BLADDER OUT OF CONTROL? WE CAN HELP

Overactive Bladder (OAB) is a treatable condition. It’s not a normal part of aging. And you shouldn’t have to deal with it on your own.

OAB IS EXTREMELY COMMON
1 in 6 adults has OAB

IGNORING OAB POSES SERIOUS RISKS
People with undiagnosed OAB reported:
54% Loss of confidence
49% Loss of self-esteem
45% Loss of intimacy

YOU CAN MANAGE OAB IN MANY WAYS
Remember, if conservative treatments don’t deliver the results you need, you have more options.

DIAGNOSIS
“What is happening to me?”
Meet with a urinary incontinence specialist to see if you have OAB.

LIFESTYLE CHANGES
“What should I try first?”
Conservative treatments can help some people, but may not work well for others.
- Diet and exercise
- Pelvic floor strengthening (Kegels)
- Bladder training

ORAL MEDICATIONS
“Are there medications for OAB?”
Oral medications can help, but may cause side effects.

ADVANCED THERAPIES
“What if oral medications don’t work?”

Medtronic NURO™ Percutaneous Tibial Neurornodulation (PTNM) treats overactive bladder and associated symptoms of urinary urgency, urinary frequency, and urge incontinence. PTNM is not intended for patients with pacemakers or implantable defibrillators, patients prone to excessive bleeding, patients with nerve damage that could impact either percutaneous tibial nerve or pelvic floor function, or on patients who are pregnant or planning pregnancy. Do not use if the skin in the area of use is compromised. Exercise caution for patients with heart problems. Adverse events are typically temporary, and include mild pain, minor inflammation and bleeding near treatment site. This therapy is not for everyone. Please consult your physician to decide whether PTNM is right for you. A prescription is required. For further information, please call Medtronic at 1-800-328-0810.

IF OAB DISRUPTS YOUR LIFE, DON’T CHOOSE THE SILENT TREATMENT
Just say: “I think I might have OAB” and let your doctor take it from there.