

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 during the day or night.
- You may be afraid to be too far away 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.”

About the Urology Care Foundation

The Urology Care Foundation is the world’s leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more, visit the Urology Care Foundation’s website, UrologyHealth.org/UrologicConditions or go to UrologyHealth.org/FindAUrologist to find a doctor near you.

Disclaimer:

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologists or health care provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications.

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*

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UrologyHealth.org

Patient resources provided through
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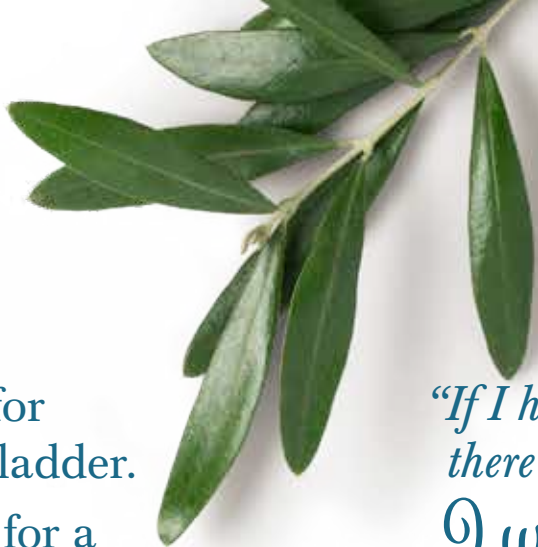
Do you have an Overactive Bladder?

IT'S TIME TO TALK ABOUT OAB

**“OAB? WHAT’S THAT?”
“DO I HAVE OAB?”**

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

OAB is when your bladder has a strong urge to pass urine even when your bladder isn't really full. Sometimes it's just that your bladder is overly sensitive; other times it's that the bladder squeezes to pass urine even without you giving it the okay to do so.

*“If I had known
there was 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. Try not to worry because many people have OAB. You are not alone!

Plus, health care experts are used to hearing about all kinds of problems.

*It's About Time.
It's about you*



*“I took
control
of my OAB!”*

So don't wait. Talk to your health care provider today. There are many ways to treat OAB. You just have to ask for help.

Start talking.

Tell your health care provider about your problem—and the impact on 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 health care provider, or visit

[ItsTimeToTalkAboutOAB.org](https://www.ItsTimeToTalkAboutOAB.org)

