



5 QUESTIONS TO ASK YOURSELF ABOUT OVERACTIVE BLADDER (OAB)

FIVE QUESTIONS RELATED TO OAB YOU SHOULD ASK YOURSELF BEFORE VISITING THE DOCTOR TO HAVE A BETTER, MORE INFORMED DIALOGUE ABOUT YOUR INDIVIDUAL SYMPTOMS:

1. Do you wake up from sleeping to urinate? If so, how often?
2. How often do you urinate during the day?
3. Do you ever feel like you have to urinate and when you arrive at the toilet you don't have to go anymore?
4. Do you find yourself mapping out routes to the closest toilet when you are out?
5. Do you ever experience leakage or involuntary urination?

For more information on OAB, visit www.voicesforpfd.org/breakfree.

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