



Everything you need to know about adult incontinence

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Incontinence in adults is a common effect for those who suffering from diabetes. Incontinence is a frustrating condition for many in which a sufferer has a difficult time controlling his or her urinary bladder. In such cases, individuals suffering from adult incontinence will lose control of his or her bladder when least expected, such as during the night or throughout the day, in such cases one should always use medically protected [bladder control pads](#) for men and women.

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For people who have been diagnosed with diabetes for more than 8 years, add a urologist or urogynecologist to your medical team. Bladder dysfunction resulting from nerve damage (autonomic neuropathy) effects 40% to 80% of the diabetic population. You may not even know your bladder is not operating properly.

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Get to Know Your Urinary System. The better you understand it the easier it will be for you to protect your urinary system. If you do not control your glucose levels using [diabetic insulin supplies](#), the sugar may damage your urinary system which includes:

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The 2 kidneys - cleans the blood, controls the pH (acidity/alkalinity), controls the amount of sodium, potassium and calcium in the blood (electrolytes)

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* The 2 ureters - tubes that carry urine down to the bladder.

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* The bladder - a muscular container that stores and pumps out urine.

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* The urethra - a tube that allows urine to leave the body.

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The chance of damaging the urinary system increases with the of years of poorly controlled blood sugar. Ideally, one could monitor blood sugars four times per day (or more) through [Panasonic blood pressure Monitor](#) to follow how well the sugars are controlled. This information could be used to adjust your diabetic meal plans and [supplements for diabetes](#) to achieve this goal. Usually blood glucose measurements are done before each meal and at bedtime.

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The kidneys are damaged when:

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1. Glucose attacks the blood vessels that feed the kidneys thereby reducing the blood flow to the kidneys.

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2. The overly filled bladder is not emptied often enough resulting in bacterial growth in bladder. Then the bacteria moves up through the ureters from the bladder to the kidneys.

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The enlarged bladder can be asymptomatic (AY-simp-toe-mat-ick). That is - as you lose the ability to sense a full bladder, the bladder is emptied less often. As you know, many diabetics drink a lot of liquids to ease their great thirst. The liquids and blood pass through the kidneys for filtration then deposit into the bladder as urine. The bladder stretches to hold more urine.

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When the bladder fills but doesn't expand, you will begin to accidentally leak urine in your clothes due to: Stress incontinence -- your bladder leaks urine when you sneeze, cough, or strain. Urge incontinence is frequently feeling you need to urinate - but only a small amount of urine is released each time. At this stage [incontinence bed pads](#) for men and women or [adult incontinence diapers](#) will have to be worn at all times. The worse case is when your bladder becomes paralyzed. Either the nerve damage is so severe the brain's message to contract does not reach the bladder or the muscle of the bladder can no longer contract. At this stage, the bladder will have to be drained by a catheter (a device that enters the bladder through the urethra).

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Use Adult [incontinence supplies](#)

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There are many adult [incontinence products](#) and incontinence protection available for individuals who suffer from the condition. These products vary a great deal depending on the need and application. For example, if individuals suffer from adult incontinence at night, they may prefer to use [adult incontinence diapers](#) and bed pad. However, if individuals suffer from adult incontinence during the day, they may turn to bladder control pads or disposable briefs.

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Adult [pads for incontinence](#) are designed for both male and female - though the designs may vary based on gender. It may be helpful for individuals to try several different adult incontinence undergarment styles before selecting the product that works best for them and their comfort levels.

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Typefreediabetes offers a full line of diabetes medical supplies, including incontinence diapers; diabetes supplies online, incontinence products, body fat analyzer, [glucose tablets](#), blood glucose monitors, durable diabetes medical equipment, nutritional supplements, [blood glucose test kit](#) and many other home health care products and supplies. Typefreediabetes offers quality products at discounted prices on a wide selection of quality name brand equipment and

supplies.

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