






## People with Type 2 Diabetes are at greater risk of developing incontinence

70% greater risk of incontinence for women with diabetes<sup>2</sup>

It is widely recognised globally that there is a link between diabetes and incontinence. Indications suggest that it is mostly prevalent in those with Type 2 Diabetes.<sup>1</sup>

### How is diabetes linked with incontinence?

- 1 Obesity** – Being overweight or obese puts pressure on the bladder and can lead to urinary frequency or urge incontinence. Excess weight also puts a strain on pelvic floor muscles. **+30 kg/m<sup>2</sup>**
- 2 Nerve damage** – 60% of people with diabetes have some form of nerve damage, especially those who have been poorly managed or have had diabetes long term. Many develop a neurogenic bladder that can affect bladder function.<sup>3</sup> 
- 3 Infection** – Those with diabetes mellitus have an increased risk of infections.<sup>4</sup> High blood sugar levels can weaken the immune system as a hyperglycaemic environment can enhance the virulence of certain microorganisms.<sup>4</sup> This can lead to an increased risk of Urinary Tract Infections (UTIs) and possible urinary incontinence. 
- 4 Diabetes medication** – All diabetes medications aim to lower blood glucose levels and some may result in increased urine output and urge incontinence. Others may cause diarrhoea and faecal incontinence. Some including insulin may also cause weight gain. Side effects should be discussed with your GP. 

1. <https://www.incontinence.co.uk/diabetes-and-incontinence> 2. <https://www.diabetesselfmanagement.com/managing-diabetes/.../urinary-incontinence/>  
3. <https://www.diabetes.co.uk/diabetes-complications/neurogenic-bladder.html> 4. <https://www.verywell.com/what-are-the-common-infections-with-diabetes-1087622>

## What to look for in your clients?

- Voiding more than 8 times a day or regularly more than twice a night
- Rushing to the toilet for fear of having an accident
- Smell of urine due to bladder leakage
- Reluctance or rejection to drinking water or fluids
- Reluctance to exercise or go on long trips (due to fear of leakage)

## Tips and hints to help your clients

- Advise them not to avoid fluids – drink well but avoid fizzy and caffeinated drinks
- Advise them to make time to void properly and empty bladder properly. Best practice is to sit fully (even Men), relax and lean forward with elbows on knees and with feet supported on the floor or a small stool
- Advise them to avoid going just in case, as over time this will reduce overall bladder capacity
- Discuss use of a continence product whilst exercising and getting management plans in place. Advise that exercise can assist in weight loss and promote pelvic floor exercises

For more detailed information and more tips and hints visit [tenaprofessional.com.au](http://tenaprofessional.com.au)

## How TENA can help

A continence product can help your client manage bladder weakness – providing dryness and comfort, and improving their confidence. This can be a short-term situation while pelvic floor control is improved or other measures are put in place.

TENA has a wide range of sizes and styles including a bariatric range, pull up pants, pads and liners for light leakage – the correct pad and a good fit ensures comfort and protection.

<b>For active Women</b>	From liners and pads for light to moderate loss to Pull up Pants for higher protection		TENA Liners & Pads		TENA Pants
<b>For active Men</b>	Designed specifically for men from a light black shield to a moderate male pull-up pant		TENA Men Protective Shields		TENA Men Pants
<b>For larger sizes and large bladder loss</b>	TENA Slip Bariatric caters to waistlines of up to 250cm and TENA Ultima for large bladder loss		TENA Slip Bariatric		TENA Flex Ultima
<b>For those with reduced immunity or delicate skin</b>	TENA 3-in-1 skin care range will cleanse, restore and protect delicate skin		TENA Wash Cream, Soft Wipes & Wet Wipes		TENA Barrier Cream & Skin lotion
<b>For those with limited mobility</b>	TENA Flex unique belted design makes it easier to apply with or without a carer		TENA Flex		TENA Flex extension belt



**FREE trial samples** are available from [tenaprofessional.com.au](http://tenaprofessional.com.au) for your clients or clinic

**FREE client information brochures** available from TENA customer service on 1800 623 347

**To buy TENA products** visit [diabetes-sample.com.au](http://diabetes-sample.com.au) or call Independence Australia on 1300 788 855

**For more information** visit [tenaprofessional.com.au](http://tenaprofessional.com.au) or Continence Foundation of Australia (CFA) [continence.org.au](http://continence.org.au) or 1800 33 00 66

