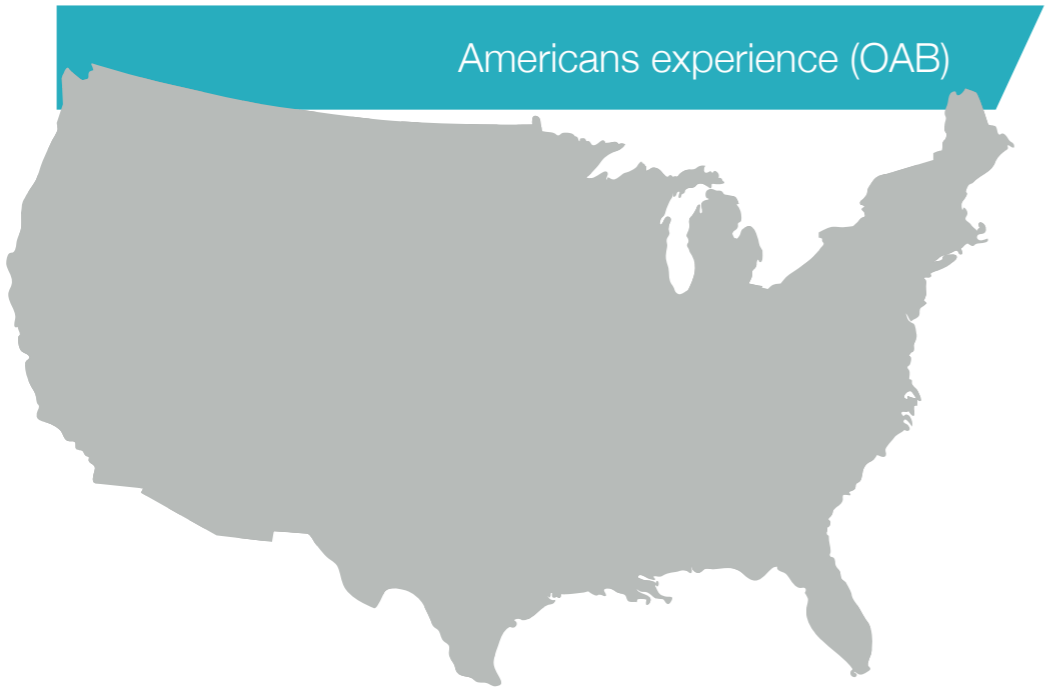


Facts And Tips About Overactive Bladder

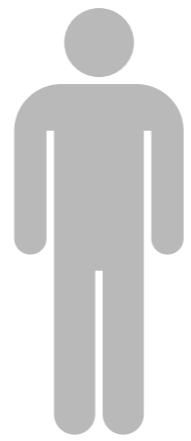
33 MILLION

Americans experience (OAB)



50%

of women between the ages of 40 to 60, and nearly 75 percent of women over the age of 75, have some form of urinary incontinence (UI)



17%

of men over age 60 in the United States experience some form of urinary incontinence. One of the main causes of urinary incontinence in men is benign or malignant prostate diseases

What is Incontinence?

“Urinary Incontinence” Is A General Term And Symptoms Can Range From Mild Leaking To Uncontrollable Wetting. It Can Happen To Anyone, But It Becomes More Common With Age. There Are Many Types Of Urinary Incontinence, And Sometimes A Woman May Have More Than One Of The Following Types:



STRESS INCONTINENCE

You may have accidents when you sneeze, laugh, lift a heavy object or perform other movements that put pressure on your bladder.



URGENCY INCONTINENCE

Urgency incontinence means that your bladder empties during sleep, after drinking a small amount of water, or even when you hear water running such as when washing dishes or hearing someone taking a shower



OVERACTIVE BLADER TAB

If bladder muscles become too active, you may feel a strong urge to go to the bathroom when you have little urine in your bladder.



MIXED INCONTINENCE

Mix Incontinence can be a combination of both stress urinary incontinence (SUI) and urge incontinence.



FUNCTIONAL INCONTINENCE

It occurs when a person is unable to reach the bathroom in time to urinate because of physical or mental limitations

Possible Causes



Hysterectomy



Pregnancy



Stress



Medication Side Effects



Overweight



Neurological Diorder



Age

Treatment Options



Pessary Vaginal Device



Biofeedback



Pelvic Floor Rehabilitation including Kegel Exercises, physical therapy and electrical stimulation



Bladder Retraining



Injections including Botox and bulking procedures



Surgery for Bladder Suspension



To learn more about Overactive bladder and help with UI, visit www.Floridabladderinstitute.com