



# How to Manage Female Urinary Incontinence



**NorthShore<sup>®</sup>**

— Be Dry. Be Confident. Be You. —

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# What Is Female Urinary Incontinence?

Urinary incontinence is the accidental loss of urine. Millions of women in the U.S. experience temporary or chronic urinary incontinence, according to the [National Association for Continence](#) (NAFC). There are five common types of incontinence: stress, urge, overflow, functional and reflex. Many women with urinary incontinence have both stress and urge incontinence, which is called mixed incontinence.

Incontinence can occur at any age, but it is more common in women over the age of 50. It may be temporary or chronic and can vary from slight leaks to total wetting.



## **STRESS**

Occurs when the body experiences stress that puts pressure on the bladder.



## **URGE**

Occurs when you have a strong, sudden need to urinate that is difficult to delay.



## **OVERFLOW**

Occurs when the bladder doesn't completely void itself and leaks over after urinating.



## **FUNCTIONAL**

Occurs when physical ailments or environmental conditions prevent a person from urinating.



## **REFLEX**

Occurs when the bladder contracts and leaks in large amounts without any warning.



# What Are the Common Causes of Urinary Incontinence in Women?

Female bladder leakage is usually caused by issues involving the muscles and nerves that help the bladder hold or pass urine.

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Certain health events unique to women can impact these muscles and nerves.



## **PREGNANCY**

As many as 4 in 10 women get urinary incontinence during pregnancy, according to the [Office on Women's Health](#). During pregnancy, the fetus pushes down on the bladder, urethra and pelvic floor muscles. Such pressure can weaken muscles.



## **CHILDBIRTH**

Vaginal births can weaken pelvic floor muscles and damage the nerves that control the bladder. Urinary incontinence as a result is usually a temporary, short-term condition.



## **MENOPAUSE**

As the body adjusts to low levels of estrogen after menopause, the urethra that keeps urine in the bladder may not be able to hold in urine as well as it used to.

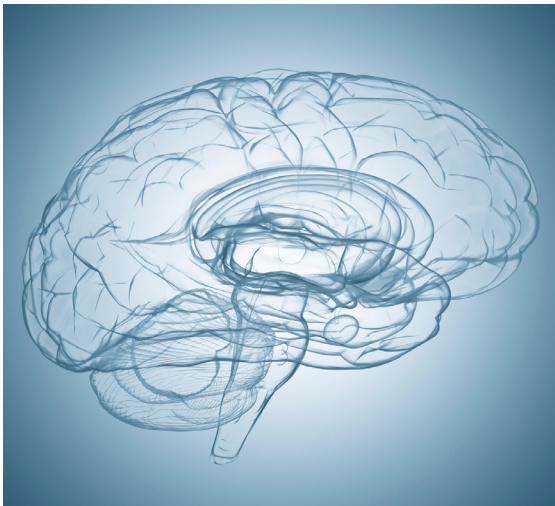


# Additional Causes of Urinary Incontinence



## CONSTIPATION

Straining to have a bowel movement can put stress or pressure on the bladder and pelvic floor muscles, weakening the muscles.



## NERVE DAMAGE

Damaged nerves may send signals to the bladder at the wrong time or not at all; childbirth and health conditions such as diabetes and multiple sclerosis can cause additional issues.



## SURGERY

Any surgery that involves a woman’s reproductive organs can damage pelvic floor muscles.



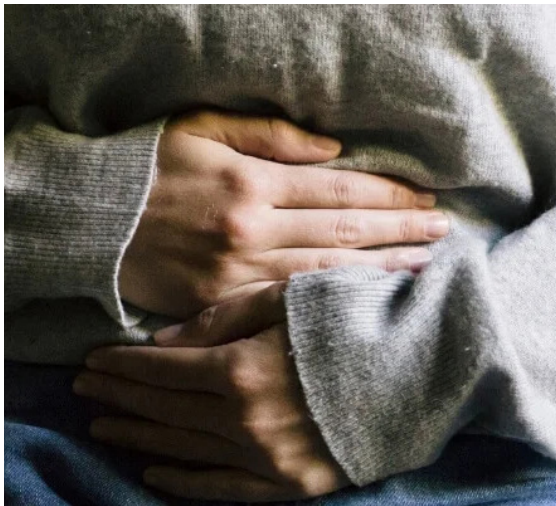
## MEDICATION

Certain medications, like diuretics, can impact incontinence.



## CAFFEINE

Drinks with caffeine can cause the bladder to fill quickly, which can cause leaks.



## INFECTION

UTIs and other infections can cause incontinence.

# Tips for Managing Female Incontinence

- ✓ Comfortable Absorbent Products
- ✓ Bladder Diary
- ✓ Pelvic Floor Exercises
- ✓ Healthier Diet Tips





# Comfortable Absorbent Products

Women managing urge, reflex or mixed incontinence may need a higher level of absorbency than thin pads can provide. That's why higher absorbency products may be needed for moderate and heavy to total incontinence. From tab-style briefs and pull-on underwear to liners, pads and guards, there is a wide variety of highly absorbent incontinence products for girls and women to live life leak-free and worry-free.

## Premium Products to Help Manage Incontinence



### 1 TAB-STYLE BRIEFS

Highly absorbent briefs for girls and women offer convenient refastenable tabs and maximum leak protection. These heavy-duty adult diapers feature leak guards, refastenable tabs, waterproof exteriors and resist sagging and odors.

[SHOP BRIEFS](#)

### 2 PULL-UP STYLE UNDERWEAR

Pull-ons, also referred to as disposable or protective underwear, function like regular underwear. They feature an absorbent lining and leak guards around the leg openings for added protection.

[SHOP PULL-ONS](#)



### 3 LINERS AND PADS

These are worn inside regular underwear for extra absorbency and added protection for moderate to heavy urinary and/or bowel incontinence.

[SHOP LINERS AND PADS](#)



### 4 UNDERPADS AND BED PADS

Multipurpose, super-absorbent washable and disposable underpads, also known as chux, can be placed on furniture, floors and bedding for waterproof protection.

[SHOP UNDERPADS](#)



### 5 ACCESSORIES

NorthShore is proud to offer products with innovative technology and features to resist leaks and sagging. These products are great additions to any incontinence supply list.

[SHOP ACCESSORIES](#)

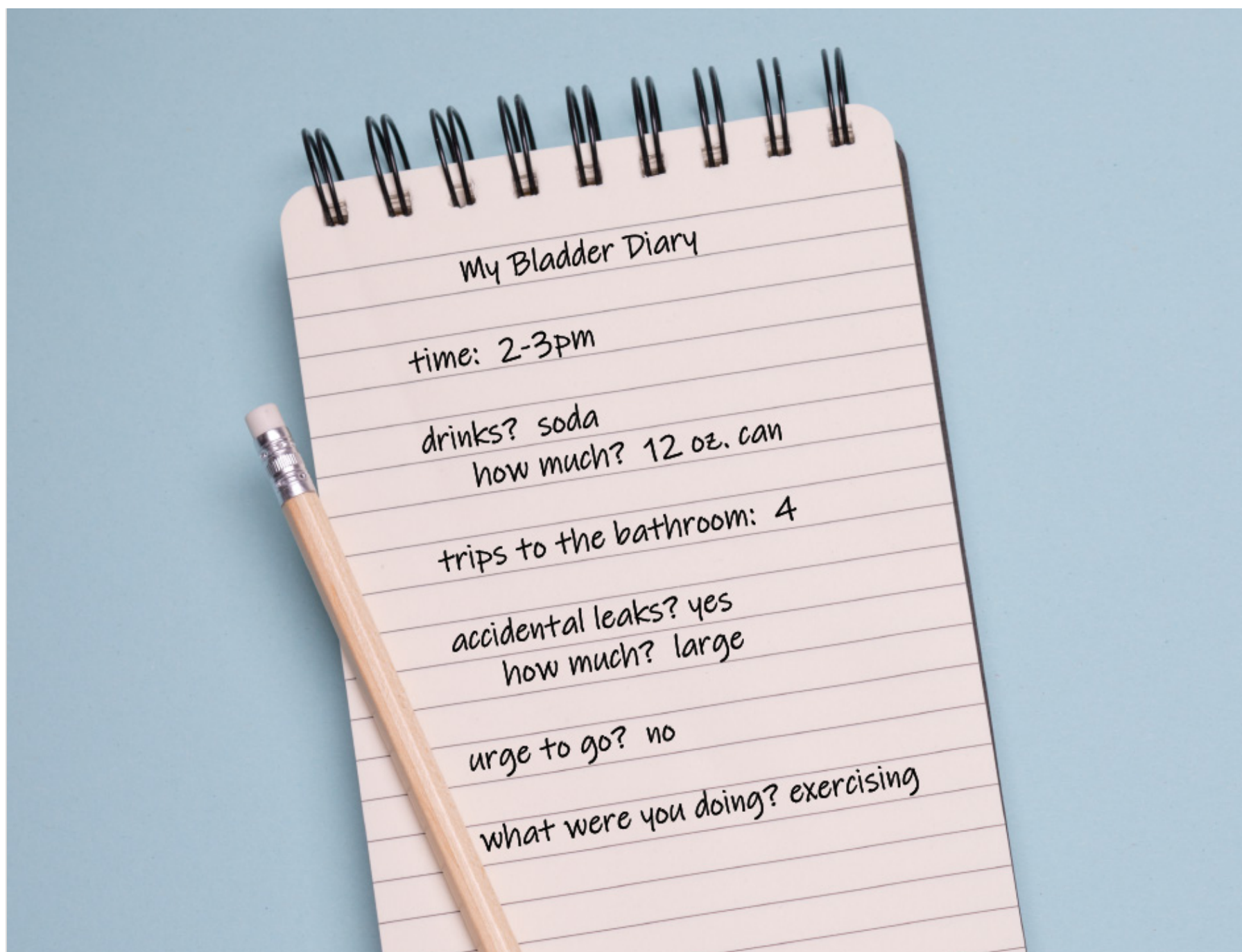


# Bladder Diary

A Bladder Diary is a helpful tool in recording how much liquid you drink, how often you urinate and when urine leakage occurs. An example can be found below.

Consider keeping a voiding schedule and diary of bladder activity to help understand when urgency or leakage occurs, frequency, triggers and other considerations. In addition to providing insights regarding urinary habits, this knowledge empowers you and can possibly help control some of your symptoms.

It is important to keep a healthy balance of fluids and drink enough fluids, especially water, to avoid concentrated urine that can irritate the bladder. Drinking too much liquid is also not advised. Limit fluids to about 8 cups a day, or whatever your doctor recommends.



# Pelvic Floor Exercises

Kegels and pelvic floor exercises can be used interchangeably and refer to the same group of muscles. Pelvic health refers to all parts of the body 'below the belt' and includes bladder and bowel health, vaginal health, uterine health, sexual health and all the associated muscles and structures.

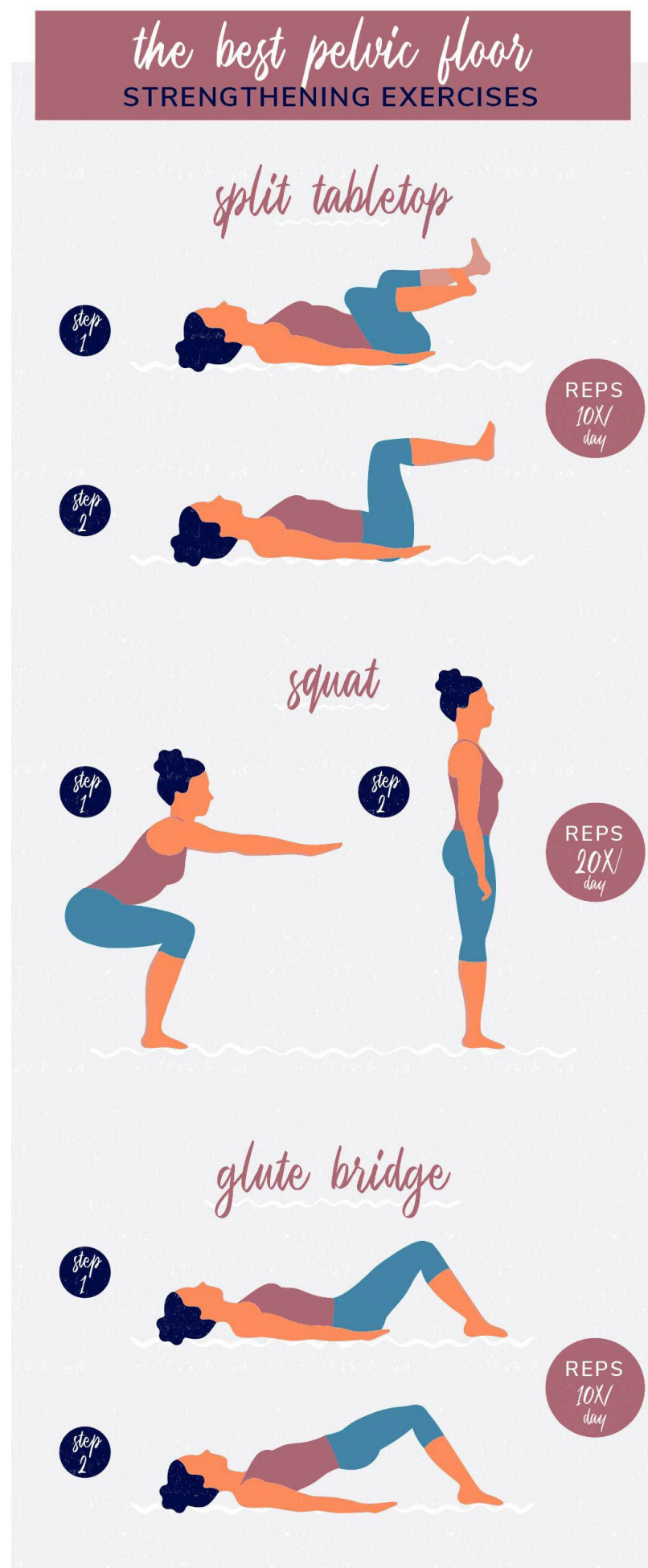
You may notice after childbirth, as you age and with certain medical conditions, your pelvic floor muscles have weakened. This can cause urine and feces to leak out accidentally as well as result in uncontrollable flatulence.

## Recommended Exercises

Check out these low-impact activities to help strengthen the pelvic floor muscles and think about squeezing the muscles every time you sneeze, cough or lift something heavy. In addition, consider walking more, standing up straight and sitting properly. Visit [healthline.com](https://www.healthline.com) for examples and videos of each of the exercises shown and described here.

- Kegels – sitting on the floor legs crossed
- Squats
- Bridge
- Split Tabletop
- Bird Dog

Strengthening the pelvic floor muscles can reduce pelvic pain and increase the ability to hold urine.



Source: healthline.com



# Healthier Diet Tips

What we eat matters ... especially when managing overactive bladder, urinary incontinence or interstitial cystitis. Here are a few bladder-friendly foods and foods you should avoid.



## Bladder-Friendly Foods

- Pears
- Bananas
- Green beans
- Potatoes
- Lean proteins
- Whole grains
- Breads
- Nuts (almonds, pine nuts, cashews and sunflower seeds)
- Eggs

## Foods to Avoid

- Alcohol
- Carbonated beverages
- Citrus fruits
- Chocolate
- Caffeinated drinks
- Energy drinks
- Spicy foods
- Sugar
- Tomato products
- Processed meats
- Aged cheese
- Nuts (not listed above)



**Check out more healthy living tips and bladder-healthy recommendations at [NorthShore's Bladder Health Page](#)**





## Why NorthShore?

NorthShore is the leading direct-to-consumer brand of high absorbency adult diapers and incontinence supplies in the U.S. We pride ourselves in providing peace of mind to those managing moderate to severe incontinence. NorthShore is committed to #EndHealthStigma for incontinence to help 80 million Americans living with some form of bladder or bowel dysfunction.

### Up to 3x the Leak Protection of Leading Store Brands

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- New Online Product Finder
- Auto-Ship and Save 5%
- Orders Ship Within 24 to 48 Hours
- Kind and Caring Customer Service

## NorthShore Commitment

We are committed to empowering people to live their lives to the fullest without judgment.

**#NorthShoreCares**





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## Questions?

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## Follow Us



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