

Incontinence & How it Can Affect Quality of Life

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Background

Mel, 56 years from rural Tasmania suffered with mild-moderate incontinence for 9 years following the birth of her 2 children.

Mel's quality of life was very much affected by her incontinence. She dreaded leaving her home for extended periods for fear of not being able to find a toilet in a hurry.

When she had to travel 2-3 hours to visit a medical specialist, she had to prepare the day before. Mel would not drink any fluids from the late afternoon prior to her appointment until she returned back home as she feared not being able to get to a toilet on time.

Mel was not able to participate in several activities for fear of losing bladder control. She described it as "running her life". This left Mel frustrated as she felt very limited in the number of things she could participate in.

Mel was invited to partake in a trial of the SRC Restore garment to evaluate its effectiveness on incontinence and overall quality of life. Following a week or so of wear Mel noticed a significant improvement in her incontinence. She described it as life changing. She felt that she was able to leave the house for extended periods and not worry about having to find a toilet with great speed. Her incontinence also significantly improved over a few weeks of wear. She no longer needs to wear a pad.

Mel also wore the garment while sleeping and found that she did not need to get up in the night to visit the bathroom when she was wearing it. She now regularly participates in activities outside the home such as walking her dog and driving long distances without the need of preparation the night before and no longer worries about the need to find a bathroom in a hurry.



Outcome

Mel has gone from feeling trapped in her own home to living life to the full.

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