

## What You Need to Know About Overactive Bladder

### How would I know if I have overactive bladder (OAB)?

If you can't get to the toilet before leaking urine, you may have OAB. Other common symptoms are the need to urinate often (frequency) and the need to urinate at night (nocturia).

### Who's most likely to have OAB?

Both men and women can have OAB. It's most common in older adults: at least 20% of people older than age 70 report OAB symptoms.

### How will my doctor know if I have OAB?

#### **To diagnose OAB, your doctor will ask about your:**

- Current or past health problems and surgeries
- Use of prescription and over-the-counter medicines
- Family medical history, especially of prostate problems
- Symptoms -- how often you urinate, how many times you get up to urinate during the night, and if you have any leaking before you make it to the toilet.

Your doctor will also examine your penis, testicles, rectum, and prostate gland. You'll give a urine sample to check for infection.

In some cases, you may have an ultrasound of your bladder to measure how much urine is left after you urinate.

### What causes OAB?

The actual cause of OAB is not known, but certain medical conditions can cause the same symptoms, so your doctor will ask questions and do tests to rule them out before making a diagnosis. Possible other problems include an enlarged prostate, bladder or prostate infection (called prostatitis), diabetes, some medicines, stroke, multiple sclerosis, dementia, and bladder cancer.

### What can I do on my own to improve OAB?

Your doctor will tell you about Kegel exercises, which strengthen the muscles that support your bladder and control your ability to hold your urine.

You may find it helpful to use biofeedback when you do Kegel exercises. Biofeedback makes you more aware of when you need to urinate and when you're effectively tightening your muscles. Your doctor can tell you where you can get biofeedback and whether your insurance covers it.

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## Men's Sexual and Urinary Health: OAB

### What kind of treatment is available by prescription?

Medicines work best when you're also doing Kegel exercises with biofeedback.

#### **Two kinds of medicines can reduce your bladder's overactivity:**

- Detrol (tolterodine), Ditropan (oxybutynin), Enablex (darifenacin), Sanctura (trospium), Toviaz (fesoterodine), which are called anticholinergics
- Myrbetriq (mirabegron), which is a beta-3 agonist