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Suffering from Incontinence in Silence?

Advice to help you or a loved one feel more confident

by **Always Discreet (Paid Content)** | Comments: 0




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Get the facts and ALWAYS feel confident.

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 it's 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.



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"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 medication:** 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, 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.

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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 "underwear," "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.



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"My mom is in her 80s 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

Also of Interest

- [5 things to know about urinary incontinence](#)



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5 Things to Know About Urinary Incontinence

You don't have to take it sitting down

by Always Discreet (Paid Content) | Comments: 0



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Linda experienced the occasional bladder leak when she was pregnant and had young kids. Now that she's in her 50s, it's occurring more and more often. It's gotten to the point that she feels she can't work out the way she wants to anymore and she's afraid to go on a fun day trip with her girlfriends, never mind the havoc that it's wreaking on her love life.

If like Linda you experience urinary incontinence, you are not alone. The first step is recognizing which type urinary incontinence you have. **Urge incontinence** is when you have a strong need to urinate but can't reach the toilet in time, **stress incontinence** is when you experience bladder leaks while coughing, sneezing or laughing and the third is **mixed incontinence** when you experience both of these symptoms.


Break the myths about urinary incontinence and feel more confident every day.

5 Myths About Urinary Incontinence

- 1. Incontinence is a disease.**
Like a fever, incontinence is a symptom of another condition, whether it's simply aging bladder muscles or a medical condition that's causing bladder leaks. This is why it's crucial to talk to your doctor to make sure there isn't a medical reason behind your bladder leaks.
- 2. Incontinence only affects the elderly.**
If you've had children, you probably already know this one is a myth. One in three women experience bladder leaks at some time in their lives, mostly due to pregnancy, childbirth or menopause. The likelihood of bladder leakage is greater as you age.
- 3. You need to start drinking as little as possible to avoid bladder leaks.**
All this will do is result in dehydration, which can lead to a urinary tract infection or even land you in the emergency room. Keep drinking water like you normally would.
- 4. Incontinence will make it difficult or impossible to live life the way you want.**
Not only are incontinence products a great way to keep doing everything you want to do, but you can also do daily pelvic floor exercises to strengthen your muscles.
- 5. If you wear incontinence products, it'll be obvious.**
Did anyone know when you were wearing a pad during your period? Nope, and they won't know you're wearing bladder protection either. Today's liners and pads are no bulkier than a menstrual pad and they're just as comfortable too.

Living Confidently With Incontinence

- **Don't ignore the problem.** Urinary incontinence rarely goes away on its own and it may even get worse over time. Since it can be cured, treated or at least managed more effectively, talking to your doctor is essential.
- **Make sure you have the right protection.** With a range of incontinence products to choose from, it's important you find one that fits your needs best so you can live your life with confidence.
- **Talk to your friends.** You'll probably be surprised by how many of them are going through the same thing. Sharing experiences and advice can help you feel less alone.
- **Be proud of your age.** Look at everything you've gone through and accomplished! Be kind to yourself and embrace the older, wiser woman you've become.



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"The hardest part for me was accepting the fact that I have urinary incontinence. Once I did, I found the perfect discreet underwear with the right fit and now I can say yes to that afternoon hike with my daughter."

3 Things to Look for in Bladder Protection

1. If you have light leaks, choose liners. These come in different lengths and absorbencies.
2. Pads are for moderate to heavy leaks. These also come in various lengths and absorbencies.
3. If you need maximum and/or overnight protection, disposable underwear is your best bet. It's available in small to XXL sizes and some are even styled to look like regular underwear.

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

Also of Interest


- Suffering from incontinence in silence?

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