



4 TIPS TO HELP YOUR CUSTOMERS WITH DIABETES-RELATED INCONTINENCE

Due to their condition, some diabetics have to manage incontinence as well as their blood sugar levels. In fact, people with diabetes are up to **70%*** more likely to develop urinary incontinence than those without. Here are some useful tips to help your customers living with diabetes and incontinence. TENA also has a wide range of products you can recommend for confidence and security.

How you can help your customers

- **Recommend** avoiding tea, coffee and sweet caffeinated drinks that can irritate the bladder.
- **Suggest** pelvic floor exercises to strengthen the pelvic floor muscles.
- Excess weight can put pressure on the bladder and cause urinary incontinence, so **recommend** regular exercise.
- **Discuss** wearing an incontinence pad for reassurance until a management plan is in place.

[Get more tips →](#)



Recommend TENA for confidence and security

Whether your customers are experiencing light incontinence or heavier leaks, our wide range of TENA products can help you provide the comfort and security they need. The TENA Product Overview can make it simpler to recommend the right products.

[Download Product Overview →](#)

Interested in stocking TENA?

If you are interested in stocking TENA or want more information, contact us to book a meeting or to order a free sample.

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*Hall, 2018



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