

Information from experts

Owned and operated by health care professionals, SeekWellness.com is your Internet connection to reliable health and medical information.

Website:

www.SeekWellness.com

Let our team of nurse experts answer your incontinence related questions.



**Questions about
urinary problems?**

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**Questions about
urinary problems?**

**Ask an
Incontinence
(OAB) Nurse**



Your partner in the
quest for wellness

Website:
www.seekwellness.com/askanoabnurse.com

SeekWellness Ask an OAB Nurse



Overactive Bladder (OAB) is a bothersome medical condition that affects more than 17 million men and women of all ages, although its

incidence increases significantly with age. In the past, many experts believed that such voiding dysfunction symptoms as urgency and frequency were harmless and did not cause significant problems for individuals.

New research shows that the triad of symptoms—urinary frequency, urgency, and urge incontinence, alone or in combination—can have a significant impact on someone's quality of life.

Considered abnormal at any age, overactive bladder is a highly prevalent condition that affects both men and women but is more common in women. Many people never report symptoms of OAB due to their perception that treatment is not available or effective or that symptoms are normal consequences of aging or childbirth. Effective treatment includes the combination of drug therapy with behavioral interventions.

Let Our Nurses Help

Overactive bladder has been called the closet disorder since only one-third of regularly incontinent women discuss their problem with a health care provider and two-thirds of patient's first seeking medical advice have had their symptoms for more than two years.

Instead of seeking help, many people with OAB adjust their habits and lifestyle to accommodate the management of symptoms and may adopt such coping mechanisms as restricting fluids and urinating to a timed schedule or at the first sensation of urgency. Car trips and vacations are limited. Shopping, visiting public places, entertaining or socializing are curtailed and in some cases stopped. Finding accessible public toilets, a behavior referred to as 'toilet mapping', becomes a source of major anxiety.

Initially, increasing the frequency of bladder emptying, often referred to as "defensive voiding" may reduce the number of incontinent episodes but this benefit is not likely to last.



Easy and Free

Wellness Partners employs a group of nurse-experts to answer questions for visitors about incontinence and other pelvic health issues. All nursing staff members are required to be registered nurses with extensive knowledge in pelvic health disorders and treatments. Questions from visitors are distributed to nurses at random and all questions and answers are anonymously collected in our database.

Before asking your question, you can search the database to see if someone else has asked it and one of our nurses has provided an answer. If they haven't, you can easily ask your question in private and receive an answer by email. Your identity remains hidden from the nurse and from anyone searching our database.

Visit us at www.seekwellness.com

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