

Overactive Bladder

If you have an overactive bladder, you might:

1. Start “toilet mapping,” which is when you habitually look for toilet locations and plan your daily activities based on knowing where toilets can be easily reached.
2. Experience disturbed sleep and daytime irritability due to waking up to go to the bathroom two or more times during the night.
3. Repeatedly leave important meetings because of frequent trips to the bathroom.
4. Pass up invitations to socialize with friends and family because of embarrassment of having to visit the bathroom regularly or the fear of having an incontinence accident.
5. Only sit in the aisle seat in public transportation, on planes, in places of worship, or at movies so you’ll be able to leave quickly to find a bathroom.
6. Always carry a spare set of clothing in case of an incontinence episode.
7. Wear dark and baggy clothing to disguise disposable pads or the signs of urine leakage.
8. Carry a bottle or some type of container in the car in case you need to void while traveling long distances.
9. Withdraw from sexual intimacy to avoid the anxiety and embarrassment caused by urine leakage during love making.
10. Avoid or stop exercising, like jogging, because of fear of being too far away from a bathroom.
11. Silently endure a condition that no one is talking about and falsely believe that there is no hope or treatment.

From: Overcoming Overactive Bladder: Your Complete Self-Care Guide by Diane K. Newman, RNC, MSN and Alan J. Wein, MD

Happiness is Good Health