

Overactive Bladder

The bladder, a vital organ for urine storage, is regulated by a muscular structure called the sphincter, aided by pelvic floor muscles. When the bladder is full or you decide to urinate, the brain signals the contraction of bladder muscles and relaxation of sphincter muscles to facilitate urination.

Symptoms of Overactive Bladder: Overactive bladder manifests through the following symptoms:

Urgency: A sudden, compelling urge to urinate.

Frequency: Increased frequency of urination.

Nocturia: The need to urinate during the night.

Common Causes: Several factors can contribute to overactive bladder, including:

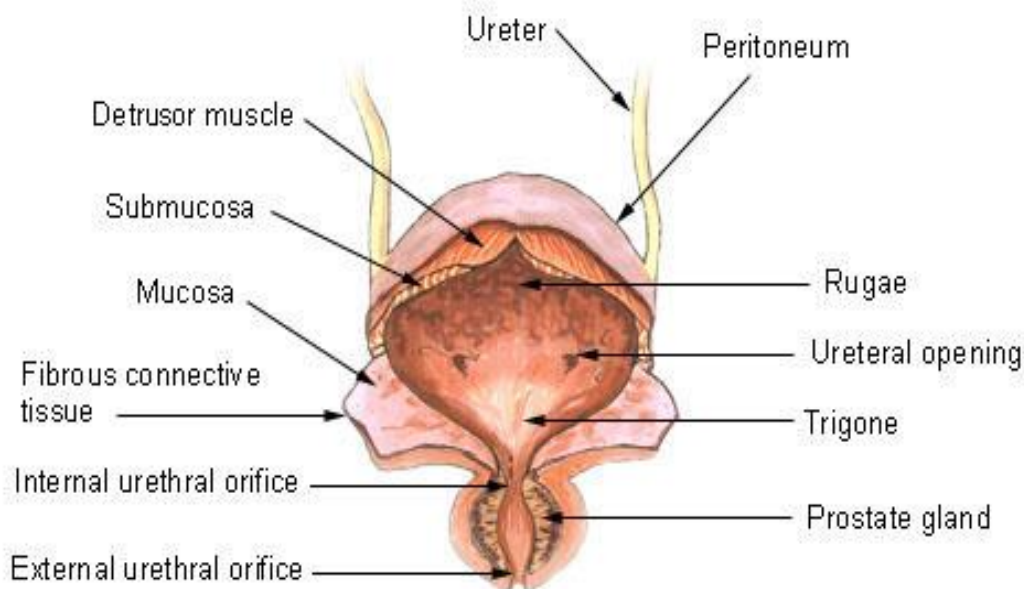
Urinary tract infections

Bladder cancer or stones

Previous bladder surgeries

Consumption of alcohol, tea, or coffee

Urinary Bladder



[Overactive bladder - Wikipedia](#)

Investigations: Diagnosing overactive bladder often involves:

Urine tests to identify potential infections or abnormalities

Urodynamic studies to assess bladder function and urine flow

Treatment: Treatment strategies for overactive bladder encompass various modalities:

Lifestyle Changes: Modifying habits such as fluid intake and diet.

Bladder Training: Techniques to improve bladder control and reduce urgency.

Medication: Pharmacological interventions to manage symptoms.

Other Therapies: Advanced interventions like botulinum injections, or sacral nerve stimulation may be recommended in certain cases.

Empower yourself by understanding the causes and symptoms of overactive bladder, and consult with a healthcare professional for personalized evaluation and treatment options tailored to your needs. With appropriate management, symptoms can often be effectively alleviated, enhancing your quality of life.