

OVERACTIVE BLADDER

**O A B**

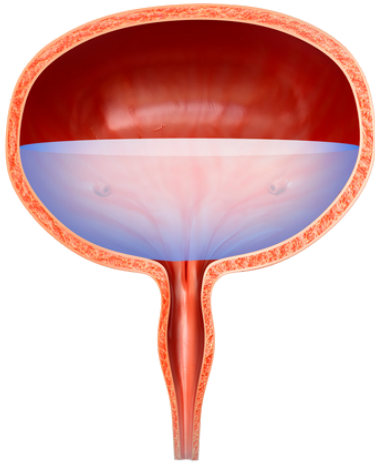


# What is OAB?



Overactive bladder (OAB), is a common syndrome. OAB means that the bladder, which is called the detrusor muscle, squeezes and contracts suddenly without you having control, even when the bladder is not full.

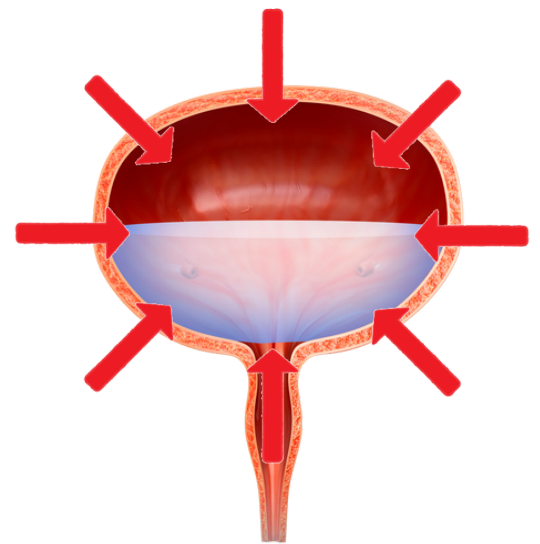
# OAB affects 15% of women



Normal Bladder

The bladder is made up of muscle. As it fills, it expands like a water balloon. When it is full, it signals the urethra and pelvic floor to relax, then the bladder squeezes the urine out.

With OAB, the bladder squeezes too often, making you think you have to pee often, even if there is no urine in the bladder.





## **SYMPTOMS**

### **Urgency:**

This means that you have a sudden urgent desire to pee. Most commonly when you hear running water, putting your key in the door when you get home, and seeing the toilet.

### **Frequency:**

This means going to the toilet more often than normal .  
Normal is 4-7 times per day.

### **Nocturia:**

This means waking up to go to the toilet more than once at night.

### **Urge incontinence:**

Leaking of urine due to urgency.

# Diagnosis

Talk to your medical provider and/or specialist if you are experiencing any of the above symptoms. Your doctor will first need to rule out a UTI (urinary tract infection) or blood in the urine.







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