Do you have an Overactive Bladder?

Take the quiz below to determine if you have symptoms that you should talk to your Primary Doctor about.

1. Is it normal to go to the bathroom more than 8 times a day?
   Yes No

- No. People blame frequent trips to the bathroom on drinking too many beverages, getting older, or having a small bladder. But, the reason may be overactive bladder (OAB). Some common symptoms of OAB might include frequent trips to the bathroom. This means more 8 times in 24 hours. You may notice that you need to get up several times during a night. Other symptoms are sudden desperate need to urinate and concern about going somewhere that the toilet is not convenient.

2. Do certain medications you take cause overactive bladder?
   Yes No

- Yes. Urinary incontinence, or wetting oneself, can be caused by some types of medicine. One type is diuretics, more commonly known as "Water Pills". Caffeinated beverages can also cause OAB. Urinary tract infections, nerve damage, or diabetes can also be a cause.

3. Is Overactive Bladder just another name for wetting oneself (Urinary incontinence)?
   Yes No

- No. Not all people with OAB have wetting accidents, according to the National Institute of Diabetes and Kidney Diseases. About 6 people in 10 who have OAB need to urinate often and/or have an urgent need to urinate, but don't wet themselves.

4. Is overactive bladder only a problem for older women?
   Yes No

- No. While OAB is more common in women, women—*and men*—of any age can be effected. OAB is not a normal part of aging. Remember, you are never too old to get help.

5. Are older women the only people to have wetting during exercise?
   Yes No

- No. Even young, competitive college and professional athletes can have urinary incontinence. People with OAB often limit or stop their exercise routines because of the condition, but this can be harmful to your overall health.

6. Is cutting back on the amount of fluids a good way to cut down on how often you need to use the bathroom?
   Yes No

- No. While this may temporarily ease symptoms, drinking less liquid can cause dehydration. It is one of the main reasons that older adults fall or feel confused. This is a dangerous condition in which the body's fluid levels drop too low. Severe dehydration can put you in the hospital.

7. Can bladder control problems affect your job or how much you enjoy social activities?
   Yes No

- Yes. People with OAB often worry and hide their condition. They may start to always check their clothes for wetness, try to hide urine smells, and frequently visit the bathroom. All these things make it hard to have a normal workday or join into activities with others.

8. Is there anything that can be done to treat overactive bladder?
   Yes No

- Yes. OAB is treatable. People with this condition have more options today than in the past. A number of treatments are available, including new medicines with fewer side effects.

If you think you may have an Overactive Active Bladder, discuss your symptoms with your Primary Doctor at your next visit. Or better yet, schedule a visit now to discuss this issue and get on the road to treatment so that you can live a healthier, happier life style beginning now!