Suffering from Incontinence in Silence?

Advice to help you or a loved one feel more confident
by Always Discreet (Paid Content) | Comments 0

Here’s the truth about incontinence: If you’re dealing with incontinence—the involuntary loss of urine—it might help to know that it’s actually very common. In fact, one in three adult women is affected by urinary incontinence at some point in their lives. It can happen for a variety of reasons and it affects women differently. Thankfully, understanding the types and causes of incontinence can help you manage your bladder leaks better.

Types of Incontinence

- Urge Incontinence: You have a strong need to urinate, but you can’t get to the toilet in time. This can happen to anyone at any age.
- Stress Incontinence: You experience bladder leaks when you cough, sneeze, exercise, or laugh. This type is more common in younger women and is most often caused by pregnancy, which can weaken your pelvic floor muscles.
- Mixed Incontinence: As the name implies, this type is a combination of both urge and stress incontinence.

Always Discreet

Always confident so I can do what's important to me.

“A casual conversation with my girlfriends revealed most of us have problems with occasional incontinence when we laugh or sneeze, thanks to having children and aging. It’s good to know I’m not alone and that there is a solution designed for comfort and protection.”

Common Causes of Incontinence

- Food, drink or medications: Certain foods, drinks or medications can temporarily increase the amount of urine your body makes, increasing your risk of bladder leaks. The most likely culprits include caffeine, alcohol, carbonated beverages, citrus, spicy foods, and artificial sweeteners and many types of medication like muscle relaxants and heart medications.
- Short-term conditions: Having a urinary tract infection or being constipated can also trigger temporary incontinence. Treating these should help calm down an overactive bladder.
- Medical conditions and body changes: Recurring incontinence can be caused by any number of factors, such as pregnancy, childbirth, menopause, aging, obesity, hysterectomy, multiple sclerosis or diabetes. Medical treatment may help, depending on the cause.
For Caregivers

If you’re a caregiver, you already know that incontinence can be a sensitive topic. Here are some tips to help you have a conversation with your loved one.

1. Make sure you refer to incontinence products as “undies,” “pads” or “liners” rather than “diapers” to avoid making your loved one feel helpless.

2. If you’re not sure how to have the incontinence conversation at all, try enlisting the help of your loved one’s doctor or an old friend who can empathize and explain why they’re helpful.

3. Choose the right product, fit and protection level for your loved one. Not having to worry about embarrassing leaks will boost her confidence and help keep her active.

SHUTTERSTOCK

“ALWAYS confident so I can do what’s important to me.

“My mom is in her 90’s and was having a hard time admitting that she needed extra protection. A gentle discussion and finding the right fit incontinence pad changed everything. Now she can’t believe she waited so long!”

Choosing Bladder Protection

Here’s what you need to know when it comes to bladder protection:

- Liners are for light leaks and come in two absorbencies and a range of lengths.
- Pads also come in a variety of lengths and absorbencies and are a good choice for moderate to heavy leaks.
- Underwear is for maximum and overnight leak protection and comes in small to extra-extra-large sizes.

See Your Doctor

Be sure to talk to your doctor about your bladder leaks. Though it may be embarrassing, remember that incontinence is common and your doctor helps people manage it all the time. And the good news is your doctor may be able to cure or treat your bladder leaks, depending on what’s causing them, or, at the very least, help you manage them better.

Always Discreet offers liners, pads and underwear specially designed for women with bladder leakage. Click to shop at Walmart.com

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5 Things to Know About Urinary Incontinence

You don’t have to take it sitting down

by Always Discreet (Faulk Center) | Comment(s) 0

Regardless of the occasion, bladder leaks when you are pregnant and had young kids. Every plane ride, every trip, every social event and even when you’re at work. If you’ve ever felt like you’re not in control of your bladder, you’re not alone. bladder leaks happen to 1 in 3 women during their lifetime. You’re not alone. Let’s talk about urinary incontinence and how you can prevent it.

6 Myths About Urinary Incontinence

1. Incontinence is a disease.
   - Urinary incontinence is a symptom of another condition, whether it’s an aging bladder or a medical condition that requires treatment. Always Discreet helps those dealing with incontinence.

2. Incontinence only affects the elderly.
   - If you have children, you probably already know this one is a myth. Close to 3 in 4 women experience bladder leaks at some point in their lives, though they may be due to pregnancy, childbirth or menopause. The likelihood of bladder leaks is greater as you age.

3. You need to start drinking less to be as prone to incontinence.
   - All the while, leaks incontinence, which can be caused by a variety of factors or even a sign of an underlying condition. It’s true that drinking water can sometimes cause incontinence. But if you don’t drink water, you’re more prone to dehydrate.

4. Incontinence may lead to difficulty in eating or drinking the way you want.
   - Not only can bladder leakage reduce your quality of life, but it can also affect your ability to eat and drink the way you want. Some changes in eating and drinking habits may be necessary.

5. If you wear incontinence products, it’s obvious.
   - If you are self-conscious about wearing a pad or an incontinence product, it’s important to talk to your doctor about it. Always Discreet offers products that can help you feel confident in public and at home.

Living Confidently With Incontinence

1. Don’t ignore the problem.
   - Urinary incontinence symptoms vary from one woman to the next. It can affect anyone at any time. Since it can be caused by many things, it’s important to talk to your doctor or healthcare provider.

2. Make sure you have the right protection.
   - Choose a product that works for you; make sure you wear something that you feel confident in. Talk to your doctor or healthcare provider about the best option for you.

3. Talk to your family.
   - Your family can help you manage your incontinence. They can be there to support you and help you feel more in control.

4. Be proud of your body.
   - You are normal and you are beautiful. You are not alone, and there are others who understand what you’re going through.

3 Things to Look For in Bladder Protection

1. Look for light leaks. Identify leaks that are small and infrequent.
2. Look for moderate to heavy leaks. These leaks can be more noticeable and interfere with your daily activities.
3. Look for overnight and daytime leaks. Some women experience leaks during the day and night.

Always Discreet offers incontinence pads and underwear, specially designed for women with bladder leakage. Click to shop on Walmart.com

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• “Safeguard from incontinence in silence” public service announcement

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