

Ultimate Guide to Living with Incontinence



Introduction



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↘ If you've ever experienced an accidental bladder leak, you know it's enough to make you think twice before taking your turn on the backyard trampoline or doing jumping jacks during boot camp. It can start to feel hard to trust your bladder and you may even wonder if you have urinary incontinence.

Urinary incontinence, in the simplest form, is any type of urine leakage, whether that be drops, dribbles, or a full drainage. We'll get more into the details of what stress incontinence looks like in a bit, but rest assured, avoiding high-impact exercise, and panicking at every sneeze doesn't have to be your regular way of life.

Incontinence affects nearly 5 million American men, which means it's not a rare condition. You may feel uncomfortable about talking to a doctor but know that it shouldn't hold you back from living life to the fullest. Most men who suffer from urinary incontinence have either undergone prostate surgery in the past or they have an enlarged prostate. Still, most men are often unaware of these issues and may face emotional and physical challenges when dealing with the diagnosis. Here are some tips for living with male urinary incontinence.

As men age, the simple act of urinating can get complicated, according to Harvard Medical School. Leakage can sometimes occur when someone coughs, sneezes, or just gets up from a chair. Or the bladder may become active (urge incontinence) , signaling a sudden need to use the bathroom right now.

Urinary Incontinence & Men

Urinary incontinence means the accidental or involuntary loss of urine from the bladder, with many cases starting with and/or involving “dribbling” or not making it to the bathroom in time. Most men tend to experience urge or stress incontinence.

URGE INCONTINENCE

The usual causes in men are involuntary contractions of the bladder muscles, which is usually the result of an overactive bladder. This can sometimes be the result of long-term blockage from an enlarged prostate. Feeling the urge to urinate and leaking - a few drips or more - before reaching the bathroom, or being triggered by running water, entering a cold room or even standing up after sitting may all signal urge incontinence.

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STRESS INCONTINENCE

Stress incontinence refers to urinary leakage that usually occurs when coughing, sneezing, lifting a heavy object or engaging in some other activity. In men, this is usually caused by weakness of muscle, or sphincters, that squeeze closed the outlet of the bladder.

If the sphincters are weak or damaged, activities such as coughing, running, jumping and sneezing can cause leakage. In men, the most common cause of stress incontinence is sphincter damage after prostate surgery, according to MedicineNet. Radiation treatment for prostate cancer can also cause it.

Diverse Solutions are Available.



THIS ARRAY OF SOLUTIONS IS USUALLY DISCUSSED WITH YOUR UROLOGY NURSE OR UROLOGIST BECAUSE OF THE MANY POSSIBILITIES AVAILABLE.



NON-SURGICAL MEASURES

- Absorbable single use or reusable pads
- Penile cuffs like the Pacey Cuff with accessories can reduce pad use day and night.
- Penile blockers that are removed to void. Lifestyle 360 device.
- Specialized underwear and swim apparel.
- Diapers are usually reserved for bed bound or immobile patients.
- Condom drainage devices like Afix(R) or leg reservoir devices.
- Catheters are rarely used because of infection propensity.



SURGICAL MEASURES

- Implantable cuffs like the AMS 800 which has approximately 70% effectiveness. This may use a Pacey Cuff for backup if the device loses effectiveness.
- Implantable slings like the Atom Sling.
- Other complex surgical procedures like an ileal bladder.

Tips for Managing Incontinence

PLAN AHEAD

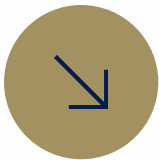


Before you go out, think about the day ahead of you. A little foresight can make living with urinary incontinence less stressful.

For instance, if the stair-climbing machine at your gym makes you leak, try the bicycle instead. If you know you always shop longer than you plan to, consider one of the many urinary incontinence products, such as Cuffs or pads.

Know where the bathrooms are when you are out and about, and try to go as often as possible. Keeping the bladder half full is likely to reduce the pressures causing voiding..

DRINK LESS



It sounds simple, but it might be all you need to make an improvement. Try to limit your daily intake prior to going out on a shopping or other mission. You don't want to get dehydrated, but every ounce that you drink will be cleared by the kidneys and must be managed in the bladder. And you do get water from foods, like fruits and vegetables.

So start to regulate how much you drink and see how you do.⁰⁵ When convenient, frequent voiding will help as the bladder output will be managed thoughtfully.

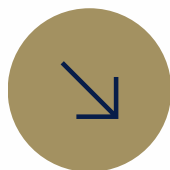
More Tips for Managing Incontinence

KNOW YOUR TRIGGERS



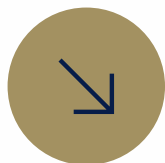
Notice which foods and drinks make you need to go, like those that have alcohol and caffeine in them. If you find that your incontinence gets worse after you have any of these, cut back or quit them.

REACH OUT



It can be a challenge but try not to let your condition bring you down. Most people get stressed or depressed, especially with urge incontinence because it's so unpredictable. Post surgery you can contact urology nurses and your Urologist for a management plan. Incontinence management is not easy but it is possible to get excellent control if you are determined and study the options.

GET CHECKED OUT



If you or someone you love is experiencing issues, seeing a doctor is an important first step to figure out what may be causing the problem and how severe it is. Knowing the type of incontinence can help address symptoms and determine a treatment plan. Medications, a voiding journal, exercises and absorbent products, or a combination, may be recommended.

Self-Care



Behavioral strategies such as pelvic floor muscle exercises, bladder retraining and dietary modifications are generally considered to be the first line of treatment, according to the National Institute of Health. Self-care is an important component of these strategies.

Research as much as possible about various products. There are male-specific items such as Penile cuffs ,guards, briefs, underwear and more available. Surgery is also an option that may be appropriate and highly specialized urologists will be available at your hospital. Finding the right leak protection is key in living a full life.

Do a self-inventory. We all have issues in our lives that we need to face or may want to avoid thinking about. Try and address some of the concerns to be better able to focus on the incontinence that is affecting your or your loved one's health and life.

Managing Incontinence

Pace Yourself



Drink liquids at intervals of two to three hours rather than all at once. This will limit the leaks and help your bladder become more in control. Minimize fluids after dinner to reduce urine output while sleeping. This may be combined with wearing a pad at night if voiding at night is an issue.

Practice Pelvic Exercises



Pelvic floor exercises like Kegels can reduce urine leakage within 2 to 4 months if performed regularly. Probably the best idea is to have a schedule and do this daily.

Avoid Consuming Bladder-Irritating Foods



Spicy foods, acidic foods, citrus and tomato-based foods, caffeine, alcohol, carbonated beverages, and tobacco are known irritants that can negatively impact your bladder. Just because you are using incontinence products for men doesn't mean you can guzzle a six-pack of beer or four cups of coffee a day!

Take Care of Your Skin



That post-void after a dribble or chronic leakage can cause skin irritation in men, and lead to rashes. Pads are designed to absorb urine and keep it away from the skin and there are excellent products like Penaten ® which are specifically designed to protect the skin.



Reducing your problem of incontinence may take some time but have faith and be persistent. Using urinary incontinence products for men in combination with these tips will help you get on the right track so you can start enjoying your life again.

Managing Incontinence II

AT HOME

- Have the right products (with the appropriate absorbency and fit) on hand at all times. This can include male guards, pads, disposable chux underpads or even protective underwear to keep dry day or night.
- Use protective sheets on bedding and furniture.
- Put heavy-duty disposal bags in bathrooms and bedrooms where accidents may happen and cleanup could be necessary.
- Strengthen the pelvic floor; Kegels help men too.

AT WORK

- Bring an extra bag of clothes and enough diapers, underwear, guards etc. in case.
- Wear dark slacks in case leaks happen so they can't easily be seen.
- Establish a regular bathroom routine to prevent accidents.
- Discuss your condition with HR, if that feels comfortable.
- Decrease or even eliminate caffeinated drinks such as coffee and some teas that may cause increased urination.
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Travel Guide for Seniors Living With Incontinence



People over the age of 60 continue to make up an ever growing percentage of the travel market. Many of them take up to four or five leisure trips every year, spending thousands of dollars, and are recognized as an important part of the travel market.

Of those who plan to travel, many of the trips are viewed as “bucket list trips” – ones that a person has wanted to do for years, perhaps even his or her entire life. It might be an African Safari, or a trip back to one’s country of origin, or where their family migrated from generations ago. Whatever it is, incontinence should not stop you from living your life and seeing the world on your terms.

The main consideration to keep in mind when choosing your destination is whether or not you are going to have the access you need to bathrooms and facilities to ensure you are able to change if and when you need to.

Long-haul treks and hikes, for instance, in remote locations are likely not going to be on the table, unless you know you are going to be able to attend to any leaks, or soiled undergarments in a timely manner. The last thing you want is to be stranded somewhere, soiled, and unable to clean yourself properly.

Travel Guide for Seniors Living With Incontinence

BOOKING FLIGHTS FOR SENIORS

There are two main considerations to have in mind while booking your airline ticket (if you are traveling by air). The first is to try and ensure you have an aisle seat on the plane (preferably near a lavatory). Business class is also an advantage because of the facilities available.

WHAT TO PACK WHEN TRAVELING WITH INCONTINENCE

The most important things to pack when traveling with incontinence are whatever supplies are needed to keep you dry and clean. If you have been living with incontinence for some time, you likely already have a list of preferred products.

Pack all of your incontinence products first. If need be, make an inventory. The last thing you want is to be in the air, or on the train, or anywhere en route where it is too late to turn back when you realize you've forgotten some essential incontinence product.

Travel Guide for Seniors Living With Incontinence

TIME YOUR BATHROOM BREAKS

A good habit to get into while traveling with incontinence is the practice of “timed voiding.” Times voiding is where you go to the bathroom, not necessarily when your bladder lets you know you have to, but on a schedule.

Use the bathroom whenever you have the chance. The National Institute on Aging says that when this is combined with things like biofeedback and pelvic floor exercises, you can help control urge and overflow incontinence.

ACTIVITIES TO FIGHT INCONTINENCE WHILE TRAVELLING

The activities you should avoid if traveling with incontinence really come down to what kind of incontinence you have.

Exercise is important and a sport watch that counts steps and floors climbed can be useful. One should target 10,000 steps per day and go to the gym for strength exercise.

Three sets of ten kegels per day (perhaps while doing something idle) can help improve your bladder control. These may be done on a flight for convenience if desired.

Travel Guide for Seniors Living With Incontinence II

GET YOUR MEDICATION IN ORDER

Traveling with incontinence often means bringing along certain prescribed medications. Doctors can prescribe a number of over-the-counter medications to help control urinary urges.

WHAT TO DO IN CASE OF AN EMERGENCY

If you feel an emergency coming on, don't panic, plan your response. Experiencing incontinence while traveling can seem even more inconvenient, given that you're trying to relax.

The best approach is to handle the situation one step at a time. Ask yourself what incontinence product you need to remedy the situation. Go to that product. If you need to alert someone to assist in the situation, don't feel embarrassed, your comfort is more important.

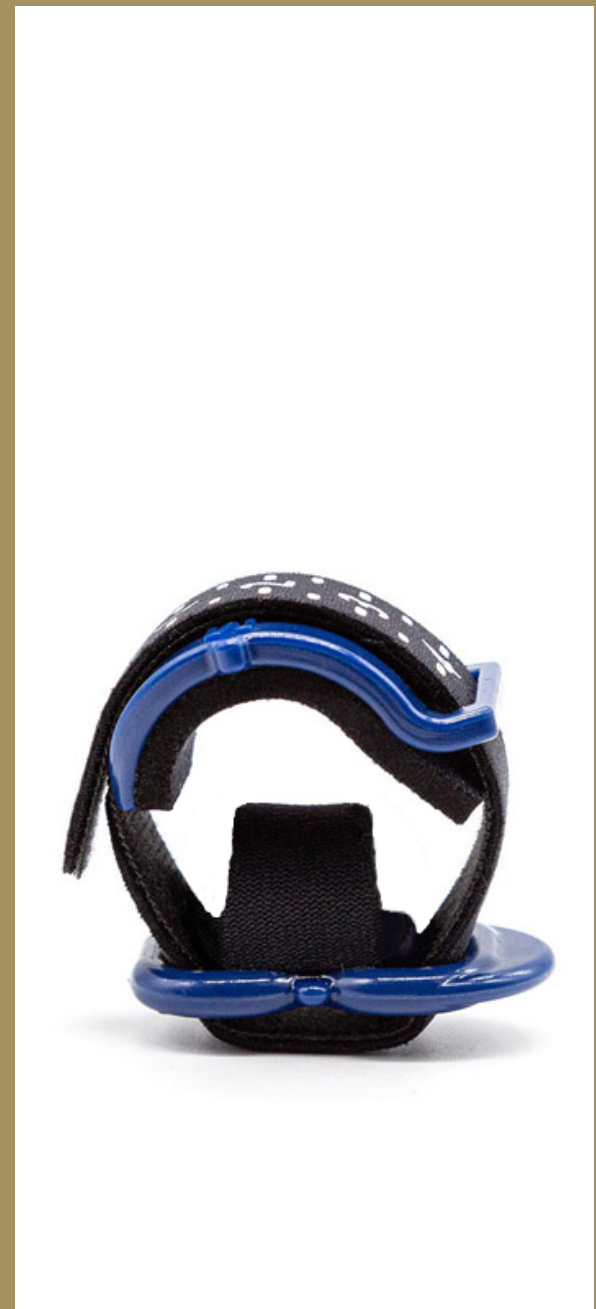
Seeking the advice of a medical professional as well as using incontinence products to help manage incontinence can be the keys to living a full life worry- and leak-free.

Conclusion

THE BEST OPTION IN THE MARKET, THE PACEY CUFF

The Pacey Cuff Ultra is an outstanding product for male urinary incontinence for the following unique reasons:

- Pacey Cuff Ultra stops urine without putting pressure on and restricting blood flow.
- Pacey Cuff Ultra feels light and comfy on the penis. Other male incontinence clamps often get caught in your underwear and pinch the skin.
- The Pacey Cuff Ultra is unlike wide, uncomfortable and outdated penile clamps. It is a smaller circular band that wraps around your penis and does not cause you discomfort.
- It is durable (lasting at least 6 months) and it pays for itself through savings from no longer needing as many pads and diapers.



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PACEY CUFF™

URETHRAL CONTROL DEVICE

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