

Facts and Plans for Living Better

Living with Incontinence

Although incontinence is a common problem, it can make an individual feel ashamed and even lead to withdrawing from social activities. However, with the right incontinence management strategy and product, the person can stay active and enjoy the quality of life and dignity that they deserve. A thorough evaluation by your doctor can help determine what's behind your incontinence.

Type	Description	Symptoms	Causes	Light	Moderate	Heavy
STRESS INCONTINENCE	Urine leakage when you exert pressure or stress on your bladder	Bladder leakage when you cough sneeze, laugh, exercise or lift something heavy	physical changes resulting from pregnancy, childbirth, menopause, prostate cancer treatment such as surgery or radiation therapy			
URGE INCONTINENCE	Sudden intense urge to urinate, often followed by urine leakage	Sudden or frequent emptying of bladder, getting up 2 or more times at night to urinate	Urinary tract infection, bladder irritants, bowel problems, Parkinson's disease, Alzheimer's disease, stroke, multiple sclerosis			
MIXED INCONTINENCE	Combination of both stress and urge incontinence					
OVERFLOW INCONTINENCE	Frequent or constant dribble of urine	The feeling that you never completely empty your bladder, and when you urinate, you may produce a weak stream of urine	Damaged bladder, blocked urethra, nerve damage from diabetes			
FUNCTIONAL INCONTINENCE	Inability to make it to the bathroom in time	Physical or mental disabilities that prevent you from reaching the bathroom in time	Mobility or manual dexterity issues, pain with movement, certain medications			
TOTAL INCONTINENCE	The continuous loss of urinary control	Constant leaking of urine or the periodic uncontrollable leaking of large volumes of urine	Injuries to the spinal cord or urinary system, birth defects, severe trauma, neurological disorders			

Type of Product	Ideal Use	Absorbency	Mobility Level
DRYPADS 	<ul style="list-style-type: none"> • For individuals with severe urinary output or drainage • Bedridden, low air-loss therapy 	MAXIMUM	
BRIEFS 	<ul style="list-style-type: none"> • For individuals with heavy to severe urinary output and/or bowel incontinence • Bedridden or limited mobility 	HEAVY - MAXIMUM	
LINERS & KNIT PANTS 	<ul style="list-style-type: none"> • For individuals with moderate to severe urinary output and/or bowel incontinence • Can walk with or without assistance or may be used for bedridden individuals 	MODERATE - MAXIMUM	
PROTECTIVE UNDERWEAR 	<ul style="list-style-type: none"> • For individuals with light to severe urinary output with occasional bowel incontinence episodes • Can walk with or without assistance 	LIGHT - MAXIMUM	
BLADDER CONTROL PADS 	<ul style="list-style-type: none"> • For individuals with light to moderate urinary output • Can walk with or without assistance 	LIGHT - MAXIMUM	
UNDERPADS 	<ul style="list-style-type: none"> • For bed and furniture protection • Ideal to use for clinical procedures • Bedridden or limited mobility 	LIGHT - MAXIMUM	