

# SUMMERTIME OAB TRAVEL FACTS

If you have Overactive Bladder (OAB), going on a trip may not sound like fun. The thought of looking for a bathroom in a new town might make you nervous. But with a little planning before you leave, you can feel more at ease while away from home.



OAB isn't a disease. It is the name given to a group of troubling urinary symptoms. A key sign of OAB is the sudden need to go to the bathroom that you can't control. In some people, this sudden need may cause urine leakage (incontinence).

About

**33 million**

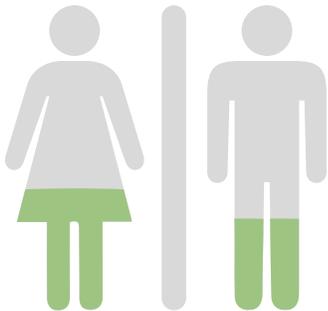
people living in the United States have OAB.

First day of summer



**88%**

of people in the U.S. said they will take a trip this summer.



Up to **30%** of men  
and **40%** of women  
in the U.S. are living with OAB.

**91%**

of those who take a summer trip, travel by car.

**Summer**

is the busiest travel season of the year.



**84 miles one way**

Usual length of a summer long-distance trip.

# Summertime OAB Travel Facts



## 2 – 4

Number of hours you should plan in between each of your bathroom breaks or pit stops when traveling.

There are more than

## 200

rest stops with family restrooms in the U.S. Plan ahead and pinpoint a few along your route before you leave home.



## 2

Number of hours you may want to watch what you drink before getting on a plane. Changes in cabin pressure and tight seat belts can put pressure on your bladder, especially if it's full.

## 2 weeks

How long before your trip you may start your medicine to help control your OAB symptoms, if you haven't used it before.



## 3 sets of 10

(daily)

Number of bladder strengthening exercises you can do on the road to make your pelvic muscles stronger. These will also help keep urine from leaking.



## 54

The number of days before your trip when it's cheapest to buy an airplane ticket



## 20%

of flyers like to sit in aisle seats. If you have OAB, you should book an aisle seat close to the bathroom.

There are about

## 6,500

spoken languages in the world today. Learn the word for "toilet" before visiting another country.