



**Information to Help You
Live Life to the Fullest**

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care is in the details.[™]

For more information
and to join the conversation visit:
Prevail.com/LOBC

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CONSUMER EDUCATION

What is Loss of Bladder Control?

Loss of Bladder or Bowel Control (LOBC), also known as incontinence, is when you have no control of when and where you are going. We are all born incontinent and we will most likely experience some degree of incontinence as we grow older.

LOBC is Not Uncommon

- LOBC affects up to 25 million Americans each year
- Only 1 in 8 Americans experiencing it have been diagnosed
- 75-80% are women, 9-13 million of whom have bothersome-severe symptoms^(1,2)
- 22% of men over 65 experience LOBC^(1,2)

With proper education and treatment, LOBC should not interfere with enjoying an active and full lifestyle.

Managing LOBC

The first step in living a full life with LOBC is to get the facts and this informational booklet is a good start. It is also important to discuss incontinence with your physician. For more information, be sure to visit Prevail.com/LOBC and join the conversation.

Source: (1) International Continence Society (ICS); (2) National Association for Continence (NAFC)

Common Causes

- Job related activity (e.g. heavy lifting)
- Smoking and lung disease
- Certain foods and beverages
- Poor nutrition
- Constipation
- Obesity
- Previous urinary tract or renal problems
- Loss of pelvic muscle tone
- Menopause and hormonal changes
- Pregnancy
- Pelvic surgery or trauma (e.g. hysterectomy, childbirth)
- Neuromuscular impairments
- Neurological disorders and stroke
- Cognitive impairments (e.g. Alzheimer's)
- Medication side effects
- Urinary tract infection
- Enlarged prostate
- Tumors
- Functional limitations such as decreased mobility



LEVELS OF LEAKAGE

& The Six Types of LOBC

LIGHT



STRESS

 Light Flow

SYMPTOMS

- Common side effect of anxiety and pressure in our everyday lives, including emotional strain and physical strain
- Leakage when you laugh, cough, sneeze or exercise
- Involuntary loss of a few drops

COMMON CAUSES

- Strenuous physical activities
- Pregnancy and childbirth
- Pelvic surgery or trauma
- Loss of muscle tone
- Enlarged prostate
- Shift in hormonal balance in women



URGE

 Medium Flow

SYMPTOMS

- Associated with an Overactive Bladder (OAB)
- Rushing to the bathroom
- Awareness of the need to go
- Frequent, strong and sudden urges, but cannot make it to the bathroom

COMMON CAUSES

- Bladder irritants (e.g. alcohol, caffeine, carbonated drinks)
- Medications (e.g. sedatives, high blood pressure)
- Urinary tract infections and cancer
- Nerve dysfunction associated with trauma, diabetes, multiple sclerosis, spinal cord injuries, Alzheimer's, Parkinsonism
- Shift in hormonal balance in women



MIXED

 Medium Flow

SYMPTOMS

- A combination of two or more types, most commonly of Stress and Urge
- Intentionally urinating frequently to try to prevent stress-related leakage can result in shrinking of the bladder, limiting ability to hold enough urine

COMMON CAUSES

- Occurs when symptoms of both stress and urge types of incontinence are present
- Happens when trauma to the body can result in frequent lose of urine without warning



REFLEX

 Heavy Flow

SYMPTOMS

- Urine loss with no warning
- Cannot tell if you need to go

COMMON CAUSES

- Stroke
- Brain tumors
- Spinal cord injuries



OVERFLOW

 Heavy Flow

SYMPTOMS

- Full bladder and it feels like you are never empty
- Often constant dribbling of urine
- Frequency and urgency of urination increase

COMMON CAUSES

- Bladder injury
- Radical pelvic surgery
- Benign Prostatic Hypertrophy (BPH)
- Nerve damage from diabetes
- A narrowing of the urethra
- Medications



FUNCTIONAL

 Heavy Flow

SYMPTOMS

- Occurs when the urinary system may work well, but factors outside the urinary tract, such as immobility or cognitive impairment, can prevent a person from getting to a bathroom in time

COMMON CAUSES

- Functional disability and psychological impairment
- Physical and mental disabilities, such as immobility or cognitive impairments
- Environmental barriers, such as stairs, clothing, or wheelchair accessibility

HEAVY

RECOMMENDED PRODUCTS

Be sure to choose the right products for the right level of leakage.

LIGHT FLOW



Pantiliners



Bladder Control Pads



Male Guards



Pant Liners

MEDIUM FLOW



Underwear for Women



Underwear for Men

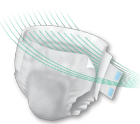


Boxers for Men



Protective Underwear

HEAVY FLOW



NGB™ Briefs



Adult Briefs



Extended Use Brief



Bariatric Briefs

ADDITIONAL ITEMS



Underpads



Disposable Washcloths

Options in LOBC Management

It is important to talk with your physician about managing incontinence to determine the best plan for your particular needs. Here is an overview of the options you will most likely discuss.



LOBC PRODUCTS

Prevail® absorbent hygiene products are designed to meet the needs of those suffering with LOBC. Prevail® products can be used alone or with any of the other options below.



BEHAVIORAL THERAPY

Behavioral Therapy involves understanding your body. Setting routines will help with managing your needs with bladder retraining and scheduled toileting.

- You may create schedules to proactively visit the bathroom.
- Your physician may advise you to begin a Bowel and Bladder Diary (for a sample diary, visit Prevail.com).
- For women, Kegel exercises are also recommended to strengthen pelvic muscles.



DIET MODIFICATION

Certain foods act as diuretics and may need to be removed from the diet.

- Eliminating one or all of the irritating foods may improve your urine control.
- Read on for a list of foods and beverages that are bladder irritants.

MEDICATION



There are some medications prescribed for unrelated issues that can trigger incontinence.

- Look into medications that are bladder irritants. These medications may include sedatives, diuretics, and narcotics.
- Discuss with your physician before making any adjustment to your medication.

SURGERY



All surgery must be considered carefully. Surgery comes with risks and potential complications.





Foods, Beverages & LOBC

Irritants

There are certain foods that can negatively affect bladder control. Talk to your physician about eliminating one or more of these items from your diet.

- Alcoholic and carbonated beverages
- Caffeinated coffee and tea
- Tomatoes
- Citrus fruits and juices
- Sugar, honey and artificial sweeteners
- Chocolate
- Spicy foods

Helpful Foods and Beverages

Constipation can lead to incontinence so consuming ample amounts of fiber is important, as it greatly contributes to improved bowel habits. Foods high in fiber include: oat bran, applesauce, etc. Thirst quenching juices that are not considered irritants are grape, cranberry, cherry, and apple. The best beverage choice, however, is water.

A Note about Liquids

Many people reduce their liquid intake hoping it will reduce the amount they need to urinate. This may cause more concentrated liquid in the form of urine (dark yellow and strong smelling). When urine is more concentrated it can be irritating to the bladder and may even increase the potential for a Urinary Tract Infection and incontinence.

Men's Prostate Health

Know the Facts

As men get older the risk of developing either an enlarged prostate (BPH - Benign Prostatic Hyperplasia) or Prostate Cancer increases. The most common initial symptoms for enlarged prostate (BPH) and Prostate Cancer are urinary symptoms. These include: frequency of urination, hesitancy and dribbling during urination, and frequent nighttime urination.

Men over 40 with increased risk should have an annual prostate exam. Risk factors include a family history, a diet low in fiber but high in fat and red meat, and if you are African American.

Talk with your physician if you become urinary incontinent or if there are changes in your prostate condition.





Pelvic Floor Exercises for Women

Know the Facts

Kegel exercises 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.

It is important for women, especially those whom have experienced pregnancy and childbirth, to strengthen the muscles that support the bladder. This is typically done through a technique called the Kegel Exercise.

Female Urinary System: How It Works and Why Kegels Help

Kidneys produce urine that travels via the ureters to the bladder. There is a sphincter muscle surrounding the exit of the bladder (the urethra). Childbirth, menopause and obesity can interfere with the normal function of the bladder and the sphincter. Kegel exercises strengthen muscles that support the sphincter. This helps to keep the bladder closed while it fills.

How to do the Kegel Exercise

When not urinating, contract muscles for a count of 4 or 5, repeating 10-20 times. Repeat this exercise three to four times a day. Full improvement will occur in two to three months with continuous work.

LIGHT

Light Flow

BLADDER CONTROL PADS

Discreet protection for women



- Now with Dri-Fit™ **cotton enhanced**™
- Odor Guard® technology neutralizes odor
- QUICK WICK® with MaxSoft™ pulls moisture away from the skin for comfort and protection
- Contoured, discreet pad for a comfortable fit
- Individually wrapped



Light Flow

MALE GUARDS

Discreet protection for men



- Discreet contoured shape, natural fit
- Flexible gathers offer side leakage protection
- QUICK WICK® with MaxSoft™ pulls moisture away from the skin for comfort and protection
- Soft cloth-like outer fabric



Medium Flow

UNDERWEAR FOR WOMEN

Two types of underwear designed for women



- Now with Dri-Fit™ **cotton enhanced**™
- Soft cloth-like outer fabric
- QUICK WICK® with MaxSoft™ pulls moisture away from the skin for comfort and protection
- Features a form-fitting shape and stretchable, breathable waist panels for a comfortable fit



Medium Flow

UNDERWEAR FOR MEN

Two types of underwear designed for men



- Now with Dri-Fit™ **cotton enhanced**™
- QUICK WICK® with MaxSoft™ pulls moisture away from the skin for comfort and protection
- Boxers: design that feels and looks like regular boxer underwear
- Underwear: designed to pull on and off easily



Heavy Flow

ADULT BRIEFS

Available in a variety of sizes and Absorbencies



- Odor Guard® technology neutralizes odor
- QUICK WICK® with MaxSoft™ pulls moisture away from the skin for comfort and protection
- Soft breathable zones
- Soft cloth-like outer fabric



Heavy Flow

EXTENDED USE BRIEFS

Available in a variety of sizes



- Ideal for extended use protection
- Odor Guard® technology neutralizes odor
- QUICK WICK® with MaxSoft™ pulls moisture away from the skin for comfort and protection
- Soft breathable zones



HEAVY

Bed and chair protection

UNDERPADS

Available in a variety of sizes and Absorbencies



- Designed to protect beds, chairs and other surfaces
- Extra strong construction makes pad durable when wet
- Waterproof moisture barrier



Adult sized for adult care

DISPOSABLE WASHCLOTHS

Available in a variety of styles



- Premium wipes contain lotion and Skin Smart™ to help moisturize for skin wellness
- Single Hand Dispensing®
- Thick quilted fabric for better cleaning

