



INCONTINENCE

Just what is bladder weakness?

Poor bladder and bowel control is a common problem that affects almost one in five people. Research shows that one in three women who've had a baby will be affected by bladder weakness. Other factors that contribute to bladder weakness include menopause, weak pelvic floor muscles and obesity. Fortunately there are several things you can do to help manage the issue.

For example, pelvic floor muscle exercises have proven to be effective in treating stress incontinence. This website will give you some hints and advice about managing bladder weakness, It will also provide links to professional bodies that can provide you with more information.

For professional advice about incontinence please contact:
NZ Continence Association Helpline
Tel 0800 650 659



As we've mentioned, bladder weakness is common, so if you choose to wear liners or pads as a safeguard, day or night, doesn't it make sense to use the most natural product?

Comforts by Cottons is a new range of liners and pads designed especially for people with bladder weakness.

INCONTINENCE TYPES

Stress incontinence.

This is usually a small leak experienced during physical activity. For example: coughing, sneezing, laughing or physical exertion, and it's often caused by weak pelvic floor muscles.

Urge incontinence.

This is a sudden strong urge to go to the toilet that is sometimes accompanied with leaking before reaching the bathroom. Other symptoms include the frequent need for toilet breaks, needing to go more than twice a night, or even bed wetting.

Overflow.

This is often a small leak caused by an overfull bladder that doesn't empty properly. Symptoms include dribbling, a poor stream, frequency and the feeling of an incomplete bladder emptying.

