4 Hygiene Tips To Help You Feel Fresh at Home and on the Road

Don’t let incontinence hold you back. Say yes to life with confidence!

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1. Acknowledge Your Condition

Living with incontinence can feel uncomfortable, and accepting it as part of your day-to-day life can be a real challenge. Your first step might need to be to admit that it’s happening. Once you acknowledge you have incontinence, you’re able to plan for what you need. Ultimately, this means you'll be able to treat your condition more effectively so you can enjoy all of your personal care or travel requirements — something to plan for, but nothing that stops you from enjoying your life.

2. Make a Few Lifestyle Changes

With a few simple adjustments, you might be able to manage your incontinence better. For example, regular exercises that can help you maintain weight and avoid coughing, sneezing, or straining pressure on your bladder. Offense and strength are your bladder’s allies, so consider lifting these (especially when you’re doing it with friends or family). Finally, practice pelvic floor exercises to improve your control over the “go” and “no-go” urges. For example, strengthen the muscles that support the bladder during daily activities like walking, standing, and sitting.

3. Be Prepared

Once you start facing incontinence as just another part of life, being prepared is your first line of defense against a possible embarrassing moment. Pack a “dry bag” to keep a change of underwear and a change of clothing in your purse or diaper bag. A pair of extra packages is nice to have on hand in case you need extra security.

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4. Use Products Designed To Give You Optimal Protection

With these tips to stay fresh wherever you are, you can get your day on the go without losing confidence. The products are designed to help prevent embarrassing moments, so you can feel secure all day long.

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