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Management; Chapter 7 Changes in lifestyle; Introduction; Lifestyle modifications; Obesity; Smoking; Extremes of daily fluid intake; Dietary bladder irritants; Constipation and straining at stool; Summary; References; Patient Guide 1 Lifestyle changes that can improve bladder symptoms; Maintain a healthy weight; Stop smoking; Moderate liquid and beverage intake; Monitor your diet; Maintain bowel regularity; Chapter 8 Physical therapy; Physical therapy Scheduled voiding/bladder training Pelvic floor muscle training; Electrical stimulation; References; Section 4 Second Line Management; Chapter 9 Oral medication for overactive bladder; Introduction; Antimuscarinics; Beta 3 (3) adrenergic receptor (AR) agonists; Antidepressants; References; Chapter 10 Patches and gels; Rationale for TD OXY delivery; Drug pharmacology; Conclusion/expert opinion; References; Chapter 11 Promising experimental drugs and drug targets; Introduction; P2X3-receptors and P2X3 receptor antagonists; The cannabinoid system; TRP channels; References Chapter 12 The role of co-medication in the treatment of OAB Introduction; Antimuscarinics and -adrenoreceptor antagonists; Phosphodiesterase-5 inhibitors and -adrenoreceptor antagonists; Other combination regimens; Future directions; References; Chapter 13 Other non-surgical approaches for the treatment of overactive bladder; Introduction; Bladder training; Acupuncture; Naturopathic and herbal remedies; Magnetic stimulation; Containment products; Future: tissue engineering and gene therapy; Conclusion; Abbreviations; Financial and competing interests disclosure; References Section 5 Third Line Management

Sommario/riassunto

Overactive Bladder: Practical Management provides urologists, gynecologists and other health practitioners with a comprehensive clinical guide to this very common problem, resulting in a perfect resource to consult time and time again. Beginning with an introductory section covering the definition and pathophysiology of OAB, it then moves on to cover evaluation, first-line management, second-line management and finally surgery. Well-illustrated throughout, each chapter begins with a key points box outlining the most important take-home messages. Also included are clear management algorithms
