

Urovant Sciences' Holiday Guide to Overactive Bladder

Overactive Bladder (OAB) Facts and Figures

OAB is a common lower urinary tract or bladder health problem that can cause incontinence, which is the leaking of urine that cannot be controlled.^{1,2}



More than **30 million Americans** or about **1 in 10 adults in the United States** are living with the symptoms of OAB^{1,3,4}

More than half go **undiagnosed and untreated**⁵

Most Common OAB Symptoms Include:^{2,3}



Frequency

Urinating **more than eight times** per day



Urgency

A **sudden need** to urinate immediately



Urge Incontinence

Urine leakage following a **sudden urge**

Practical Tips to Help Manage OAB

You don't have to just cope with the symptoms of OAB, talk to your doctor.

Here are some helpful tips to manage your symptoms over the holiday.

Travel^{2,6}

- ✓ **Stop every 2-4 hours** to help reduce strain on your bladder²
- ✓ **Wear an absorbent pad** that can **hold more liquid** on your travel days
- ✓ **Drink plenty of water** but **limit your intake a few hours before traveling**
- ✓ **Book an aisle seat** near the bathroom
- ✓ **Kegel exercises** can help improve OAB symptoms²

Diet⁷

Drink six to eight glasses of fluid, 8-ounce each daily. However, **avoid foods and beverages that can irritate the bladder** including:

- Caffeinated beverages and foods
- Alcohol
- Spicy foods
- Citrus fruits and juices
- Carbonated beverages
- Dairy
- Sugar, honey or artificial sweeteners

Tips for Family Members

If someone in your care is using these common coping techniques, it may be time for them to talk to their doctor about OAB.

1

Wearing panty liners, pads, or diapers⁹

2

Carrying extra supplies and clothes in case of an accident⁹

3

Noting bathroom locations⁹

4

Carefully planning their route⁹

5

Adjusting plans⁹

If you observe any of these signs, encourage the person in your care to see a doctor.

You're Not Alone!

Learn more from these helpful organizations:

The National Association for Continence
nafc.org

The Urology Care Foundation of the American Urological Association
urologyhealth.org

The Simon Foundation for Continence
simonfoundation.org

If you or your loved one struggles with OAB, talk to a doctor about managing the condition.
Learn more at urovant.com/patients