

# The Mortar & Pestle

## Volume 3 Issue 8

### Stafford Pharmacy and Home Healthcare

## OVERACTIVE BLADDER

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### What is overactive bladder?

Overactive bladder (OAB) is a condition caused by involuntary spasms of the muscle within the bladder wall. In Canada, OAB affects approximately 1 in 6 members of the adult population. Despite its prevalence, OAB is not a condition you hear mentioned often, as many are too embarrassed to talk about their symptoms, even with their physician. Studies suggest that only 26% of those suffering from OAB seek help from a medical professional.

### What are the symptoms of overactive bladder?

Symptoms of OAB include:

- Frequent urination (more than 8 times per day or more than once at night)
- Uncomfortable, strong urge to urinate
- Sometimes loss/leakage of urine due to urgency sensation

### What causes OAB?

While OAB is more common as we age, it is not a “normal” part of the aging process. In many cases the cause of OAB is unknown. The following identifiable causes can lead to symptoms of OAB: nerve damage caused by pelvic trauma, bladder stones, and neurological conditions (Parkinson’s, MS, stroke).

### Is OAB a treatable condition?

Yes. OAB is a very treatable medical condition. Untreated OAB drastically reduces quality of life, and many who suffer in silence become embarrassed, self-conscious, and often develop anxiety and/or depression. If you think you have OAB, don’t suffer in silence. Speak with your physician or pharmacist and start a treatment plan today.

### How is OAB treated?

Treatment of OAB may include one of or a combination of the following options:

- Drinking 6-8 glasses (8 oz. each) of water per day
- Avoiding food and drinks which irritate the bladder (caffeine, citrus fruits, artificial sweeteners, tomatoes, sodas, alcohol, and spicy foods)
- Bladder Retraining Program
- Physical Therapy such as pelvic floor muscle exercises, commonly called “Kegel” exercises
- Prescription medications
- In rare cases, surgery may be performed when all other treatments fail

If you feel you are suffering from OAB, schedule an appointment with your physician as soon as possible. For 2 days before your appointment, keep a [bladder diary](#). Record the time of what and how much you eat and drink and when you go to the bathroom. Also keep track of any leakage and if something like sneezing or laughing causes you to have a leak. This diary will help your doctor diagnose OAB as well as help develop a treatment plan. For more information on OAB and related conditions speak with one of our pharmacists today or visit <http://www.nafc.org/>.

## HOME CARE SOLUTIONS

Incontinence is a sensitive subject which can be difficult to talk about for many people. Here at Stafford Pharmacy, our home care staff is sensitive to this issue and are highly trained to help you to select the right product. No matter what type of incontinence you or your loved one is dealing with, there is a product that can make your lives easier. Our staff will help you choose the correct size and absorbency level and can provide sample products for you to try to ensure they work for you.

We offer everything from pads to pull-ups and briefs, for any level of absorbency. In addition to our wide range of liners and underwear, we also have a large selection of skin care products such as disposable pre-moistened wash cloths like TENA wipes. These wipes contain aloe, vitamin E, and chamomile to moisturize and protect against dryness.

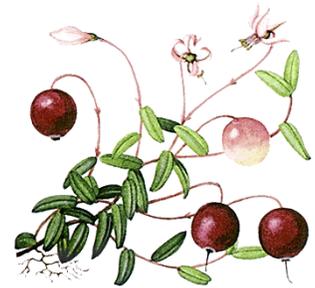


If you or a loved one is struggling with finding the correct product, come in and speak with a member of our home care staff today and let us help you.

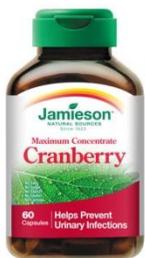
## THE TRUTH ABOUT CRANBERRY

Traditionally, cranberry has been used to both treat and prevent urinary tract infections (UTIs). Research suggests that the cranberry prevents bacteria from sticking to the inside of the bladder, thus preventing an infection. Over the years, it has been widely debated whether or not cranberry is effective in the treatment and prevention of UTIs.

It has now been shown that **cranberry is not effective in the treatment of UTI's** and should not be used to do so. If you have symptoms of a UTI (frequent urge to urinate, painful burning sensation, blood in urine etc.) see a physician so that they may prescribe antibiotics in order to cure the infection.



Several studies have now shown that **cranberry is effective for the prevention of UTIs**. Those people who suffer from recurrent UTIs may want to consider the use of cranberry for preventing them.



Cranberry can be taken in the form of juice or capsules which contain cranberry extract. If you choose to drink cranberry juice or cocktail to prevent UTIs, it is recommended that you consume one 8 oz. glass three times per day. If you are diabetic, concerned about sugar intake, or would have difficulty drinking that much juice, cranberry capsules are a great alternative. Simply take one capsule twice daily in order to prevent frequent urinary tract infections.

If you have questions about urinary tract infections and the use of cranberry juice or capsules for prevention, speak with one of our pharmacists today!

### **Volume 3, Issue 8**

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