

OVERACTIVE BLADDER CARE

We'll find a personalized treatment plan based on unique factors that eases your discomfort and restores function.



Are you:

- Suffering from a sudden urge to urinate that's difficult to control?
- Experiencing unintentional loss of urine?
- Urinating frequently (usually eight or more times in 24 hours)?
- Waking up more than twice in the night to urinate?

You're not alone. Approximately one in six U.S. women suffer from overactive bladder (OAB).* It isn't life threatening—but it can change the way you live your life. Our experts will find the right approach to restore your bladder function, confidence, and quality of life.

*Source: Stewart W., et al. Prevalence and burden of overactive bladder in the United States. *World J Urol* 20, 327-336 (2003).

Treatment is based on:

- Age, overall health and medical history
- Expectations for the course of the disease
- Extent of the disease
- Patient opinion or preference
- Tolerance for specific medications, procedures or therapies

Treatment pathways

Step 1

Bladder control strategies

- Fluid modification
- Dietary changes
- Weight loss
- Bladder training
- Pelvic floor physical therapy

Step 2

Medication therapy

- Beta-3 agonists
- Anticholinergics

Step 3

Advanced therapies

- Sacral neuromodulation
- Bladder Botox
- Peripheral tibial nerve stimulation



Scan QR code to learn more.
Call (516) 622-5114 or
email urogyn1@northwell.edu
to make an appointment.