



# STOP

PUTTING UP WITH YOUR OVERACTIVE  
BLADDER (OAB) SYMPTOMS

SEE WHAT MORE YOU CAN  
DO ABOUT YOUR OAB

# LET'S ACCELERATE YOUR LEARNING TO BETTER MANAGE YOUR OAB

GETTING TO KNOW OAB MAY LEAD TO A MORE  
INFORMED CONVERSATION WITH YOUR OAB SPECIALIST



## WHAT ARE THE SYMPTOMS?

- Strong, sudden urge to urinate
- Urine leakage
- The need to go frequently
- Waking 1 or more times a night to urinate (this is called nocturia)



## WHY DO I EXPERIENCE THEM?

- OAB occurs when nerve signals between your brain and bladder tell your bladder to empty even when it's not full
- OAB can also occur when the muscles in your bladder are overactive and contract before your bladder is full

# STEERING CLEAR OF MISINFORMATION



## THE MYTHS

- **OAB is not very common. False.** It is estimated that 33 million Americans experience OAB symptoms
- **OAB is a normal part of aging. Not true.** OAB is a medical condition that affects people of all ages. In fact, some women under the age of 45 have it
- **OAB will go away over time. Unlikely.** OAB is a chronic condition and, although there is no cure, it can be treated
- **You have to live with the symptoms of OAB. Not really.** Lifestyle changes and medical treatments may be able to help
- **OAB will control your life. It doesn't have to.** If you are concerned about your productivity, social interactions, and workout schedule talk to your doctor to learn more about how to manage your OAB
- **There isn't much you can do. Not necessarily.** There are many different treatment options. Treating OAB is a journey. Having regular visits and conversations with your OAB specialist can help you find treatment options that may be right for you

# START YOUR OAB JOURNEY WITH **S-T-O-P**

**Where are you on your journey?** Professional medical societies have developed guidelines that may help healthcare providers determine the right course of action for people like you. Get to know **S-T-O-P** and where you are on your journey for more productive conversations with your OAB specialist.



**Specialist evaluation.** The OAB specialist will:

- Ask you about your symptoms, what you have tried, how OAB is affecting your life, and possibly perform some tests
- Educate you about OAB and all the different treatment options available along the way



**Therapy involving lifestyle changes.** People can sometimes see big improvements with just a few tweaks to their daily routine:

- Adjusting fluid intake and avoiding things that might irritate the bladder (eg, coffee, tea)
- Performing some exercises to train and strengthen the pelvic floor muscles

## THERE ARE MANY TREATMENT OPTIONS, SO YOUR OAB JOURNEY NEVER REALLY “STOPS”



**Oral medications** to help manage your symptoms. You should know that:

- There are 2 groups of medications called **anticholinergics** and **beta-3 agonists**
- If after 4 to 8 weeks, you don't see any improvement or have side effects that you can't tolerate, your OAB specialist may:
  - Discuss non-oral treatment options with you
  - Change the dose or switch to a different medication



**Procedures** to help manage your OAB. These include:

- **Chemodenervation:** An in-office procedure administered in your bladder a couple times a year
- **Percutaneous tibial nerve stimulation (PTNS):** Electrode nerve stimulation near your ankle. Initially every week for 12 weeks, then once a month for maintenance
- **Sacral neuromodulation (SNS):** A surgically implanted device in your lower back typically replaced every 3 to 15 years

# MAKE THE MOST OF CONVERSATIONS WITH YOUR OAB SPECIALIST

**Your OAB specialist is experienced in treating OAB** and can help you on your treatment journey. They can assess how you're doing and if any changes need to be made to your treatment plan.



## SOME THINGS YOUR OAB SPECIALIST WILL WANT TO KNOW:

- 1.** Your most bothersome symptom and why.
- 2.** How OAB is affecting your life.
- 3.** Ways you have been coping with your OAB symptoms, such as pads or mapping out where the bathrooms are.
- 4.** Your treatment goals.
- 5.** Medications for OAB that you are currently taking or tried in the past and how well they worked.

# MAKE THE MOST OF YOUR OAB SPECIALIST CONVERSATION

FILL IN THE BLANKS BELOW AND BRING TO YOUR  
NEXT APPOINTMENT

I am having \_\_\_\_\_ leaks a day.

I feel like I still  am  am not coping with my OAB.

The thing that bothers me most about my OAB is \_\_\_\_\_  
\_\_\_\_\_.

I've been prescribed \_\_\_\_\_ for my OAB.

I'm  happy  not happy with how well it's working.

There are side effects that I  can  can't tolerate.

I wish my OAB treatment would \_\_\_\_\_  
\_\_\_\_\_.

I'm  ready  not ready to try something different.



GO

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TO YOUR OAB SPECIALIST,  
WHO MAY BE ABLE TO HELP KEEP YOU  
MOVING IN THE RIGHT DIRECTION

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DON'T HAVE AN OAB SPECIALIST?

VISIT [DONTSETTLE.COM](https://www.dontsettle.com)  
TO FIND ONE IN YOUR AREA



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