



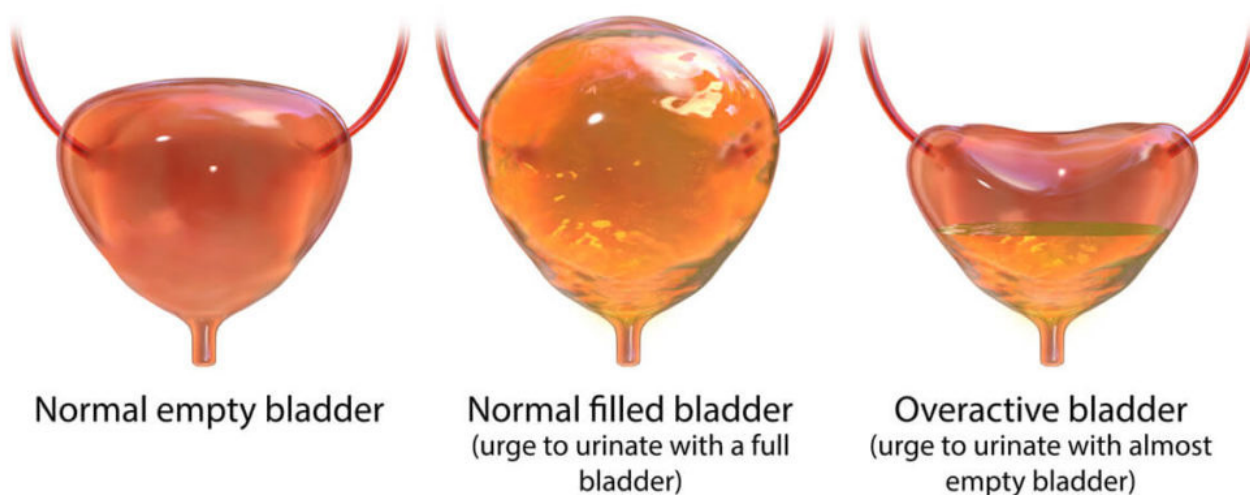
Lancashire Gynaecologist

Eric Mutema

Managing an
Overactive Bladder

Managing an Overactive Bladder: Treatments and Interventions

Overactive bladder (OAB) is a prevalent condition that impacts the lives of numerous women globally, leading to symptoms like frequent urination, sudden urges to urinate, and incontinence. While OAB can affect women of all ages, it is more commonly observed in older women due to changes in pelvic floor muscles, hormonal fluctuations, and other age-related factors. Fortunately, a range of treatments and interventions are available to help women effectively manage moderate to severe overactive bladder symptoms and enhance their quality of life.



Treatments and Interventions

Behavioral Therapies

Bladder training: This therapeutic approach involves gradually increasing the time between visits to the toilet to help individuals control urges and improve bladder capacity. Bladder training is particularly beneficial for women experiencing urgency incontinence.

Fluid management: Monitoring and adjusting fluid intake can help reduce urinary frequency and urgency by identifying and avoiding triggers that worsen symptoms, such as caffeinated beverages.

Pelvic floor exercises (Kegel exercises): Strengthening the pelvic floor muscles through targeted exercises can enhance bladder control and reduce leakage episodes, especially in women with stress urinary incontinence.

Medications

Anticholinergic medications: These drugs work by blocking the action of acetylcholine, a neurotransmitter that stimulates bladder contractions, thereby relaxing the bladder muscle and reducing urgency and frequency of urination.



Potential Treatment Options for an Overactive Bladder

Reduced consumption of diuretics
such as coffee, alcohol, soda etc.

Retraining your bladder through
mind-body therapies

Pelvic floor exercises like kegels

OTC medicines such as supplements

Prescription medicines

Surgery or procedures done by a
specialist such as Botox

Beta-3 adrenergic agonists: These medications target specific receptors in the bladder muscle to promote relaxation and increase bladder capacity, offering an alternative treatment option for women with OAB symptoms.

Neuromodulation

Sacral nerve stimulation: This advanced therapy involves implanting a device that delivers mild electrical impulses to the sacral nerves, which play a crucial role in regulating bladder function. By modulating nerve activity, sacral nerve stimulation can help restore normal bladder control and alleviate OAB symptoms.

Botox

Botox injections: into the bladder muscle can effectively inhibit the release of neurotransmitters responsible for triggering bladder contractions, leading to improved bladder function and reduced urgency in women with severe OAB symptoms.

Surgical Interventions

Bladder augmentation: In cases where conservative treatments have been ineffective, bladder augmentation surgery may be recommended to increase the bladder's storage capacity and alleviate symptoms of OAB.

Bladder removal (cystectomy): Although considered a last resort option, bladder removal surgery may be necessary for women with severe OAB symptoms that have not responded to other interventions, offering a potential cure for debilitating bladder dysfunction.

Self-Help Strategies

In addition to medical treatments, adopting self-help strategies can empower women to better manage their overactive bladder symptoms and improve their overall well-being.

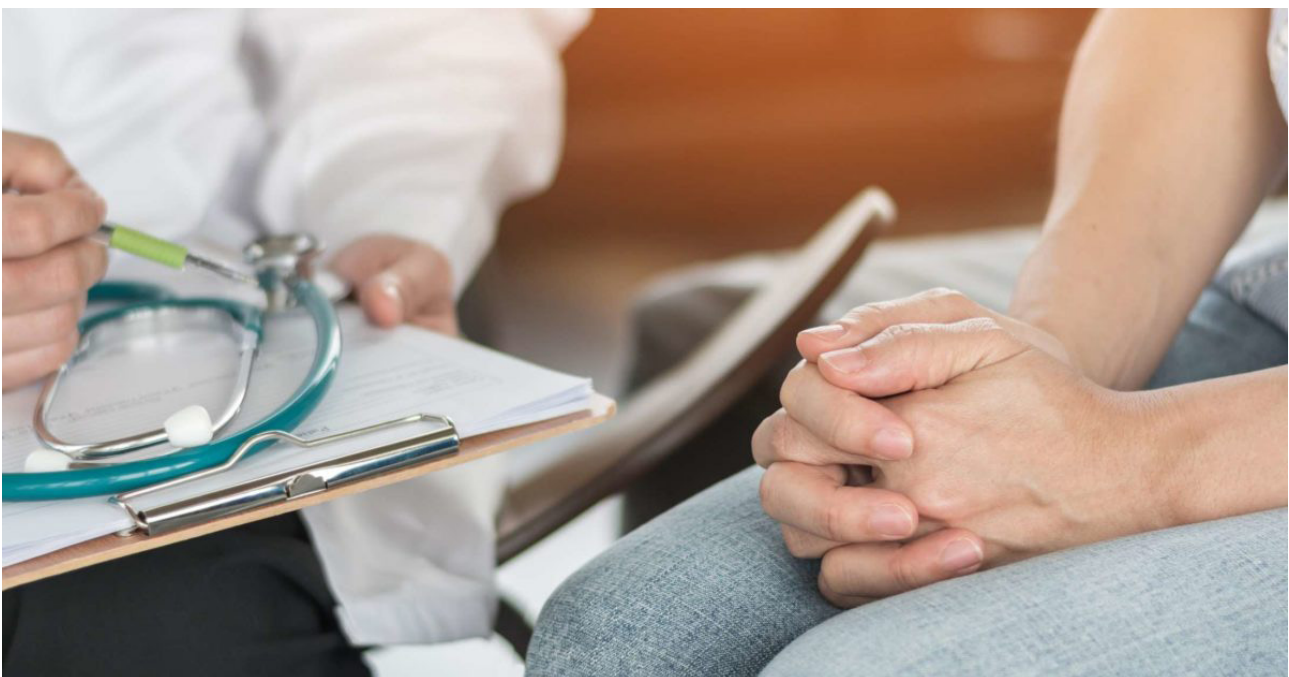
Maintain a healthy weight: Excess weight can exert pressure on the bladder and exacerbate OAB symptoms, making weight management an essential aspect of symptom control.

Avoid bladder irritants: Limiting or eliminating the consumption of bladder irritants such as caffeine, alcohol, spicy foods, and artificial sweeteners can help reduce bladder irritation and minimise urinary urgency and frequency.

Practice good habits: Avoiding prolonged periods of holding urine, and ensuring adequate hydration can promote bladder health and enhance symptom management in women with OAB.

Conclusion

Managing overactive bladder in women requires a comprehensive approach that may include behavioural therapies, medications, neuromodulation, and surgical interventions. By working closely with healthcare providers such as the Lancashire Gynaecologist and incorporating self-help strategies into their daily routine, women can effectively control their symptoms and improve their quality of life. If you are experiencing moderate to severe overactive bladder symptoms, contact us today for a proper evaluation and personalised treatment plan <https://lancashiregynaecologist.co.uk/contact/>



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How the Lancashire Gynaecologist can help

The Lancashire Gynaecologist and practice founder Mr Eric Mutema is a respected consultant in urogynaecology and the treatment of urinary incontinence. Our practice combines Mr Mutema's clinical expertise with excellence in patient-centred care, empathy and consideration for the individual.

His practice has successfully treated the condition in many women, using a range of the latest treatments, including cystoscopy which help to accurately diagnose various bladder problems and offer the most appropriate solutions for treatments.

To find out more about how we can help, please visit our website and get in touch. Our practice can support you to and help restore your physical and mental well-being during menopause.



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