

Do you have an Overactive Bladder (OAB)?



"OAB? What's that?"

**IT'S TIME
TO TALK
ABOUT OAB**

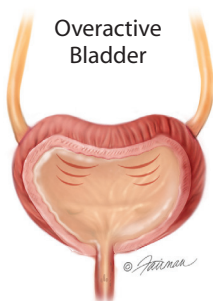
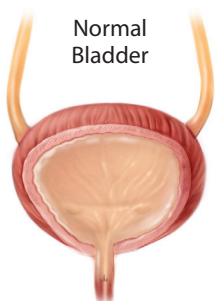
Urology Care
FOUNDATION™
*The Official Foundation of the
American Urological Association*

“Could I have OAB?”



OAB stands for *Overactive Bladder*.
It's the name for a group of bladder problems.

OAB happens when your bladder muscles squeeze to pass urine even when your bladder isn't full. This causes a sudden, strong urge to urinate.



If you have OAB:

- ▶ *You often feel that you “gotta go” right away!*
- ▶ *This “gotta-go” feeling makes you afraid you won’t make it to the bathroom in time.*
- ▶ *You may leak urine, even if you get to a bathroom right away.*
- ▶ *You may go to the bathroom many times a day, or get up more than once a night to go.*
- ▶ *You may be afraid to be too far from a bathroom, so you stop going out with friends and family.*
- ▶ *Over time, your bladder problems may leave you feeling tired, sad and embarrassed.*

“That sounds just like me.”



“If I had known my doctor could help, I would have said something sooner!”



Millions of women and men have these problems. Sadly, many never ask for help.

You may feel embarrassed to talk about your bladder problems. But remember, many others have OAB. And doctors, nurses and doctor's assistants are used to hearing about all kinds of problems.

Don't wait. There are many ways to treat OAB. You just have to ask for help.

“I took control of my OAB!”



Start talking. Tell your doctor, nurse or doctor's assistant about your problem—and how it's changing your life.

Together you can find out if you have OAB. Then you can get the help you need.

Learn more about OAB by talking to your doctor, nurse or doctor's assistant, or visiting **[ItsTimeToTalkAboutOAB.org](https://www.ItsTimeToTalkAboutOAB.org)**.

Get the facts.

Get diagnosed.

Take control.

**IT'S TIME
TO TALK
ABOUT OAB**

About the Urology Care Foundation™

The official foundation of the American Urological Association, Urology Care Foundation is committed to advancing urologic research and education to improve patients' lives. The Urology Care Foundation collaborates with researchers, healthcare professionals, patients and caregivers to accomplish its mission.

***For more information on OAB, talk to your doctor, nurse or doctor's assistant, or visit:
ItsTimeToTalkAboutOAB.org***

Urology Care
FOUNDATION™
*The Official Foundation of the
American Urological Association*

1000 Corporate Blvd.
Linthicum, MD 21090
1-800-828-7866
UrologyHealth.org

Patient resources provided through the generous support of

