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 half go undiagnosed and untreated5

Most Common OAB Symptoms Include:2,3

- Urinary Urgency
- Frequent Urination
- Urgent Incontinence

Over 30 million Americans

If you or your loved one struggles with OAB, talk to a doctor about managing the condition.

Learn more at urovant.com/patients

Overactive Bladder (OAB) Symptoms

- Frequency
- Urgency

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.

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.

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

Tips

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

Travel2,6

Diet

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
- Eating too much in one sitting

You’re Not Alone!

Learn more from these helpful organizations:

- The National Association for Continence
- The Urology Care Foundation of the American Urological Association
- The Simon Foundation for Continence

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References