

Do I Have Overactive Bladder?



Some signs of OAB are:

Feeling the need to pee really badly, like you just can't wait

This is called

URGENCY



In medical terms, this is defined as:

The sudden need to pass urine, which is difficult to defer

FREQUENCY

Sometimes having to pee very often



Urinating at least 8 times in a 24-hour period

NOCTURIA

Sometimes having to get up in the middle of the night to pee



Interrupting your sleep at least once per night

INCONTINENCE

Leaking urine that you can't control



This can vary from occasional urine leakage with a cough or sneeze to sudden, strong urges to urinate where you can't get to a toilet in time

...And there is no other medical condition to explain these symptoms.

OAB has a **BIG** impact on quality of life.



What does OAB look like in real life?

Planning your day around making sure you can have access to a toilet



Having to stop an important activity to go pee



Worrying about peeing your pants



Having to buy pads or diapers



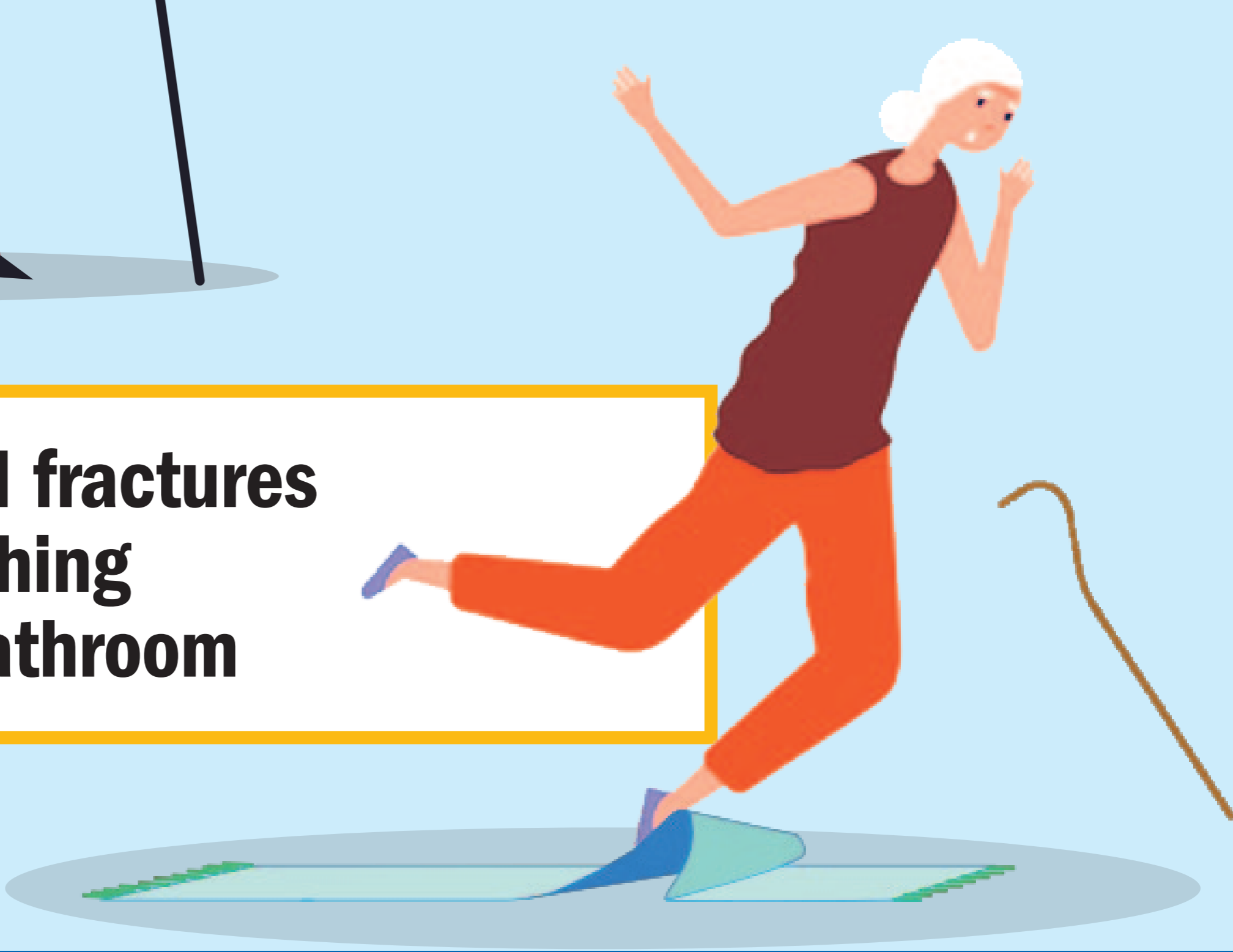
Feeling self-conscious during sex



Being tired from not getting a good night's sleep



Falls and fractures from rushing to the bathroom



OAB is NOT:

- a normal part of aging!
- just a part of being a woman
- just an issue with the prostate for men

OAB is:

- Common — it affects about ~30% of women over age 65
- Treatable

You don't have to put up with it!

For more information, please see:

The Mayo Clinic

<https://www.mayoclinic.org/diseases-conditions/overactive-bladder/symptoms-causes/syc-20355715>

Medline Plus from the National Library of Medicine

<https://medlineplus.gov/overactivebladder.html>

The American Urological Association

<https://www.urologyhealth.org/educational-resources/overactive-bladder>