



INCONTINENCE 101:

The Basics



It's much more common than you think. Incontinence just means bladder leaks. Plain and simple. And you're not alone. You join about 25 million Americans who manage incontinence symptoms with well-designed support.

Did you know?

About 50% of women and 30% of men will experience incontinence at some point during their lives.

A few common causes of bladder leaks.

SYMPTOM	When you laugh, cough or sneeze.	Can't get to the bathroom in time.	Bladder is too full.	There's a barrier to getting to the bathroom.
TYPE	STRESS	URGE	OVERFLOW	FUNCTIONAL

Incontinence FAQs.

Q: What's the difference between a bladder control pad and a feminine pad?

A: Member's Mark™ Total Protection products are specifically designed to absorb the rapid release of liquid. Menstrual pads, on the other hand, are designed to absorb a more gradual flow. It's easier to manage incontinence when you use the right products.

Q: How do I help a loved one with incontinence?

A: Be sure you start the conversation with a physician, then come up with a game plan based on their specific needs. [Learn more](#) here about supporting a loved one with bladder leaks. It can be stressful, but the right tools make it way more manageable (and less embarrassing).

