



OVER ACTIVE BLADDERS in LTC FACT SHEET

Over Active Bladder	
Description:	<p>Overactive Bladder (OAB) is a group of urinary symptoms. Not a disease state Common symptom is sudden, uncontrolled need or urge to urinate Leaking of urine is common when this urge occurs Leaking of urine is incontinence. Stress incontinence (SUI) is different. It occurs when sneezing, laughing or doing physical activities.</p>
FACTS about OAB	<p>OAB is not a part of normal aging OAB is not just a part of being a woman OAB is not just an issue with the prostate OAB is not your fault Surgery is not the only treatment available Treatments are available to manage OAB There are also treatments to manage minor OAB</p>
Symptoms:	<p>Urgency: Major Symptom – sudden strong urge to urinate that can't be ignored. Leak Urine (Urge Incontinence) – Urine leaks when you feel the urge to go. Unintentional loss of urine Urinate frequently – Need to go to the bathroom many times a day. Greater than 8 times in 24 hours = frequent urination Nighttime Urination (Nocturia) – waking from sleep to go to the bathroom more than once or twice a night</p>
Causes	<p>Nerve Damage - Nerve signals between your brain and bladder don't work properly OAB can result. Weak Pelvic Muscles – (Pregnancy and Childbirth can stretch these muscles. Overactive Muscles-Can also be caused if your muscles in your bladder are too active and contract to pass urine before the bladder is full Medications, alcohol and caffeine: (dulls nerves and affects signal to the brain) Infection: An infection, like a Urinary Tract Infections (UTI) can irritate the bladder nerves and cause the bladder to squeeze without warning. Excess weight: Being overweight places extra pressure on your bladder. This can lead to urge incontinence. Estrogen deficiency after menopause: This hormonal change could contribute to a loss of urine due to urgency.</p>
Risk Factors	<p>Side effects from Medications Hormone changes Neurological disorders or damage to the signals between brain and bladder Diseases that affect the brain or spinal cord like Multiple Sclerosis, Parkinson's or a CVA/Stroke Weak Pelvis muscles or spasms Diabetes Urinary Tract Infections (UTI) Conditions affecting the bladder such as tumors or bladder stones Factors that may prevent urine from being emptied such as constipation. Enlarged prostate or previous incontinent surgery</p>

<p>Medical & Surgical Treatments</p>	<p>Many people with cognitive decline - can be managed with fluid schedules, timed and prompted voiding, absorbent garments, and bowel programs.</p> <p>Behavioral therapies</p> <ul style="list-style-type: none"> Pelvic floor muscle exercises Biofeedback Healthy weight Scheduled toilet trips. Intermittent catheterization Absorbent pads. Bladder training. <p>Medications</p> <p>Medications that relax the bladder can be helpful for relieving symptoms of overactive bladder and reducing episodes of urge incontinence. These drugs include:</p> <p>Antimuscarinic – Blocks action of acetylcholine ↑ bladder capacity ↓ urgency</p> <ul style="list-style-type: none"> *Tolterodine (Detrol) *Oxybutynin, which can be taken as a pill (Ditropan XL) or used as a skin patch (Oxytrol) or gel (Gelnique) *Trospium *Solifenacin (Vesicare) *Fesoterodine (Toviaz) <p>Beta-3 adrenergic agonist ↑ bladder capacity</p> <ul style="list-style-type: none"> Mirabegron (Myrbetriq) Vibegron (Gemtesa) <p>Bladder injections (Botox) relaxes the muscles lasts approximately 6 months</p> <p>Nerve stimulation</p> <p>Percutaneous tibial nerve stimulation (PTNS)</p> <p>*Indicates drug is listed on the AGS Beers criteria and not recommended for the elderly</p>
<p>Complications</p>	<p>Emotional distress or depression</p> <p>Anxiety</p> <p>Sleep disturbances and interrupted sleep cycles</p> <p>Issues with sexuality</p>
<p>Lifestyle Changes & Prevention</p>	<p>Maintain a healthy weight.</p> <p>Get regular, daily physical activity and exercise.</p> <p>Drink adequate amounts of fluid.</p> <p>Limit foods and drinks that might irritate your bladder.</p> <ul style="list-style-type: none"> Caffeine, alcohol, tea, carbonated drinks, citrus juice and fruit, chocolate, spicy foods, tomatoes, corn syrup, milk, vinegar, apples, cranberries, honey, sugar & artificial sweeteners <p>Quit smoking.</p> <p>Manage chronic conditions, such as diabetes, that might contribute to overactive bladder symptoms.</p> <p>Do exercises to make the pelvic floor muscles stronger. These exercises are called Kegel exercises.</p>

[https://www.urologyhealth.org/urology-a-z/o/overactive-bladder-\(oab\)](https://www.urologyhealth.org/urology-a-z/o/overactive-bladder-(oab))

[https://www.mayoclinic.org/diseases-conditions/overactive-bladder/symptoms-causes/syc-20355715#:~:text=Overactive%20bladder%2C%20also%20called%20OAB,of%20urine%20\(urgency%20incontinence\).](https://www.mayoclinic.org/diseases-conditions/overactive-bladder/symptoms-causes/syc-20355715#:~:text=Overactive%20bladder%2C%20also%20called%20OAB,of%20urine%20(urgency%20incontinence).)

<https://my.clevelandclinic.org/health/diseases/14248--overactive-bladder->

<https://gemtesa.com/overactive-bladder-treatment->

<https://www.uclahealth.org/geriatrics/workfiles/education/clinical-skills/handouts/Education-Updated-Beers-List-2019.pdf>

<https://www.npwomenshealthcare.com/wp-content/uploads/2022/06/June-WH-ISSUE-CE.pdf>