

Urinary Incontinence In Men



What You Should Expect



 **INFO PRO™**

InfoPro™ is a FREE educational program designed by HDIS to help health professionals and patients understand bladder control loss.



Home Delivery Incontinent Supplies Co., Inc.
9385 Dielman Ind. Drive
Olivette, MO 63132-8870
1-800-2MY-HOME®
(1-800-269-4663)
www.hdis.com

A special thank you to the NAFC (National Association for Continence) formerly HIP, P.O. Box 1019, Charleston, SC, 29402-1019) for their assistance in developing this brochure. For additional information or educational literature regarding incontinence, you may contact the NAFC at 1-800-BLADDER.

Are there products available for managing incontinence that will enable me to lead an active life?

Yes, most definitely! There is a wide range of products available to help men manage their incontinence and lead an active life. The best product for you will depend on your specific needs. Amount and frequency of output, individual shape and size, and level of activity are all factors to consider when trying to find the most effective product. Listed below are some of the products from which you can choose. For product pictures and detailed descriptions, please consult the HDIS catalog.

PROTECTION FOR MEN



The **Manhood Pouch** is invisible under clothing, and adheres easily to your underwear or to net pants, forming a discreet pouch.



There are now **guards** designed specifically for men for light to moderate protection. Once unfolded, they are cup shaped and fit inside your own underwear with an adhesive strip.



Protective Underwear provide moderate to heavy protection with the comfort of regular briefs.



For men who have uncontrolled or unexpected leakage, **external condom catheters** can be used with a leg drainage bag or night drainage bag for heavy protection.

Not sure which products are right for you?



Try a **FREE Variety Pack!**

You can try samples from different brands before you buy.



1-800-2MY-HOME®
(1-800-269-4663)

\$30 VALUE with this card!

Get a **FREE Variety Pack** or customized samples!
(See back for details.)

010-009

05/11

FREE OFFER!

Please fill out the other side of this card, tear and mail today!

Urinary Incontinence in Men is a treatable problem. To find a treatment that addresses the root of the problem, you need to talk with your health care provider. The three forms of UI are:

- **Stress Incontinence**, which is the involuntary loss of urine during actions – such as coughing, sneezing, and lifting – that put abdominal pressure on the bladder
- **Urge Incontinence**, which is the involuntary loss of urine following an overwhelming urge to urinate that cannot be halted
- **Overflow Incontinence**, which is the constant dribbling of urine usually associated with urinating frequently and in small amounts

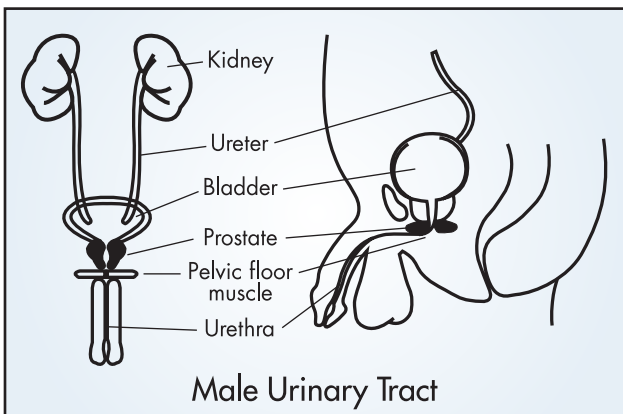
What Causes Urinary Incontinence in Men?

For the urinary system to do its job, muscles and nerves must work together to hold urine in the bladder and then release it at the right time.

Nerve Problems

Any disease, condition, or injury that damages nerves can lead to urination problems. Nerve problems can occur at any age.

- Men who have had diabetes for many years may develop nerve damage that affects their bladder control.
- Stroke, Parkinson’s disease, and multiple sclerosis all affect the brain and nervous system, so they can also cause bladder emptying problems.



- Overactive bladder is a condition in which the bladder squeezes at the wrong time. The condition may be caused by nerve problems, or it may occur without any clear cause. A person with overactive bladder may have any two or all three of the following symptoms:
 - ♦ **urinary frequency** – urination eight or more times a day or two or more times at night
 - ♦ **urinary urgency** – the sudden, strong need to urinate immediately
 - ♦ **urge incontinence** – urine leakage that follows a sudden, strong urge to urinate
- Spinal cord injury may affect bladder emptying by interrupting the nerve signals required for bladder control.

How Is Urinary Incontinence Diagnosed?

Medical History – The first step in solving a urinary problem is talking with your health care provider. Your general medical history, including any major illnesses or surgeries, and details about your continence problem and when it started will help your doctor determine the cause. You should talk about how much fluid you drink a day and whether you use alcohol or caffeine. You should also talk about the medicines you take, both prescription and nonprescription, because they might be part of the problem.

Voiding Diary – You may be asked to keep a voiding diary, which is a record of fluid intake and trips to the bathroom, plus any episodes of leakage. Studying the diary will give your health care provider a better idea of your problem and help direct additional tests.

Physical Examination – A physical exam will check for prostate enlargement or nerve damage. In a digital rectal exam, the doctor inserts a gloved finger into the rectum and feels the part of the prostate next to it. This exam gives the doctor a general idea of the size and condition of the gland. To check for nerve damage, the doctor may ask

about tingling sensations or feelings of numbness and may check for changes in sensation, muscle tone, and reflexes.

How Is Urinary Incontinence Treated?

No single treatment works for everyone. Your treatment will depend on the type and severity of your problem, your lifestyle, and your preferences, starting with the simpler treatment options. Many men regain urinary control by changing a few habits and doing exercises to strengthen the muscles that hold urine in the bladder. If these behavioral treatments do not work, you may choose to try medicines or a continence device – either an artificial sphincter or a catheter. For some men, surgery is the best choice.

How Do You Do Kegel Exercises?

The first step is to find the right muscles. Imagine that you are trying to stop yourself from passing gas. Squeeze the muscles you would use. If you sense a “pulling” feeling, those are the right muscles for pelvic exercises.

Do not squeeze other muscles at the same time or hold your breath. Also, be careful not to tighten your stomach, leg, or buttock muscles. Squeezing the wrong muscles can put more pressure on your bladder control muscles. Squeeze just the pelvic muscles.

Pull in the pelvic muscles and hold for a count of 3. Then relax for a count of 3. Repeat, but do not overdo it. Work up to 3 sets of 10 repeats. Start doing your pelvic muscle exercises lying down. This position is the easiest for doing Kegel exercises because the muscles then do not need to work against gravity. When your muscles get stronger, do your exercises sitting or standing. Working against gravity is like adding more weight.

Be patient. Do not give up. It takes just 5 minutes, three times a day. Your bladder control may not improve for 3 to 6 weeks, although most people notice an improvement after a few weeks.

HDIS makes it easy!

At HDIS, we've been providing convenient, discreet home delivery of bladder control products for more than 25 years. Our friendly, knowledgeable Incontinence Counselors guarantee your satisfaction and will help you find a product that best meets your needs.



3 Ways to Redeem:

Mention Code 460-888

1. Use Coupon Code on www.hdis.com
2. Call **1-800-2MY-HOME**
3. Fill out this card and mail it in today!

©HDIS, 2011

To receive a FREE HDIS catalog, custom product sample and money-saving offers, fill in your name and address below, detach this coupon and mail to:
HDIS, 9385 Dielman Ind. Drive, Olivette, MO 63132-8870

Name _____
 Address _____
 City _____ State _____ Zip _____
 (_____) _____
 Phone _____
 E-mail Address _____

Yes, call me regarding my free Variety Pack.

FREE OFFER!