

Hi Men

Have you been upset when your female company is continuously looking for the next toilet?

Did it get your nerve when you were already late for the opera, the taxi is waiting outside, and your lady of the heart just very quickly has to go....!

We all know the situation where we just started our road trip, where we just had stopped at the petrol station, and again we are asked whether we could stop just for a short while...

But stop! You think that only happens to women? Did you not “quickly” look for a toilet whilst waiting for the so important job interview? Or before holding that so important presentation? Or did you “pee your pants” in fear?



Admittedly, these are extreme situations but they underline that our willful control of the bladder is limited. Under stress, most people have experienced what is described above.

But a “weak bladder” is for the “weaker” gender, is it not?

We men are strong, our bladders are strong, we are in control. At least that is what we were told...early in life...often.

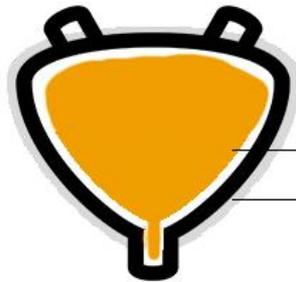
Sure, men over 50 can suffer from prostate problems. With increasing age, over 50% of men will suffer from those. But they have to get up at night and have a weak urinary stream (that is why we men are asked to sit down on the toilet!).

“Weak bladder” means uncontrolled urinary urgency and frequency. Our wives will know what I am talking about.

Today we know that also 20% of men over 50 suffer from what we call an “overactive bladder”. If we add those who have prostate problems and overactive bladder, then this number will be even higher.

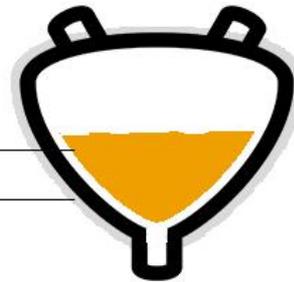
## Normal Bladder

Detrusor muscles contract  
with full bladder



## Overactive Bladder

Detrusor muscles contract  
before bladder is full



Urine  
Detrusor muscles

Urinating very first thing in the morning, then after the shower once again? And then again after the first cup of coffee? And then this urge to urinate whilst standing in the traffic jam on Sheikh Zayed Road? And shortly after, interrupting this important meeting to go to the toilet?

Does that sound familiar, men?

Don't be embarrassed to talk about it. There are very effective therapies for overactive bladder.

The aim is to "go" less and to enjoy more.

"Must go" is not a normal ageing process. Your Urologist can help.