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If incontinence has been happening more often than one cares to admit, it can feel overwhelming. It is something nobody wants, yet it can and does happen to some. Because of its potentially embarrassing social effects, many are afraid to seek help.

If it is any consolation, there are many people who are actually afflicted with Urinary Incontinence (UI). The National Association For Incontinence (NAFC) says that urinary incontinence affects over 200 million people around the world. Meanwhile, the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health report that UI affects between 9 to 22 percent of U.S. adults. Men are less inclined to talk about it than women; more are likely to be uninformed on how to deal with it.

It is important to seek a medical check-up as soon as possible should one be experiencing incontinence. On the other hand, there are now more solutions to dealing with incontinence than years before. Some companies recognize this ailment, and then specialize in creating products catering to people with UI.

Some of the products widely used among people with urinary incontinence are absorbent pads, plastic pants, adult diapers, and protective underwear. Manufacturers of these protective garments ensure that all the needs of customers are catered to by offering different sizes, styles, and colors. These easy-to-wear and easy-to-use garments provide the users with protection from leaks as well as comfort. They can be purchased online and at selected outlets.

There are various reasons why products for relieving incontinence, such as Swedenâ€™s TENA, are quite popular. As mentioned earlier, these protective garments cater to people of all ages, ranging from adults in their 30s to the elderly, to even teenagers and larger children. Even those living through light to heavy incontinence are able to find the right undergarments, overnight pads and other supplies for their needs.

If the person with UI purchases underwear or a pad that does not properly fit, it creates the risk for accidental leakage. Fortunately TENA overnight pads and undergarments are also offered in various sizes. Finally, they offer them with different absorption levels that help others manage moderate to heavy incontinence.

Bottom line, one now has options to deal with incontinence. While nothing still beats going to the doctor, one doesnâ€™t have to live with the shame that UI brings. Read more about overnight pads and incontinence at Kidney.niddk.nih.gov and Nafc.org.

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