

Overactive Bladder (OAB)

There are many “lifestyle” changes that can be made to help decrease the urge to urinate. These include particular pelvic exercises (Kegel) and avoidance of particular food/drink (ie. caffeine, alcohol, carbonation, acids) as well as voiding on at a scheduled rate. The following websites can provide more detailed information:

Overview From the American Urological Association (the main society for US Urologists):

<http://www.urologyhealth.org/urology/index.cfm?article=112>

Overview From the US National Library of Medicine (US Federal Government):

<http://www.nlm.nih.gov/medlineplus/ency/article/003975.htm>

Overview From Up To Date (an “encyclopedia” frequently used by doctors):

<http://www.uptodate.com/contents/urinary-incontinence-treatments-for-women-beyond-the-basics>

Overview From the Mayo Clinic (a major medical center based out of Rochester, MN):

<http://www.mayoclinic.org/diseases-conditions/overactive-bladder/basics/definition/con-20027632>

Overview From Pfizer, a manufacturer of medication for OAB (this is not an endorsement of this company):

<http://www.overactivebladder.com/treatments/#section2>

Overview From the National Association for Continence (supported by a drug company, Astellas):

<http://www.nafc.org/urge-incontinence/>

Kegels From Boston Scientific (a manufacturer of Urology supplies):

There are several videos about pelvic floor muscle exercises available through YouTube:

<http://www.youtube.com/watch?v=dtUUr30wFUQ>

Diet From The Interstitial Cystitis Association:

(having OAB does not mean you have IC; however this is a thorough reference of foods that may stimulate a bladder):

<http://www.ichelp.org/ICFoodList>

Diet From Janssen Pharmaceuticals (a manufacturer of a drug to treat IC):

(having OAB does not mean you have IC; however this is a quick reference of foods that may stimulate a bladder):

<http://www.orthoelmiron.com/sites/default/files/assets/diet-guide.pdf>