

The one thing you want
an incontinence pad to be is
100% safe

Featuring the patented “stay dry” technology, The Abena pad is nothing short of super-safe. It offers a unique protection against leakage and will spare you for “Ooooooh, that didn’t just happen” moments altogether. And you don’t just have to take our word for it. Abena is recommended by specialists and nurses all over the world for its reliable protection.



- 100% breathable**
- for healthy skin
- Thin and discreet**
- for a daily comfort
- With super-absorbent materials**
- for a dry and a secure feeling
- Nordic Eco-labelled**
- good for Nature and your skin

ABENA[®] *light*

Incontinence pads FOR WOMEN

	Ultra mini 0	●●●●●●●●	
	Mini 1	●●●●●●●●	
	Mini plus 1A	●●●●●●●●	
	Normal 2	●●●●●●●●	
	Extra 3	●●●●●●●●	
	Extra plus 3A	●●●●●●●●	
	Super 4	●●●●●●●●	
	Maxi 4A	●●●●●●●●	

ABENA[®] *Man*

Incontinence pads FOR MEN

	Formula 0	●●●●●●●●	
	Formula 1	●●●●●●●●	
	Formula 2	●●●●●●●●	

ABENA[®] *Pants*

Incontinence pads FOR MEN & WOMEN

	Medium M0	●●●●●●●●		
	Large L0	●●●●●●●●		

Find the right product for you and get FREE samples at

www.westcarehealthsupplies.com

For active days & comfortable nights

Incontinence pads for men and women



Does incontinence stop you from being active? Don't let it.

Don't let small unfortunate moments stand in the way of living your life.

1 in every 10 adults suffer of weak bladder or incontinence and if you are one of them, don't worry.

Abena's range of super-soft, super-discreet and super-safe pads has got both you and your little secret covered.

Just get on with whatever is the key to happiness in your life – jogging, trekking, cycling or joining the kids on the playground – and rest assured that Abena will never let you down.

The pads, available for both men and women, have been designed for an active life style and with one thing in mind:

Your comfort

You are not alone

1 in every 10 people suffer from incontinence.



There is a solution available

Most people with incontinence can be helped or cured. In most cases, minor changes in lifestyle will have a great impact.

Ask for help, see the doctor

Don't be embarrassed to discuss incontinence with your doctor. At your first visit, ask if your diet, health problems, or medicine could be causing the problem.



Urinary incontinence is not an inevitable result of aging

It is not something you have to "put up with" just because of your age. Incontinence is treatable.



Drink water, avoid alcohol & caffeine

Drinking too much or too little can make incontinence worse. Drinking water helps flush out your system and keeps your bladder healthy.



Get the right protection

Find out which is the incontinence pad that fits you best. With Abena's pads, you'll never know that you are wearing one and neither will anyone else.



ABENA[®] *light*

ABENA[®] **Man**

ABENA[®] **Pants**



Do pelvic floor muscle training (Kegel exercises) & bladder training

They are easy and can help you taking control of your leaky bladder.

Visit www.abena.com/inco to see how.



Be ready for emergencies

Keep Abena pads in your glove compartment, desk drawer, gym bag, purse, briefcase and wherever else you can use to make sure you will be protected at all times.

Keep active

Keep on with your life filled with work, friends and family. Exercise helps to maintain a healthy body weight, reducing pressure on the pelvic floor.

Try different sports in order to find out which one suits you best.

