



## Life Impact Tracker for Overactive Bladder (OAB)

### OAB can affect quality of life

OAB is one of the most common chronic conditions affecting women in the U.S.<sup>I,II</sup> Studies show that its psychosocial, economic, psychological and physical impact extends into every area of daily living.<sup>III,IV,V</sup>

Tracking individual symptoms is only one piece of the total OAB picture for a woman’s life – having a greater understanding about how OAB impacts your life over time is also powerful information.

Use the charts below to gauge how you may be living your life differently as a result of OAB. This tool can help you start a conversation with your doctor.

The charts include several “starter” activities for you to track your symptoms and document the ways you try to cope right now.

### How often does OAB cause you to avoid the following activities?

	Often	Sometimes	Seldom	Never	Notes/Dates
Exercising?					
Traveling?					
Going out with friends?					
Having sex?					
Going to work?					
Other 1					
Other 2					
Other 3					

### How often does your OAB cause you to feel \_\_\_\_\_?

	Often	Sometimes	Seldom	Never	Notes
Anxious?					
Depressed?					
Embarrassed?					
Angry?					
Frustrated?					
Other 1					
Other 2					
Other 3					

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<sup>I</sup> US Census Bureau, 2008 National Population Projections, Projected Population by Single Year of Age, Sex, Race, and Hispanic Origin for the United States: July 1, 2000 to July 1, 2050. <http://www.census.gov/population/www/projections/downloadablefiles.html> Accessed 09 Feb 2012

<sup>II</sup> Verbrugge LM, Patrick DL. Seven chronic conditions: their impact on US adults' activity levels and use of medical services. *Am J Public Health.* 1995; 173-182.

<sup>III</sup> Coyne KS, Matza LS, Brewster-Jordan J. We have to stop again?! The impact of overactive bladder on family members. *NeuroUrol Urodyn.* 2009; DOI 10.1002/nau.20705: 1-7

<sup>IV</sup> Sand P, Zinner N et al. Oxybutynin transdermal system improves the quality of life in adults with overactive bladder: a multicentre, community-based, randomized study. *BJU Int.* 2006;99:836-844

<sup>V</sup> Muller N. Overactive bladder in middle age women: the frustration of baby boomers with OAB symptoms. *Ann Urol.* 2010;1:1-8