



# WOMEN'S HEALTH

## Millions of Sufferers Remain Silent and Go Untreated

(NAPSA)—More than 40 million Americans are affected by a debilitating condition that impacts their sex lives, sleep patterns, and ability to function socially. Do you know anyone who fits this description? Perhaps she started wearing pantyliners because every now and then she would “leak” when she laughed or sneezed. Then over a few years she switched to slightly larger pads to catch the “bigger leaks”—until one day she realized she was purchasing adult diapers and had possibly compromised her life in the process.

This denial is caused by a very real and treatable medical condition, known as overactive bladder (OAB), whose symptoms include urinary wetting incidents—or leaking—and excessive bathroom use of eight or more times in a 24-hour period. The unfortunate reality is that most women are embarrassed and believe this condition to be a natural part of aging or childbirth, and therefore postpone discussions with a doctor.

For those who suffer from OAB, the condition can disrupt everyday life, often preventing them from participating in activities such as sports, family vacations, social outings and even sexual intimacy. As a result, many individuals are left feeling frustrated, embarrassed and isolated.

### **Few Sufferers Seek Proper Diagnosis and Treatment**

In a national survey of 1,000 women aged 45 and older, more than 30 percent who experienced urinary leakage had never discussed their symptoms with anyone. And more Americans have it than you might think. In fact, OAB is more prevalent than asthma, osteoporosis, diabetes or Alzheimer's disease and the majority of people with the condition are under 65 years old.

“Many women believe that they simply have to live with the symptoms of an overactive bladder and do so through various coping mechanisms such as wearing pads and restricting fluid intake,” said Dr. Scott MacDiarmid, a highly



**Although overactive bladder is common, it can be easily and successfully treated.**

regarded urologist and associate professor of medicine at Wake Forest University. “The best advice I can give to these individuals is to stop living in silence and seek help from your doctor for proper diagnosis and treatment.”

### **Help is Available**

Many OAB sufferers are being successfully treated with prescription medications, such as DITROPAN XL® (oxybutynin chloride) Extended Release Tablets. DITROPAN XL is the first once-a-day medication clinically proven to deliver 83 to 90 percent reduction in wetting accidents, versus 51 percent for placebo.

DITROPAN XL is a once-daily medication for OAB and is the only treatment with dosing flexibility. DITROPAN XL works through an osmotic drug delivery system that provides rate-controlled delivery of oxybutynin with convenient once-daily dosing and relatively constant plasma concentrations during the 24-hour interval. DITROPAN XL acts as an anticholinergic and antispasmodic. The mechanism of action relaxes the smooth muscle of the bladder, reduces detrusor (muscle lining the bladder) contractions, increases bladder capacity and delays the urge to urinate. DITROPAN XL is marketed by Ortho-McNeil Pharmaceutical and is available by prescription only.

For full prescribing information and more information on OAB, visit [www.ditropanxl.com](http://www.ditropanxl.com).