

ADULT CARE

HOSPITAL PACK

INDEPENDENCE

Types of Urinary Incontinence:

➤ **Urge Incontinence**

This is also called overactive bladder (OAB). With this type, you have an urgent need to go to the bathroom and may not get there in time.

Causes of overactive bladder include:

- Damage to the bladder's nerves
- Damage to other parts of the nervous system
- Damage to muscles

Conditions such as multiple sclerosis, Parkinson's disease, diabetes, and stroke can affect nerves, leading to urge incontinence. Bladder problems, such as infections and bladder stones, and certain medications can also cause it.

➤ **Overflow Incontinence**

If you can't empty your bladder, you may have overflow incontinence. This means you may dribble urine.

Causes include:

- Weak bladder muscles
- Nerve damage
- Conditions that block the flow of urine, such as tumors or an enlarged prostate
- Constipation
- Certain medications

You need to get the condition treated. If your bladder can't empty, that can lead to infections and other problems.

➤ **Functional Incontinence**

Mental or physical problems such as dementia or arthritis prevent you from getting to the bathroom in time.

➤ **Mixed Urinary Incontinence**

This means you have any two types of the condition. Many women have both stress and urge incontinence.

Treatment for Different Types of Urinary Incontinence

Lifestyle changes and treatments can help with symptoms. Your doctor can help you come up with a plan that's right for you.

For stress incontinence, treatments include:

Pelvic floor exercises. If you've had a baby, chances are you've been told to do Kegel exercises. These help to strengthen the pelvic floor after childbirth. They also help prevent stress incontinence. Best of all, you can do Kegels anytime, anywhere.

Watch the following youtube video which shows how to do Kegel exercise

<https://www.youtube.com/watch?v=3iAkItp6OSE>

You might feel embarrassed to talk about your [urinary incontinence](#), but it's worth it. Your doctor can help you figure out what's causing your problem. That's the first step to getting help.

NEW HOSPITAL PACK INDEPENDENCE UNDERWEAR



Enjoy life, live confident!

Easy to use, Independence Underwear is designed for persons with an active lifestyle, and can be worn and taken off like a any regular underwear.

Trust Independence Underwear for a reliable, discreet & efficient way to manage your incontinence

BENEFITS OF USING HP ADULT DISPOSABLE UNDERWEAR:

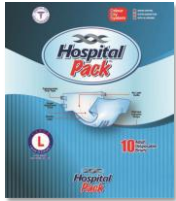
- Active Fit Protection
- Odour Control
- Fast Absorption
- Cotton Feel
- Anti Leakage
- Dermatologically Tested
- Latex Free



THIS AD CAN BE USED FOR HOSPITAL PACK PAGE



Hospital Pack Briefs



Taking care of an elderly family member can be challenging at times but they deserve the love, care, patience and time that they bestowed on us as kids growing up. The Hospital Pack brand has a range of products that helps make it easy to take care of the elderly and to ensure the comfort and protection for those we love.

HP Disposable Underwear is designed for individuals that are bedridden & incapacitated

HOSPITAL PACK ADULT DISPOSABLE BRIEFS:

- Optimal Odour Control
- Faster Absorption
- Better Skin Protection
- Wetness Indicator Strips
- No Leak Cuffs
- Elastic Leg
- Refastenable Grip Tape

Hospital Pack Briefs



HOSPITAL PACK MEDICATED ANTIBACTERIAL SOAP

- Infused with coconut oil & vitamin E to moisturize skin
- Protects skin against infections
- Neutralizes body odour

Create link that opens the following campaign ads:

DID YOU KNOW?
Leaving the toilet lid up when flushing allows a fine mist of bacteria such as E. Coli & Staph to spread over an area of 6 square meters.



wash away germs & bacteria with.



© C.A. LARSEN

DID YOU KNOW?
Damp hands are 1000 x more likely to spread bacteria than dry hands.



wash away germs & bacteria with.



© C.A. LARSEN

DID YOU KNOW?
Touching the face with contaminated hands spreads diseases like pneumonia, the cold & the flu. Proper handwashing can reduce respiratory infections by close to 50%.



brought to you by



© C.A. LARSEN

DID YOU KNOW?
The number of bacteria on our fingertips doubles after using the bathroom. Most people wash the palm of their hands & miss everything else.




wash away germs & bacteria with.




© C.A. LARSEN

DID YOU KNOW?
Re-usable cloth towels harbor millions of bacteria. Disposable paper towels are the most sanitary means of drying hands.



wash away germs & bacteria with.



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DID YOU KNOW?
Each square inch of your cell phone contains 25,000 germs. As cell phones are used often it remains warm, creating the ideal breeding ground for bacteria.



wash away germs & bacteria with.



© C.A. LARSEN

DID YOU KNOW?
The average person touches communal surfaces about 3 times an hour & touches their mouth or nose even more frequently. A perfect way to hand-deliver germs & bacteria.



wash away germs & bacteria with.



© C.A. LARSEN

Hospital Pack Medicated Antibacterial Soap



HOSPITAL PACK ADULT BODY CLEANSING WIPES

- Alcohol Free
- Moisturizing
- Non - Irritating
- Hypoallergenic
- Extra Strong
- Extra Thick
- Extra Wide
- Extra Protection