

Overactive Bladder

- Overactive Bladder (OAB) is a general term to describe a number of bladder control problems:
 - **Urinary frequency**
 - Frequent urination (more than 8 times in a 24 hour period)
 - **Urinary urgency**
 - A strong, compelling need to urinate that cannot be delayed
 - **Urge incontinence**
 - Wetting accidents which occur before reaching a toilet
- Prevalence of OAB: 16% of the adult population (34 million Americans)¹
- Seeking treatment: Only 40% of those with OAB seek treatment²
- Treatment options most often prescribed for OAB:
 - Behavior modification – such as monitoring fluid intake
 - Pelvic muscle strengthening – Kegel exercises
 - Drug therapy – to relax bladder activity
 - Neurostimulation – stimulation of the nerves that control bladder function
- Specific nerves and the muscles surrounding the bladder regulate bladder function. OAB is caused by any disruption to this bladder regulation, which may include:
 - Pregnancy and childbirth
 - Pelvic surgery
 - Prostate surgery
 - Medication
 - Natural aging process
 - Chronic disease
 - Trauma
 - Obesity

¹ Wein, A.J., & Rackley, R.R. (2006). Overactive bladder: a better understanding of pathophysiology, diagnosis and management. *J Urol*, 175 (3 Pt 2), S5-10.

² Kinchen, K.S., Burgio, K., Diokno, A.C. et al. (2003). Factors associated with women's decisions to seek treatment for urinary incontinence. *J Women's Health*, 12 (7), 687-698.