

If you have OAB:

You often feel that you "have to go" right now.

Sometimes, you feel afraid that you won't make it to the restroom 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.

*Does this
sound like you?*

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

Overactive bladder 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.

**It's about time.
*It's about you.***

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.

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

So don't wait..

Talk to your doctor today. There are many ways to treat OAB. You just have to ask for help.