

# Understanding Overactive Bladder (OAB)



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Overactive bladder (OAB) is a common condition that affects bladder control. It can impact your quality of life, but there are many effective ways to manage it.

## ❑ What Is OAB?

### **OAB causes:**

- Urgency: Sudden, strong need to urinate
- Frequency: Going more than 8 times a day
- Nocturia: Waking up more than once at night to urinate
- Urge incontinence: Leaking urine when you can't get to the bathroom in time

It's a **symptom-based diagnosis**—not caused by an infection or other medical condition.

## ❑ First Steps: Lifestyle & Behavior Changes

**These safe, proven strategies are often tried first:**

- Bladder training (delaying urination gradually)
- Pelvic floor exercises (like Kegels)
- Limit caffeine, alcohol, and spicy foods
- Manage fluids (avoid drinking large amounts quickly)
- Keep a bladder diary to track symptoms and triggers

## ❑ Medication Options

Two main types of medications can help:

- **Antimuscarinics**
  - Examples: Oxybutynin, Tolterodine
  - May cause dry mouth, constipation, blurred vision
- **Beta-3 Agonists**
  - Example: Mirabegron (Myrbetriq)
  - Fewer side effects, but can raise blood pressure

Your doctor will help choose the best option for you.

## ❑ Advanced Treatments

If medicines don't work, other treatments may help:

- Botox injections into the bladder muscle
- Sacral nerve stimulation (a small implanted device)

These are usually for people with moderate to severe symptoms that don't improve with other treatments.



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## Helpful Tips

- Spread fluids evenly during the day
- Use absorbent pads or barrier creams to stay comfortable
- Report any new or worsening side effects, especially confusion or swelling

Overactive bladder is manageable with the right care plan. Talk to your doctor about which approach is best for your symptoms and lifestyle.



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## Resources

### Chirag Dave, MD

#### About Me

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Thank you for choosing me as your doctor. Please watch the video to learn more about me and my practice. I look forward to helping you on your journey to better health.

#### We Value Your Feedback

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If you had a positive experience with your care, we would be grateful if you could take a moment to leave us a 5-star review on Google. Your feedback helps other patients find the support they need and allows us to continue providing excellent care. 🙌



Marietta Clinic

For more information about Advanced Urology or Dr. Chirag Dave, please visit  
[www.advancedurology.com](http://www.advancedurology.com)