

## HAVE ANY OF THESE SYMPTOMS BOTHERED YOU OVER THE PAST MONTHS?

This quick checklist can help identify whether you suffer from OAB:

I think I am urinating too frequently – sometimes more than 8 times a day  Yes  No

I usually need to get up more than once during the night to urinate  Yes  No

I often get a sudden, strong urge to urinate, without advance warning  Yes  No

I sometimes leak urine before I can reach the toilet  Yes  No

My bladder problem is affecting my daily routine and decisions about what I do  Yes  No

If you answered YES to one or more of the above questions, you should talk to your doctor to discuss your bladder symptoms.

**TALK TO YOUR DOCTOR.  
TREATMENTS ARE AVAILABLE.**

**YOU DON'T  
HAVE TO PUT UP  
WITH OVERACTIVE  
BLADDER**

### WANT MORE INFORMATION AND SUPPORT?

Consult your doctor for further information on OAB and how it is treated.

For a range of helpful resources and information about bladder health, contact the Continence Foundation of Australia.

### NATIONAL CONTINENCE HELPLINE:

Freecall 1800 330 066  
[www.continence.org.au](http://www.continence.org.au)

REFERENCE: 1. Inwin DE *et al.* *Eur Urology* 2006;50:1306–315.

Astellas Pharma Australia Pty Ltd. ABN 81 147 915 482. Suite 2.01, 2 Banfield Road, Macquarie Park NSW 2113. Date of preparation June 2021. URO\_2021\_0003\_AU.

OVERACTIVE  
OAB URGE

**CAN'T HELP  
THE SUDDEN  
URGE TO  
WEE?**

RUSH  
BLADDER CONTROL  
FREQUENT

# OVERACTIVE BLADDER

## WHAT IS IT?

Overactive bladder (OAB) is a condition where the bladder contracts, even when it's not full. It's something that's hard to control. The main symptoms of OAB are:



**A sudden, strong urge** to urinate that you can't control – you may also worry that you won't get to the toilet in time



**Frequent urination** – this varies from person to person, but as a guide, having to pass urine more than 8 times over 24 hours is considered frequent



**Waking** at least once a night to urinate

'Accidents' may also sometimes happen before reaching the toilet.

## WHAT CAUSES OAB?

The symptoms of OAB can have different causes and contributing factors. These can range from excess caffeine or alcohol intake, poor bowel habits and constipation, to neurological conditions (e.g. Alzheimer's disease, Parkinson's disease and stroke), side effects of some medications (e.g. diuretics), menopause or prostate enlargement.

## WHO DOES OAB AFFECT?

OAB is a common medical condition affecting about 1 in 9 people.<sup>1</sup> Men and women equally have the condition and although anyone can have OAB, it does become more common as we get older.

Many people put up with their symptoms due to embarrassment and lack of awareness that it is a treatable medical condition.

**OAB IS NOT A NORMAL PART OF AGEING.  
YOU CAN DO SOMETHING ABOUT IT.**

## COULD I HAVE OAB?

**What's your usual response when you have the urge to wee?**



### URGE

Hold, finish task



### URGENCY

Hold, but hurry



### INCONTINENCE

Unable to hold

If you need to hurry, or are unable to hold, you may have OAB.

**THE FIRST STEP TO GETTING HELP  
IS TO ASK YOUR DOCTOR ABOUT OAB.**

# TREATMENTS ARE AVAILABLE

## HOW IS OAB DIAGNOSED?

Only a doctor can diagnose OAB. Your doctor will rule out other conditions that may have caused your symptoms.

You may be asked to keep a bladder diary for a few days, to check the pattern and severity of your symptoms.

**TO UNDERSTAND  
THE DIFFERENT TREATMENT  
OPTIONS, SPEAK WITH  
YOUR DOCTOR**

## HOW IS OAB TREATED?

Your doctor will help determine the treatment plan for you. Treating OAB begins with lifestyle changes. For example, monitoring and regulating your fluid intake and limiting alcohol and caffeine can make a difference.

Bladder training may also help – it normally involves scheduling set times for passing urine and gradually extending the time between toilet trips to encourage the bladder to hold more urine and reduce urgency.

A number of medications are also available that can help to reduce OAB symptoms.