



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.^{I,II} Studies show that its psychosocial, economic, psychological and physical impact extends into every area of daily living.^{III,IV,V}

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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^I 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

^{II} 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.

^{III} 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

^{IV} 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

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