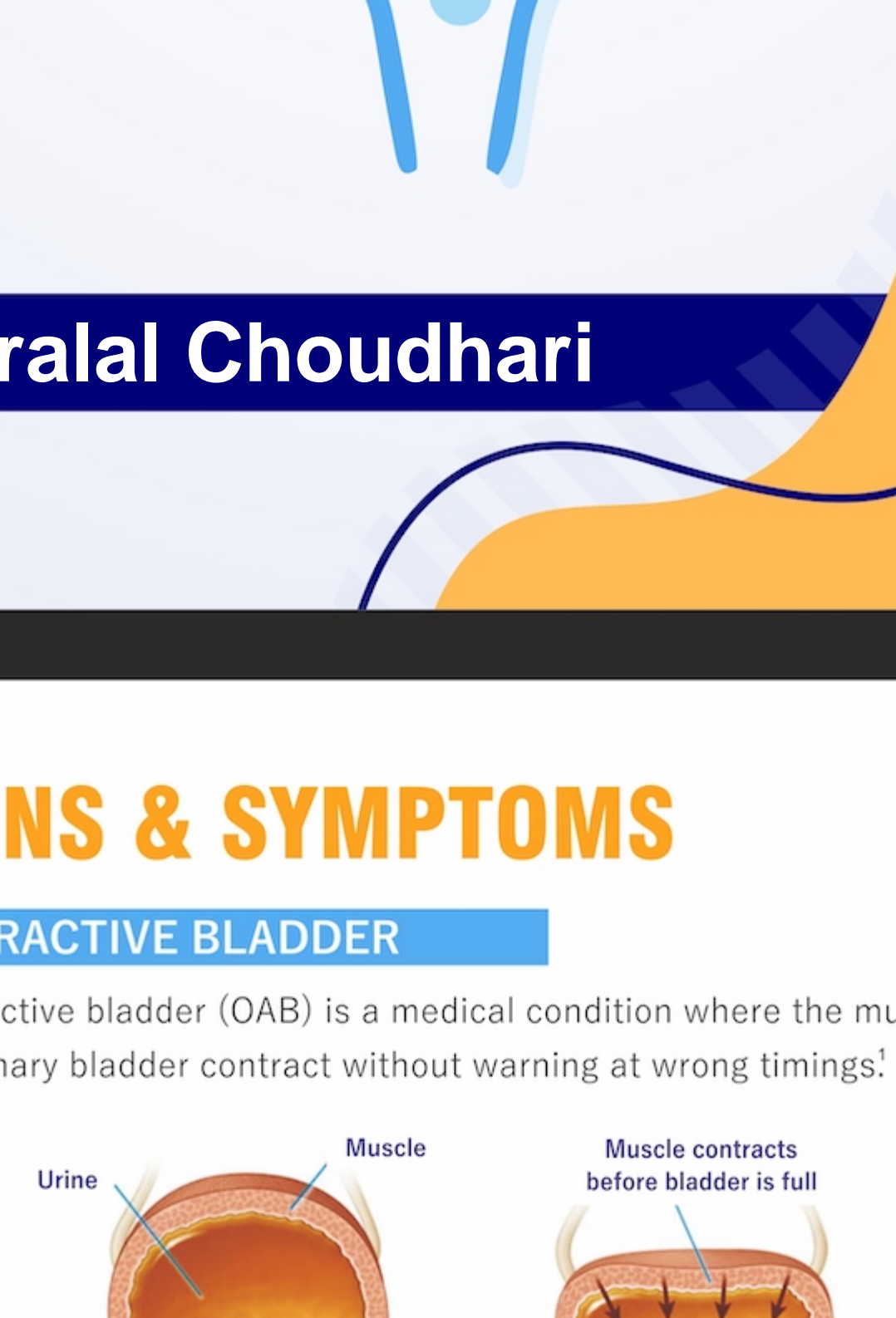


Know the **B-cause** of your Bladder

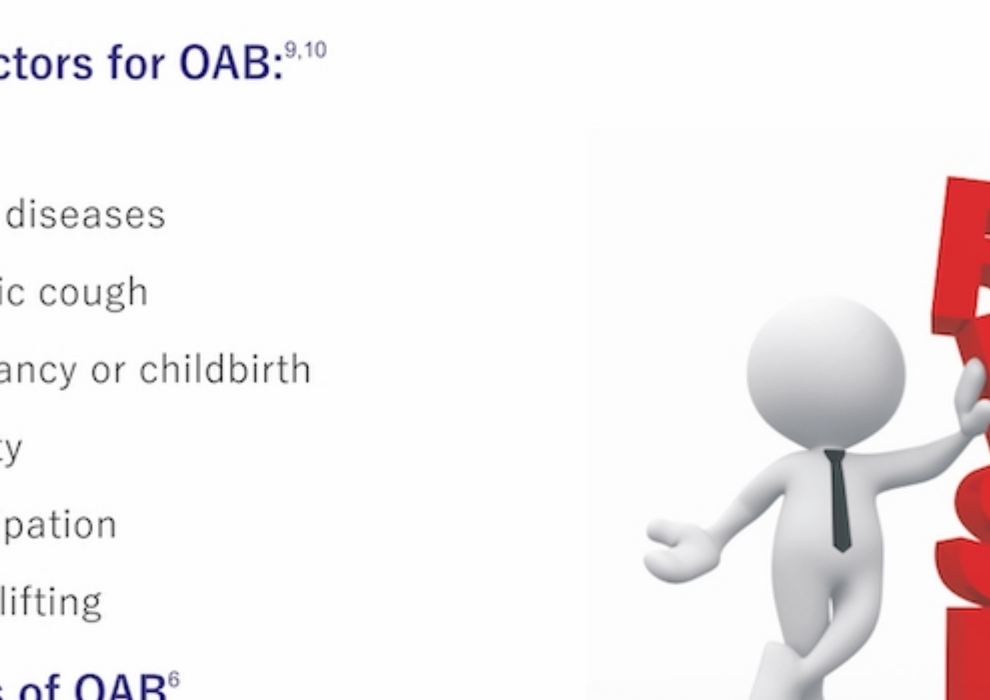


Dr Hiralal Choudhari

SIGNS & SYMPTOMS

OVERACTIVE BLADDER

Overactive bladder (OAB) is a medical condition where the muscles of urinary bladder contract without warning at wrong timings!



Symptoms^{1,3}

- **Urinary urgency:** Sudden, strong need to urinate immediately
- **Urinary frequency:** Urinating 8 or more times a day
- **Urge incontinence:** Leakage of urine that follows a sudden, strong, urge to urinate
- **Nocturia:** Urinating 2 or more times at night



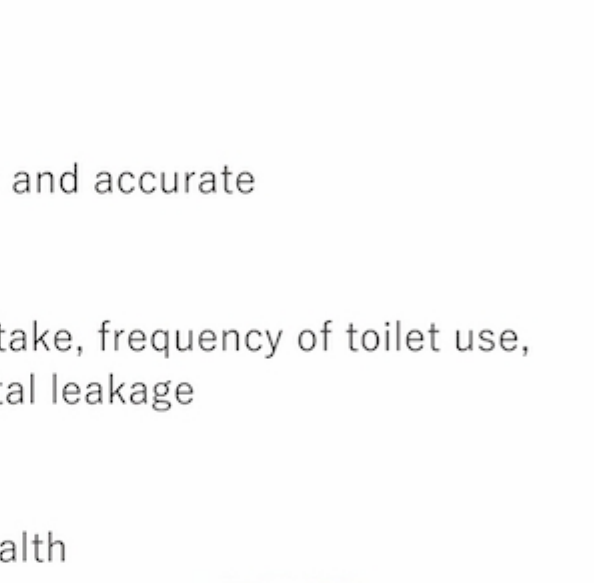
Prevalence



- Overall prevalence in the people aged more than 75 years is 30%–40%⁶
- More common in women than men⁶
- In adults the risk of OAB increases with age⁶

Risk factors for OAB:^{6,10}

- Age
- Nerve diseases
- Chronic cough
- Pregnancy or childbirth
- Obesity
- Constipation
- Heavy lifting



Causes of OAB⁶

- Diseases or injuries to nerves
- Local irritation to urethra or bladder
- Bladder outlet obstruction
- Medications
- Aging

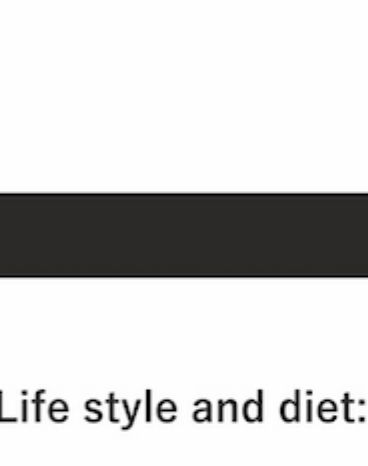
DIAGNOSIS FOR OAB⁶

Medical history examination:

- Tells about bladder control symptoms
- Identifies the causes
- Includes investigation of medical, neurological status of the patient voiding patterns and medication



Screening question:



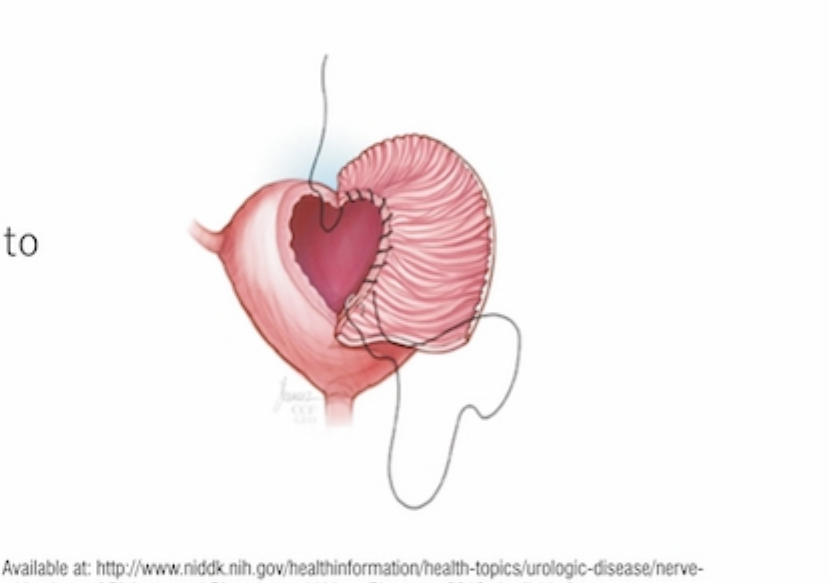
- Tells about symptoms such as bladder problems, urine leaks
- Screening is done with the help of simple questions such as:
 - Do you have bladder problems that are bothersome?
 - Do you ever leak urine?

Bladder Diary:

- Helpful for maintenance of complete and accurate picture of the symptoms
- This is a record of amount of fluid intake, frequency of toilet use, amount of urine passed and accidental leakage
 - Inexpensive
 - Involves the patient in their own health

Urinalysis

- Tells about causative infections or cancers or stones in bladder



Residual urine measurement



- This measures the amount of urine remaining in the bladder after voiding. This is mainly assessed in elderly, symptomatic patients, and patients with voiding dysfunction¹¹

TREATMENT AND MANAGEMENT⁶

I. CONSERVATIVE TREATMENT

1. Behavioural therapy:

- **Bladder training:** Is a practice of delayed voiding and following a strict schedule of voluntary voiding. This gives relief from the symptoms in certain group of patients.



Life style and diet:

- Manage fluid intake - Ideal fluid intake for an adult is 2-2.5L per day
- Restrict bladder irritating foods (Salty, acidic & spicy food)
- Avoiding caffeine and alcohol consumption
- Avoid smoking

Pelvic floor exercises or Kegel exercises:



- Strengthen the muscles that help in holding urine
- Reduces the frequency and urgency to urinate

2. Drug Therapy:

- Bladder muscle relaxing agents reduces the bladder contractions and diminishes urge to urinate.



II. SURGICAL TREATMENT:

- For severe symptoms not responding to medical and behavioural therapy

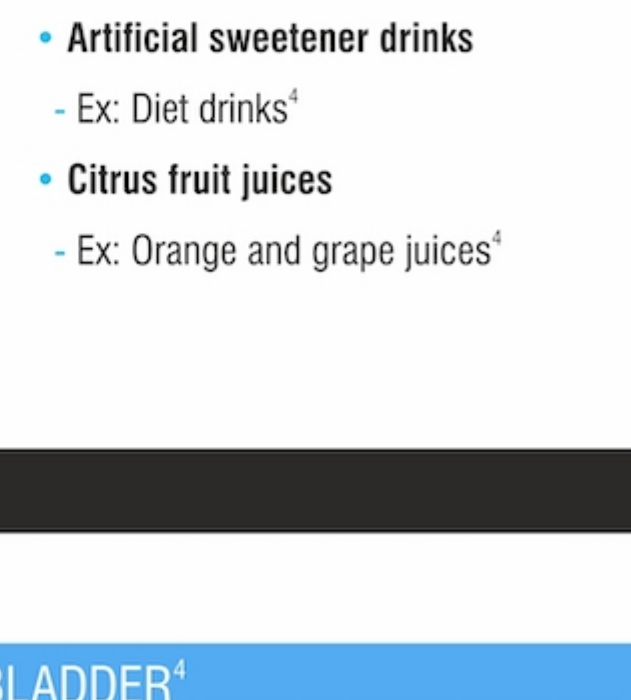


DO'S AND DON'TS (Diet)

MYTH REDUCE FLUID INTAKE, LESSEN URINE FREQUENCY, AND IT WILL BE HELPFUL!¹

FACT: NO, DRINKING LESS FLUID

- Reduces the urine volume¹
- Produces concentrated urine¹
- Irritates bladder lining¹
- Increases bathroom trips¹
- Promotes bladder infections³
- Reduces the bladder capacity to store more urine⁴

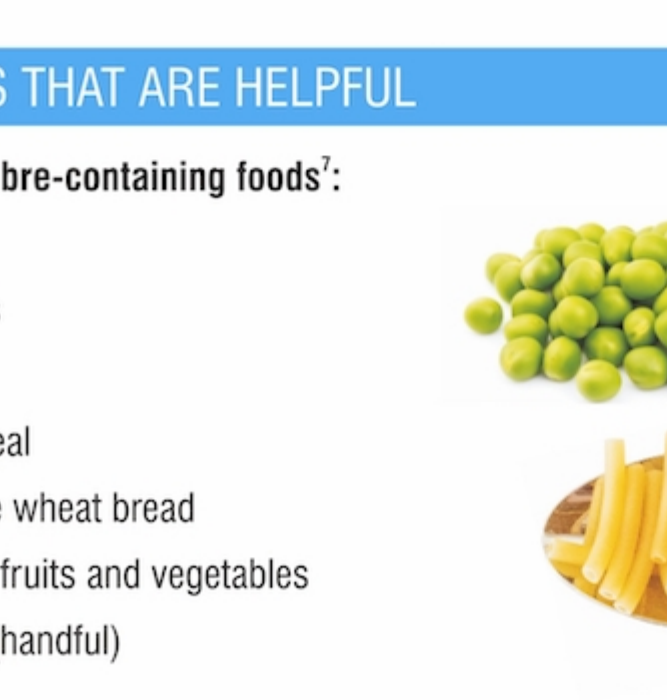


MANAGE FLUID INTAKE¹

- Ideal fluid intake for an adult is 2–2.5L per day
- Spread the intake over a course of day
- Avoid taking fluids after 6 PM
- Don't take alcohol or caffeine in the evening

DON'T TAKE DRINKS THAT IRRITATE BLADDER

- **Caffeine-containing drinks³**
 - Ex: Tea, coffee, and coke
 - Increase urine frequency
- **Carbonated drinks**
 - Ex: Frizzy, Soda⁴



- **Artificial sweetener drinks**
 - Ex: Diet drinks⁴
- **Citrus fruit juices**
 - Ex: Orange and grape juices⁴

TAKE DRINKS THAT DON'T IRRITATE YOUR BLADDER¹

- Water
- Milk
- Caffeine-free tea and coffee
- Diluted fruit juice

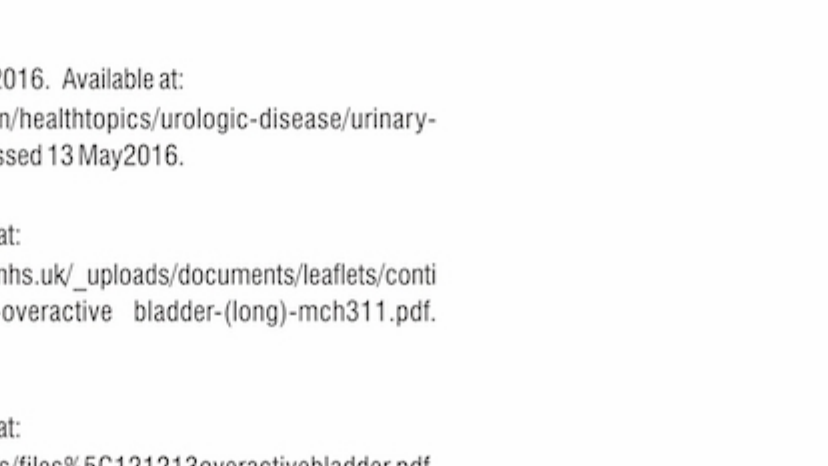


FOODS TO BE AVOIDED

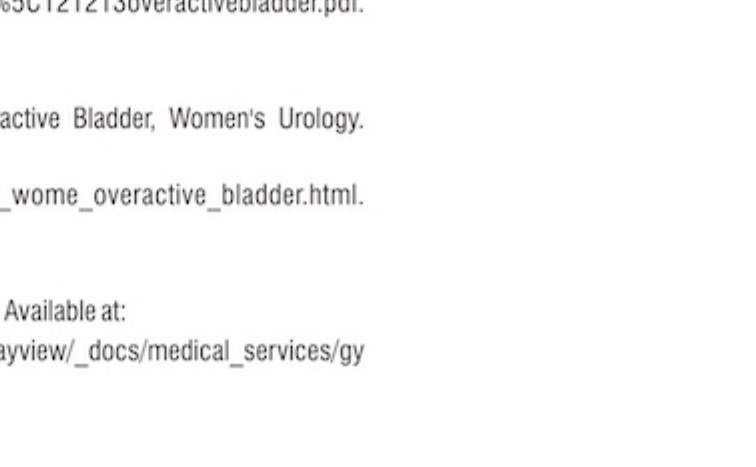
- **Bladder irritant foods¹:**
 - Tomato-based foods
 - Chocolates
 - Spicy foods



- **Acidic fruits⁴:**
 - Grapes
 - Pineapple
 - Guava
 - Strawberries
 - Plums

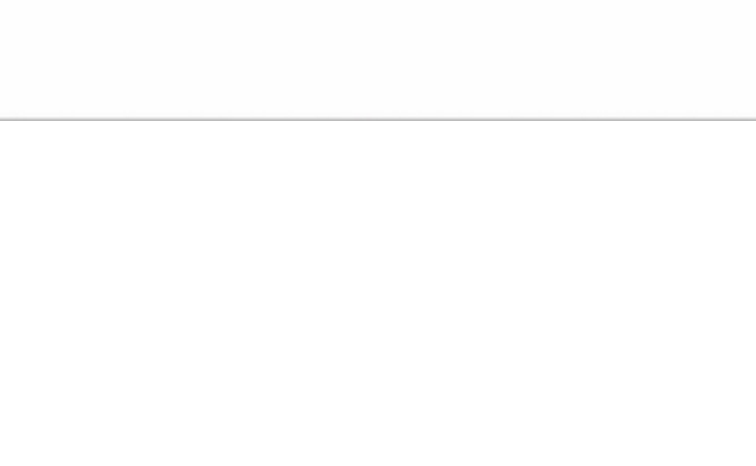


- **Salty food¹:**
 - Potato chips, salted nuts, and other salty foods
 - Increase thirst
 - They retain water



FOODS THAT ARE HELPFUL

- **Take fibre-containing foods¹:**
 - Peas
 - Beans
 - Pasta
 - Oatmeal
 - Whole wheat bread
 - Fresh fruits and vegetables
 - Nuts (handful)



STOP SMOKING

- **Cigarette smoking²:**
 - Causes coughing
 - Irritates bladder
 - Increases urine leaks
- **Benefits of quitting smoking:**
 - Improves bladder health and overall health⁶



QUIT ALCOHOL

- **Alcohol accounts for fluid intake:**
 - Increases urine production²
 - Causes bladder irritation¹

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