

ASK THE DOCTOR



Four Simple Questions Can Change The Lives of the More Than 25 Million Undiagnosed Overactive Bladder Sufferers

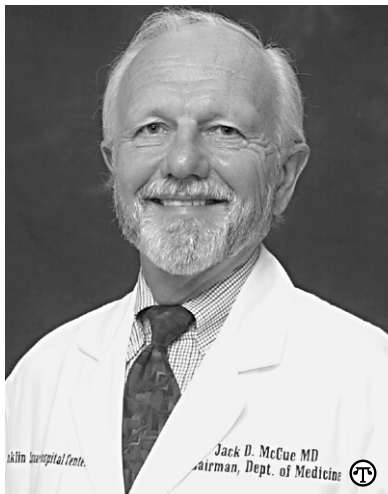
(NAPSA)—Dear Dr. McCue—**For months it's been increasingly difficult to control my bladder. I'm so embarrassed that I haven't told anyone, not even my doctor. Is there help out there for me?**

Dear reader—First, you must discuss your symptoms with your health care provider. Losing control of your bladder is not normal at any age and not something you should put up with. You may be suffering from overactive bladder (OAB)—the strong and sudden need to urinate, the need to go to the bathroom more than eight times a day, waking up two or more times a night and having wetting accidents. OAB is very common, affecting more than 33 million Americans, and, left untreated, can begin to impact your daily activities like sitting through a movie or grocery shopping. The good news is a health care provider can diagnose OAB quickly and easily with four questions:

- Do you leak when rushing to the toilet?
- Once your bladder feels full, how long can you hold your urine?
- Does your bladder start to empty soon after you have the urge to urinate, and you cannot stop the leakage until it is too late?
- Do you wake up to urinate?

Once successfully diagnosed, you and your doctor can work together to find the right treatment option. Studies show that a combination of behavioral treatments (Kegal exercises, bladder training) and medication work most effectively to manage OAB symptoms.

Oxytrol® (oxybutynin transdermal system), a thin, flexible, clear



patch with convenient twice weekly dosing, is the latest innovation approved to treat OAB symptoms. My patients have found that Oxytrol® not only helps manage their symptoms but has a very low incidence of troubling side effects (dry mouth, constipation)—this is an option you and your doctor may want to consider.

Oxytrol® may not be for everyone. The most common adverse events occurring with Oxytrol® were application site reactions, dry mouth, constipation, diarrhea, dysuria and abnormal vision. If you would like to learn more about Oxytrol®, talk to your doctor, visit www.oxytrol.com or call the toll-free number 1-888-OXYTROL to receive a complimentary brochure.

Dr. Jack McCue is a clinical professor of medicine at the University of Maryland School of Medicine and chairman of the department of medicine at Franklin Square Hospital Center.