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INCONTINENCE

Check In, Check Up: Overactive Bladder

Take these four quizzes to check in on your overactive bladder symptoms and find ways to feel healthier physically and emotionally.



By Brian P. Dunleavy
Reviewed: July 30, 2021

✓ Fact-Checked

Pick an area of your life you want to improve:



My Treatment >



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Can Overactive Bladder Be Managed Better?

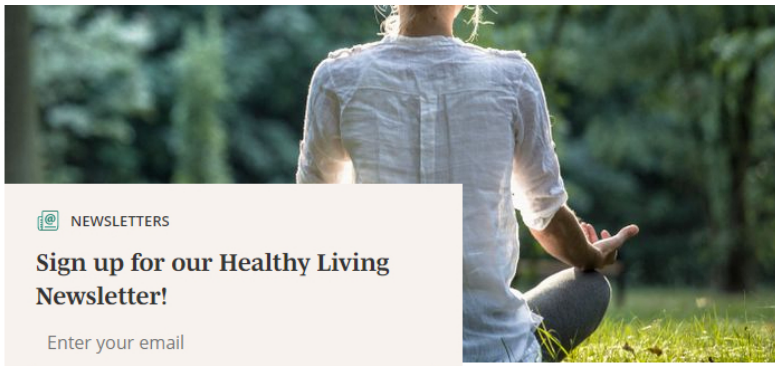
The symptoms of overactive bladder (OAB) have a way of spreading to all aspects of your life — from relationships and sex to work and travel — particularly if the condition is not well controlled.

With OAB, your life may be affected by leakage and frequent, powerful, and sometimes sudden urges to urinate. And these physical symptoms can also take a psychological toll, which is why it's important to take a moment to reflect and ask yourself where you might be able to make improvements.

To help you evaluate how well your current management plan is working, we developed four assessments designed to gauge how much OAB impacts your [quality of life](#); your [mental health](#), whether your [symptoms are well-controlled](#), and if your [current treatment is still effective](#).

Take this opportunity to check in with yourself before scheduling a checkup with your doctor to discuss the results.





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