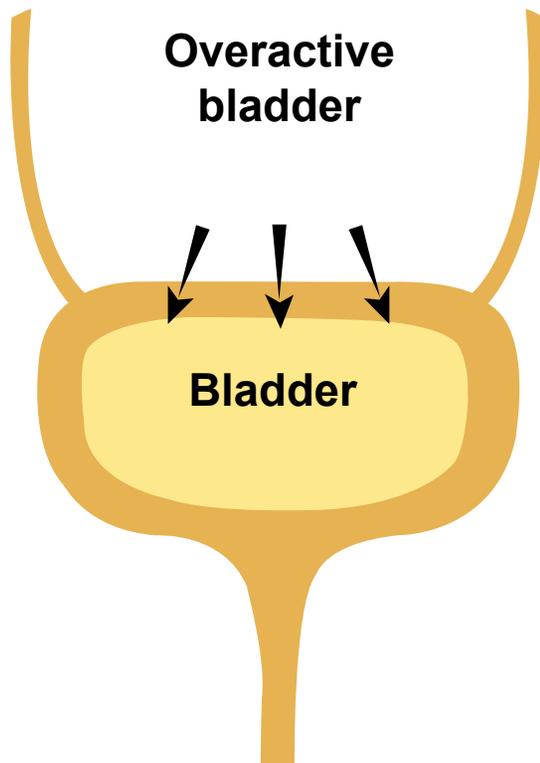




# Have you recently been diagnosed with overactive bladder (OAB)?

Let me help you learn more about your OAB symptoms and possible treatment options

## “WHAT IS OAB?”



As your doctor has likely explained, OAB stands for overactive bladder.

It is **NOT** a disease. Rather, it's the name for a group of bladder symptoms.

- OAB can happen when:
  - Nerve signals between your bladder and brain tell your bladder to empty **even though it isn't full**
  - The muscles in your bladder are **too active**
  - Either way, your bladder muscles contract to pass urine **before they should**
- These contractions cause the **sudden, strong need to urinate, called urgency**

## “WHAT ARE THE SYMPTOMS OF OAB?”

People with OAB regularly experience one or more of the following symptoms:

### **URGENCY**

A sudden and overwhelming need to urinate right away.

### **FREQUENCY**

Urinating 8 or more times per day or what feels like too often.

### **URGE INCONTINENCE**

A sudden urge followed by urine leakage (a wetting accident).

### **NOCTURIA**

Waking up 1 or more times during the night to use the bathroom.

**Some of these symptoms can be the result of a urinary tract infection (UTI), an illness, damage to nerves, or a side effect of a medication. Your doctor will check to make sure nothing else is causing your symptoms.**

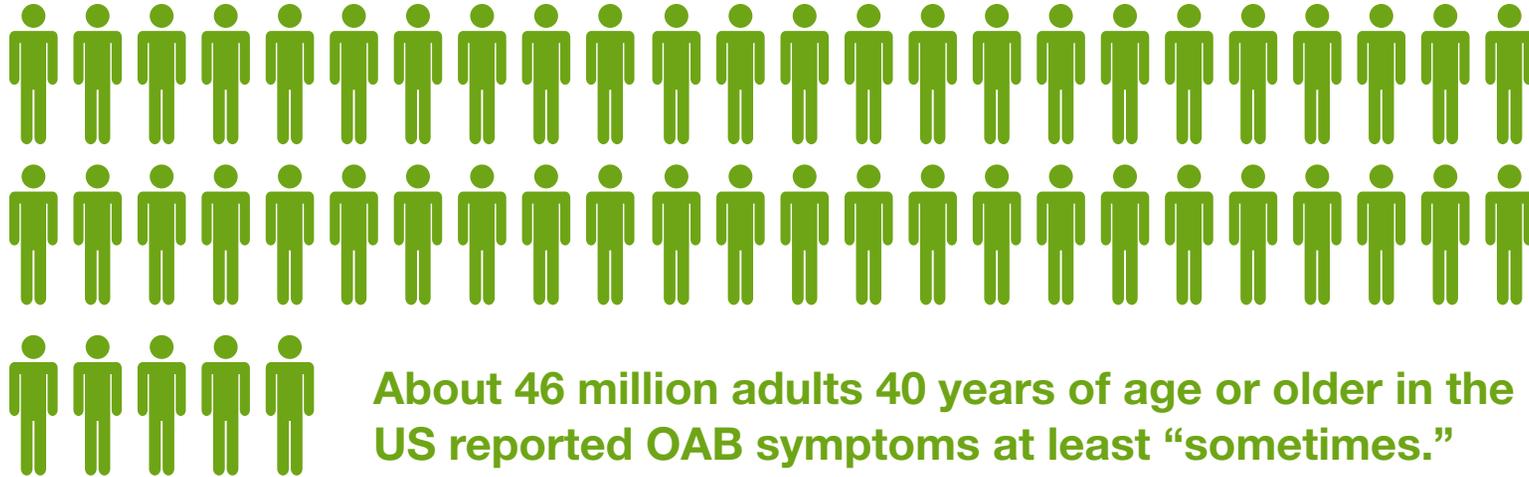
## “WHAT ARE THE FACTS ABOUT OAB?”

### Don't believe OAB myths! Here's a reminder of the facts about OAB...

- OAB is **NOT** “just part of being a woman”
- OAB is **NOT** “just having an ‘enlarged’ (big) prostate”
- OAB is **NOT** “just a normal part of getting older”
- OAB is **NOT** caused by something you did
- Surgery is **NOT** the only treatment for OAB
- There **ARE** treatments for OAB that can help manage symptoms
- There **ARE** treatments that many people with OAB find helpful
- There **ARE** treatments that can help, even if your symptoms aren't severe or if you don't have urine leaks

## “HOW MANY PEOPLE HAVE OAB?”

OAB is a common condition in the United States



Unfortunately, many people do not seek medical help because they mistakenly believe that:

- Bladder control problems are an inevitable part of aging
- There is no treatment available
- Discussing their problem with their doctor will be too embarrassing

## “WHO IS AT RISK FOR OAB?”

As you grow older, you're at higher risk for OAB

### GENDER

- Both **men and women** report symptoms of OAB
- Women who have gone through **menopause** have a higher than normal risk
- Men who have had **prostate problems** also seem to have an increased risk for OAB

### HEALTH CONDITIONS

- People with **diseases** that **affect the brain or nervous system**, such as stroke and multiple sclerosis (MS), are at higher risk for OAB

### DIET

- Food and drinks that can bother your bladder (like **caffeine**, **alcohol**, and **very spicy foods**) may make OAB symptoms worse

## “HOW ARE OAB SYMPTOMS TREATED?”

Currently, your doctor may be using one treatment alone or a combination to help you manage your OAB symptoms. Treatment choices include:

### LIFESTYLE CHANGES

- **Changing what you eat and drink** to see if less caffeine, alcohol, and/or spicy foods will reduce your symptoms
- Keeping a **daily “bladder diary”** of your trips to the bathroom
- Going to the bathroom at **scheduled times** during the day
- Doing “quick flick” **pelvic exercises** to help you relax your bladder muscle when you feel a strong urge to urinate

### PRESCRIPTION MEDICATIONS

- Your doctor may **prescribe drugs** to help with your OAB symptoms

## “MY DOCTOR PRESCRIBED MEDICATION FOR MY OAB SYMPTOMS—SO NOW WHAT?”

### **If your doctor has prescribed medication to help you manage your OAB symptoms, then you should**

- Take your medication every day or as directed by your doctor
  - Be patient and stick with your medication
- Keep track of your progress
  - It is important to communicate your progress to your doctor to ensure the best possible treatment outcome
  - Remember to refill your prescription