

Guide To Managing Incontinence

Incontinence is the medical term for the inability to control urination. Urine is produced by the kidneys and stored in the bladder. The sphincter muscle at the bladder outlet prevents urine from leaking until the brain indicates that it is time to urinate. When your body loses control of this process, you are said to be urinary incontinent.

Incontinence is a medical condition and not a natural consequence of aging. Over 14 million Americans are incontinent. If you are incontinent, your physician will provide proper diagnosis and treatment. The right absorbent product will help you manage incontinence with assurance.

Use this chart to find the product that best fits your needs.

		Stress Incontinence	Urge Incontinence	Overflow Incontinence	Reflex Incontinence
TYPES OF INCONTINENCE	Underlying Causes	Exercise, pregnancy, obesity, surgery, medications.	Birth defects, spine or nerve damage, immobility, prostate removal or cancer	Birth defects, spine or nerve damage, multiple sclerosis, loss of bladder muscle tone, surgery, medications	Birth defects, spine or nerve damage, developmental disability, senility, pelvic trauma
	Outlook	Acute or Chronic	Acute or Chronic	Chronic	Chronic
INDICATORS OF INCONTINENCE	What warning do you get?	Laughing, sneezing, coughing, or straining of abdominal muscles	Sudden, unexpected need to urinate	No warning	No warning
	How much urine is lost?	Very small to small amount	Moderate to large amount	Small to moderate amount	Large amount
	How often are you incontinent?	Occasional or Continual	Occasional or Situational	Frequent or Continual	Episodic or Continual
PRODUCTS	Desired Product	A	B, C or D	A or B	D or E



A

Pads & Guards

Light to Moderate Protection

Absorbent pads & guards used in your own underwear and secured with an adhesive strip.



B

Pad & Pant Systems

Moderate Protection

Super absorbent pads are worn inside specially designed underwear



C

Belted & Beltless Undergarments

Moderate to Heavy Protection

Belted styles fasten around the waist with straps and buttons. Beltless styles are worn inside underwear.



D

Protective Underwear

Moderate to Heavy Protection

Pulls on like regular underwear with no buttons, straps or tapes. Easy to pull up and down.



E

Briefs

Heavy Protection Full, wrap-around style fastens with tape tabs. Excellent overnight protection.