**what is NOCTURIA?**

If you wake up **more than twice** during the night to go to the bathroom, you may have nocturia. Nocturia affects both men and women.

**Facts about nocturia:**

It's important to remember that nocturia is a sign of something going on in our bodies. It is **not a disease** in and of itself.

### ABOUT

**1 in 3** adults **over the age of 30** experience nocturia. The rate of people affected increases with age.

### Things that can impact nocturia:

- Underlying health conditions like sleep and bladder disorders
- High blood pressure
- Drinking too much before bed
- Timing of medications

### Common causes of nocturia:

- **Polyuria** – making too much urine in **24 hrs**
- **Nocturnal Polyuria** – making too much urine at night
- **Bladder Storage** – bladder having problems storing and releasing urine
- **Mixed Nocturia** – more than one of these problems happening at the same time

### Treatment & Management

Here are some common ways to treat and manage nocturia:

- **Lifestyle Changes**
- **Reviewing current medications and supplements that can help nocturia symptoms**
- **Diagnosis of any untreated diseases that may be causing nocturia**

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For more information about Nocturia, visit the Urology Care Foundation’s website:

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