

HEALTH TIP

WHAT IS NOCTURIA?

People who wake up more than two times during the night to urinate may have a common condition called nocturia. What to know:

- Up to 1 out of 3 people over the age of 30 is affected by some type of nocturia.
- Nocturia is not itself a disease but does signal something abnormal is going on in the body.
- Causes are varied including too much fluid before bedtime, certain medications, overproduction of urine, reduced bladder capacity, enlarged prostate or other illnesses such as diabetes and heart disease.
- Learning the cause of nocturia is important so that the underlying problem can be addressed, diagnosed, and treated, if necessary.
- After diagnosis, lifestyle modifications or certain medications can greatly help people with nocturia find relief and get the rest they need.

