

COMPREHENSIVE DIAGNOSIS & TREATMENT FOR OVERACTIVE BLADDER (OAB)

WHAT IS OVERACTIVE BLADDER (OAB)?

Overactive Bladder (OAB), also known as urge incontinence, is the name of a group of urinary symptoms. The most common symptom of OAB is the “gotta go” feeling, or the frequent and/or sudden urge to urinate that cannot be controlled.

Risk factors for developing OAB symptoms include:

- Aging
- Neurological conditions including multiple sclerosis, Parkinson's disease, stroke, cerebral palsy and spinal cord injury
- Diabetes
- Certain gastrointestinal conditions such as irritable bowel syndrome (IBS)
- Menopause
- Pregnancy and childbirth; endometriosis; abdominal surgeries
- Medications such as diuretics, sedatives and antidepressants
- Caffeine, alcohol and spicy foods can irritate the bladder and make OAB symptoms worse
- Obesity and being overweight

Bladder control problems such as overactive bladder (OAB) are common in women of all ages. In fact, more than 30 million Americans are living with OAB. The incontinence specialists at Chesapeake Urology have helped restore countless women living with OAB to a better quality of life.

HOW IS OVERACTIVE BLADDER DIAGNOSED?

The incontinence specialists at Chesapeake Urology will perform a comprehensive medical exam in addition to a urinalysis and blood work. Physicians often ask patients to keep track of urinary symptoms in a bladder diary. Additional testing may be required including:

- A pelvic ultrasound
- A post void residual test (PVR)
- Cystoscopy
- Urodynamic testing

WHAT ARE THE TREATMENT OPTIONS FOR OAB?

Chesapeake Urology incontinence specialists may recommend one or more of the following lifestyle modifications as first line treatments:

- Physical therapy, including pelvic floor muscle exercises and techniques such as timed urination, bladder training or delayed voiding
- Fluid and diet management
- Bladder diary
- Medications such as anticholinergics or Beta-3 agonists
- Bladder (Botox) injections to relax bladder muscles

Surgical treatment options include neuromodulation therapy, which works by addressing the communication lapse between the brain and the nerves that control the bladder utilizing an implantable neurotransmitter device.

- **Urgent PC®** – This therapy uses percutaneous tibial nerve stimulation (PTNS) to treat OAB symptoms. The slight electrical impulses inhibit frequent contractions of the pelvic floor and bladder muscles for better urinary control and less frequent urinary urges.
- **InterStim® therapy** – This implanted device stimulates the sacral nerves with mild electrical pulses to modulate the communications signals with the brain. This treatment is safe and effective and a viable option for patients who have not had success with lifestyle changes and first line therapies for OAB.

More information on back...

MEET CHESAPEAKE UROLOGY'S PELVIC HEALTH SPECIALISTS:



Andrew Shapiro, M.D., F.A.C.S.

Certified by the American Board of Urology
Fellow of the American College of Surgeons
Director, Chesapeake Urology Center for Continence
and Pelvic Floor Dysfunction of Chesapeake Urology;
Fellowship trained in female urology, neurourology
and urinary tract reconstruction

Areas of specialty: Urinary incontinence,
pelvic prolapse, voiding dysfunction,
neurourology and complex neurogenic
bladder cases



Conrad Duncan, M.D., F.A.C.O.G., F.A.C.S.

Certified by the American Board of Obstetrics and Gynecology
Board-certified in Urogynecology
Fellow of the American Congress of Obstetricians and
Gynecologists
Fellow of the American College of Surgeons

Areas of specialty: Urogynecology including
minimally invasive GYN surgery including robotic
surgery, female urinary incontinence, overactive
bladder, pelvic organ prolapse, fecal incontinence,
abnormal uterine bleeding/fibroids, interstitial
cystitis, chronic pelvic pain, and vaginal birth injuries



Kelly Johnson, M.D.

Fellowship trained in female urology, neurourology and
urinary tract reconstruction
American Board of Urology Board Eligible

Areas of specialty: Female urology,
neurourology, pelvic reconstructive surgery,
urinary incontinence, pelvic prolapse, chronic
pelvic pain, interstitial cystitis and complex
neurogenic bladder cases



Lisa Hawes, M.D.

Certified by the American Board of Urology

Areas of specialty: Female urologic conditions
including incontinence, pelvic prolapse, urinary
tract infections and interstitial cystitis; kidney stone
disease and conditions



Kannan Manickam, M.D.

Certified by the American Board of Urology
Fellowship trained in female urology, urodynamics,
pelvic floor and urinary reconstruction, and sacral
neural modulation

Areas of specialty: Female incontinence and
pelvic prolapse conditions



Kaiser Robertson III, M.D., F.A.C.S.

Certified by the American Board of Urology
Fellow of the American College of Surgeons

Areas of specialty: urinary incontinence and pelvic
reconstructive surgery



Victoria Staiman, M.D., F.A.C.S.

Certified by the American Board of Urology
Fellow of the American College of Surgeons

Areas of specialty: Female incontinence
and pelvic prolapse, urinary tract infections,
hematuria, voiding dysfunctions and kidney
stone disease



Sondra Beth Barker, CRNP, MS, RN

Working with urogynecologist Dr. Conrad Duncan,
Sondra is a women's health nurse practitioner
who specializes in urogynecology.

Areas of specialty: Incontinence services
including management of stress urinary
incontinence and overactive bladder treatment
programs, tibial nerve stimulation, urodynamics
studies and medication management, as well
as pelvic floor disorder services including
management of chronic pelvic pain and interstitial
cystitis, bladder instillations, vaginal pessary
fitting and placement, medical therapy for pelvic
organ prolapse, and sexual dysfunction

Speak with a Chesapeake Urology specialist today to find the best solution to your patient's urinary incontinence. Call 877-771-9508, or visit us on the web at www.chesapeakeurology.com.

877-771-9508