



Q&A

Wellbeing

Questions and Answers
about Incontinence

For families and loved ones



Together we make a difference

Q. What is incontinence?

A. Incontinence is the partial or full loss of bladder or bowel control and may affect as many as fifty percent of senior adults. It can range from the occasional, involuntary loss of a few drops of urine to a complete and uncontrollable emptying of the bladder.

It is important that individuals be medically assessed for the type and cause of their incontinence and have a plan of care that will help maintain or restore as much bladder function and control as possible.

Q. How are absorbency products selected?

A. Incontinence can be successfully managed with the right absorbent products. Quality disposable absorbent products come in a wide range of absorbency levels and sizes to address individual needs. Therefore it's very important to choose the right product and the right fit to ensure protection and comfort.

The right product can effectively:

- Reduce odor
- Lock up urine for a dry, comfortable fit
- Help keep skin dry to avoid skin irritation

As a global leader in continence products, TENA® is dedicated to improving the quality of everyday life. TENA®'s comprehensive product range is designed to manage urinary and bowel episodes while maintaining skin dryness – whether the need is a small pad to manage just a few drops or a more absorbent brief to handle larger volumes of uncontrollable urine and bowel loss.



Q. How do absorbent products work?

A. Products absorb and retain urine quickly to keep the skin dry.

When urine passes into the absorbent product; it is then wicked away from the skin:

- ➡ Through the absorbent top core to keep the surface dry.
- ➡ And into the bottom core.



➔ Where it is turned into a gel by the super absorbent polymers which prevent urine from coming back into contact with the skin.



➔ The product's surface stays dry and helps the skin's surface to stay dry.

Q. Why is proper sizing so important?

A. It is important to know that the size of the product is not directly related to the amount it can absorb. If the product selected is too large, it will not fit close to the body and the wearer may experience leakage, product sagging and skin irritation. Plus, potentially a loss of dignity. A properly-fitting absorbent product will encourage fluid to absorb evenly, help prevent leakage and be more comfortable to wear. TENA® is committed to assisting community caregivers by providing training on TENA® product selection and sizing.

Q. What is a wetness indicator?

A. The wetness indicator is a guide to indicate that the individual has passed urine and should be monitored for when it's time for a change.

Q. What are nighttime products?

A. Nighttime products contain added absorbency and are designed to keep an individual dry and comfortable over longer periods of time, especially at night. This promotes undisturbed sleep and helps to avoid feeling the need to rush, and potentially trip, on the way to the bathroom. Proper rest helps incontinent individuals be more alert in the daytime and more able to participate in the activities they enjoy.

SCA Personal Care, the maker of TENA® products, provides a wide range of high quality adult absorbent products that utilize advanced technology to manage multiple episodes of urine loss. TENA® absorbent products are successfully used in more than 105 countries and have been the preferred choice for more than 50 years.

All TENA® brand products are subject to thorough testing to ensure that they effectively wick moisture away from the skin and contain it, even after multiple urinary episodes. This technology helps ensure better skin health, dignity and comfort for the wearer. SCA is dedicated to on-going research and development of our absorbent products to support better care – and a better quality of life for all individuals who wear TENA® products.

Whether incontinence is temporary or a longer duration, your loved one will want to keep doing the activities they enjoy. Choosing the right products means your loved one will have confidence, security, peace of mind, comfort and the freedom to enjoy life.



For more information,
speak with your loved ones caregiver.

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SCA Care of life. Because our products make life easier for you and for millions of people around the world. Because our resources and the way we work are natural parts of the global lifecycle. And because we care.

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