



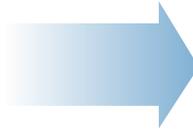
Living Better with Incontinence

Bladder Leakage, also known as Incontinence, is not uncommon. Incontinence can affect the young and old, male and female. With proper education and treatment, incontinence should not interfere with enjoying an active and full lifestyle.

Incontinence is not a disease or a natural part of aging. It is a symptom that can have many causes. Using disposable products is an effective treatment option but there are also other potential methods to improve your continence.

Common Causes of Incontinence

The first step for improvement is to understand the cause of your incontinence. Here are some common causes but it is important to discuss with your healthcare provider.



- Coughing, sneezing & laughing
- Certain foods & beverages
- Obesity/Poor nutrition
- Pregnancy & childbirth
- Cognitive impairments
- Medication side effects

Management & Treatment Options

Along with the use of Disposable Incontinence Products there are other treatment and management options that may improve your level of incontinence.

See Reverse side for more treatment details

*Surgery is also an option in some cases.



Diet



Medicine



Education



Exercise



Incontinence Products

*See reverse side for more information.

Management & Treatment Options



Diet

- Certain foods act as diuretics and may be removed from the diet.
- Eliminating or reducing one or all of the foods may improve your urine control.
 - Look into foods & beverages that are bladder irritants.



Medicine

- Certain medications for unrelated issues can trigger incontinence.
- Look into medications that are bladder irritants.
 - Other medications can help treat bowel and fecal incontinence.
 - Examples: Diuretics (water pills), sedatives, muscle relaxants, narcotics, antihistamines, antipsychotics/antidepressants, over-the-counter cold remedies, etc.

For a more comprehensive list of medications or more information visit Prevail.com/CC



Education

Educational brochures are available to educate on the different types of incontinence, caring for someone with incontinence and a product selection guide to help choosing the right product.

Online videos are also available at www.Prevail.com/homecarevideo



Exercise

Kegel exercises for women are beneficial because they will help strengthen the pelvic floor muscles that support your bladder and help close your urethra. The pelvic muscles control leakage and manage sudden urges. Strong muscles give you more time to go to the bathroom.

How to strengthen muscles with Kegel exercises:

- Practice starting and stopping your urine stream while urinating so that you can identify which muscles you will use for this exercise.
- When you are not urinating, tighten these muscles and hold the contraction for a count of four. Do this 10-20 times, and allow the muscles to completely relax in between. Repeat this exercise ten times per day.
- It may take faithful repetition for two to three months before improvements are experienced.



Incontinence Products

Prevail Products are designed to address the different levels of Incontinence. They can be used alone or with any other treatment options.

