Bladder Weakness: What It is and How You Can Beat It by Loralee Dulany

Article published on April 25th 2012 | Shopping

Imagine you are walking at the park, or you are working in the office, when suddenly you feel something warm flowing down your legs and smell something unpleasant in the air. You look down on your pants and see some stain. You realize that you just peed on yourself.

Unfortunately, some people experience the nightmarish scene above almost every day. Urinary incontinence, more commonly known as bladder weakness, is the condition where your bladder releases urine involuntarily. This can be caused by several factors, or it can be the result of infections and other health problems. Whatever the causes, this condition can bring embarrassing experiences and may have devastating effects on oneâ€™s self-esteem.

Bladder weakness can be categorized into four types, depending on what caused them. One of the most common causes is stress that can overburden a weakened pelvis muscleâ€”a weak muscle is usually the result of being overweight or due to old age. Leakage from your bladder can occur when you suddenly laugh or sneeze, actions which would loosen the pelvic muscles.

The second type of bladder weakness is caused by the sudden urge to urinate, which results in the bladder emptying itself despite your efforts to stop it. The third type is caused by overflow; when you urinate but are not able to completely empty the bladder, the remaining urine would pool near the exit and eventually drip out. The fourth type is a mix of the first three types, which is a common occurrence.

Bladder weakness can be easily managed by consulting a doctor and asking what you can do to prevent more embarrassing episodes in the future. The doctor may recommend Kegel exercises to strengthen your pelvic muscles, as well as other activities that should reduce the incidence of bladder leakage. In the meantime, you can use products by TENA for men.

TENA protective underwear looks and feels just like your normal underwear, only that they are designed to suck in any leakage that might occur. This protective underwear has innovative designs that counter odor and can be worn with any types of pants. You wouldnâ€™t have to worry about any embarrassing occurrences when you are out for a walk or jog or in an important business meeting.

Donâ€™t let bladder weakness stop you from living your lifeâ€”be confident again with TENA protective underwear. To read more information about the condition, visit LaterLife.com or eMedicineHealth.com.

Article Source:
http://www.articleside.com/shopping-articles/bladder-weakness-what-it-is-and-how-you-can-beat-it.htm - Article Side

Loralee Dulany - About Author:
For more details, search a TENA for men and a TENA protective underwear in Google for related information.

Article Keywords:
tena for men, tena protective underwear

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!