

## Conclusion

Understanding the biphasic storage and voiding functions of the bladder helps diagnose and treat overactive bladder with or without incontinence. The mainstay of overactive bladder management is pharmacological and is evolving. Newer treatments such as intravesical botulinum toxin injections are

being used in neurogenic and non-neurogenic overactive bladders. Treatment is best delivered by a multidisciplinary approach via medical, nursing and physiotherapy personnel.

*Vincent Tse is a consultant for Astellas.*

*Shannon Kim and Shuo Liu: no conflict of interest declared.*

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## FURTHER READING

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## Patient Support Organisation

### Continence Foundation of Australia

The Continence Foundation promotes bladder and bowel health and the management of incontinence. It provides support and information about incontinence products and treatment for men, women and children. Its website has links to:

- resources to help manage incontinence, such as pelvic floor safe exercises, information on continence aids and financial assistance, bladder/bowel diaries, surgical options, the roles of health professionals including nurses and physiotherapists, a national public toilets map, leaflets designed specifically for indigenous people, and other information for carers and health professionals
- an online support forum for sharing information and ideas
- Bridge magazine, free for consumers
- the Australian Continence Exchange resources for health professionals at [www.continenceexchange.org.au](http://www.continenceexchange.org.au)

- the Continence Aids Payment Scheme (CAPS), a government payment to help eligible people with permanent and severe incontinence purchase incontinence products from suppliers.

The Foundation is supported by the Department of Health's National Continence Program.

### Contacts

National Continence Helpline	1800 33 00 66 freecall Mon-Fri 8am-8pm AEST <a href="mailto:helpline@continence.org.au">helpline@continence.org.au</a>
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