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Incontinence Problems: Their Causes, Preventions, and Available Solutions

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Article published on February 18th 2012 | Business

Incontinence is a problem for some 13 million Americans. It affects not only males, but females as well. The latter experience it twice as often as their male counterparts. The female urinary tract structure, pregnancy, childbirth and menopause, may account for the gender difference. It also affects people of all ages and social status.

There are many possible kinds and causes of incontinence. Among them are stress incontinence, which is a condition that stretches the pelvic floor muscles. This may be caused by childbirth or weight gain. It is the most common urinary incontinence in women. And it could get worse through smoking or chronic cough. Another type is urge incontinence. It is caused when the muscles of your bladder contracts involuntarily and releases urine out of the system. Doctors are not really certain what causes this involuntary contraction, but surmise that irritation of the bladder, emotional stress, Parkinsonâ€™s disease or stroke may be among the contributing factors. There are other types of incontinence, but all these could be remedied or cured by surgery, medicine, or products, which can control them.

Although incontinence may sometimes be unavoidable results of wrong lifestyle habits and natural causes, it can also be prevented. For women, doing pelvic floor exercises, known as Kegel, could help strengthen the pelvic muscles and avoid involuntary contraction of the bladder. Maintaining a healthy weight could also reduce the chance of its occurrence. And most importantly, quitting smoking will help greatly in its prevention. Smoking oftentimes results to coughing which would make it harder to control your bladder.

People with bladder control problems are not rare. This is based on studies conducted by the National Health and Nutrition Examination Survey. However, people with this type of health problem need not worry anymore. There are ways and means one can achieve relief, either temporary or permanent. TENA overnight pads and other products are available from a number of companies providing this service. They are designed for protection against urine leakage and may be used overnight.

Another popular product in the market which helps people with incontinence problems is the TENA serenity overnight pads. They are specially designed for female incontinence to provide comfort and discretion. Pads which can be used by both sexes may be of help too, but gender specific products can give better protection. They conform to the userâ€™s body structure making them more comfortable.

TENA overnight pads are manufactured to absorb urine leakage and are available in different absorbencies depending if one uses them during the day or night. Companies providing these products offer diaper delivery service direct to the customerâ€™s home. This helps maintain privacy in providing the needs of children, adults and the elderly with incontinence problems. Your social life need not be affected by this inconvenience anymore.

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Article Keywords:
TENA overnight pads, TENA serenity overnight pads

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