

Overactive bladder

Overactive bladder (OAB) is a set of symptoms that includes urinary urgency, pollakiuria **nocturia**. **urgency incontinence** with complete involuntary leakage of urine may be present (about 1/3 of cases), but is not a condition of OAB. Without incontinence it is sometimes referred to as a *dry overactive bladder*, with incontinence a *wet overactive bladder*.

Emergency

Imperative urination, **urgent urination** or **urgency** is a compulsion to urinate that forces the patient to comply immediately. In contrast to the physiological compulsion to urinate (*urge*), the intensity of which increases smoothly and slowly, the intensity of the urgency increases suddenly, in leaps and bounds.

Polakisuria

Polakisuria (*eng. frequency*) is defined in this case as urinating 8x or more times a day. (Assumes normal fluid intake, etc.)

Nocturia

Nocturia in this case is defined as urinating at least once during the night, due to which the patient wakes up and has to get up. It does not include cases where the patient is awakened for another reason and during this happens to go to the toilet.

OAB risk factors:

- age,
- obesity,
- repeated inflammation of the lower urinary tract (DCM),
- depression (reduced serotonin).

The **Impact of OAB** is *occupational, social, psychological, sexual and physical*.

Investigative methods:

- anamnesis (Gaudenza questionnaire),
- physical examination and clinical tests (G-tip test, stress test, PWT, LPP),
- imaging examination,
- laboratory examination,
- urodynamic examination methods (Filling cystometry, Profilometry, Uroflowmetry).

Treatment

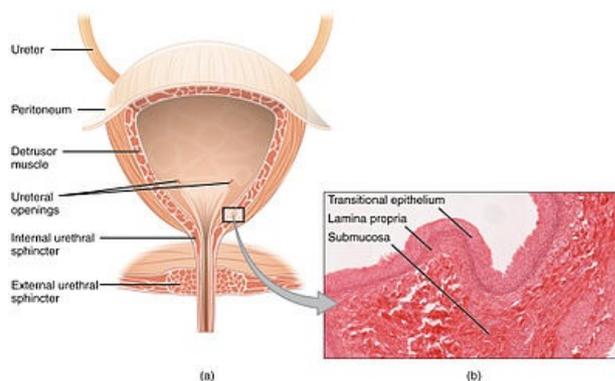
- **Modification of lifestyle and drinking regime,**
- **Drug therapy:**

anticholinergics - Trospium (Spasmed), Solifenacin (Vesicare),

β_3 - agonists Betmiga (Mirabegron)

Unfortunately, anticholinergics have side effects. These include dry mouth, constipation and blurred vision. If patients are troubled by these NUs, they use " β_3 agonists", which have fewer side effects.

- electrostimulation,
- surgical therapy.



The Bladder

Related Articles

- Urinary incontinence
- Urgent Urinary Incontinence
- Polakisuria
- Nocturia

External resources

Recommended reading

- MARTAN, Alois. *Urinary incontinence in women and its medical treatment : attending physician's guide*. 2. edition. Prague : Maxdorf, 2006. 83 pp. ISBN 80-7345-094-1.
- MARTAN, Alois. *Treatment of urinary incontinence* [online]. [cit. 2017-11-06]. <<https://el.lf1.cuni.cz/martan1-2015?account-id=7&principal-id=9694172&session=breez2b4a9qgngdxh7xdf>>.