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Is there one point in time when youâ€™ve never been so frantic to ask for the nearest restroom? If you are still young, at least you are lucky that you can still hold your fill for more than a few hours. There are some people who arenâ€™t given that chanceâ€”and the leak simply happens without an early heads-up.

This is called urinary incontinence (UI) and it affects more than 200 million people around the world, says the International Continence Society. A person suffering from UI will notice that his pants are wet after laughing or working hard, as his bladder is too weak to hold his urine. The pelvic muscles are usually the ones at focus when it comes to a UI diagnosis. There are at least four reasons why UI happens: stress, urge, overflow, or a combo of the three.

The most familiar kind of UI is stress: when urine suddenly leaks right after you laugh at a witty joke or carry a heavy box. Since the pelvic muscles are too weak to support the bladder when a person laughs or lifts a box, the bladder cannot hold the urine on its own. UI is not really a grave condition, but it can be pretty awkward.

UI can also affect women, especially the pregnant ones, as giving birth to the child may leave pelvic muscles stretched too thin. Without firm and intact muscles to assist in keeping the urine inside the bladder, sudden leaks are imminent. Peculiarly, the solution to UI gets its concept way back when youâ€™re still a baby.

Today, even adults wear a special variant of underwear designed to catch any sudden leaks no matter what they do. Called bariatric briefs or adult briefs, these briefs act the same as a baby diaper. Doctors advise wearing these briefs in addition to Kegel exercises, a set of movements that help strengthen the pelvic muscles with repeated contraction and relaxation. Strong pelvic muscles accounts for less chances of sudden leaks.

Tena adult briefs come in different sizes, even for the youth, as UI doesnâ€™t choose an age range to strike. The briefs can fit to waists as small as 17 inches or as big as 64 inches, covering even obese people with UI. The next time you wear one of these adult briefs, rest assured that they will catch your â€œfall.â€•

Go to LaterLife.com for more information about UI and how you can reduce its episodes with a set of simple solutions. On the other hand, contact your local supplier for more info about Tena Ultra Briefs and other bariatric briefs.

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