



WE COUNT

LEAK PROTECTION FACT SHEET

SPONSORED BY  NorthShore®



LIGHT OR HEAVY?

Understanding Your Bladder Leaks—and Choosing the Right Protection

Bladder leakage isn't one-size-fits-all. Some people experience an occasional drip when they cough or exercise. Others lose larger amounts of urine, experience leaks with little warning, or need protection throughout the day and night. **Understanding the difference can help you choose protection that better fits your needs and recognize when it may be time to talk with a healthcare provider.**

WHAT ARE YOUR LEAKS LIKE?

LIGHT BLADDER LEAKS (LBL)

- Drops or small dribbles
- May happen when coughing, sneezing, laughing or exercising
- Often occur during predictable activities
- May be managed with liners or light-absorbency pads

HEAVIER BLADDER LEAKS (HBL)

- Larger amounts of urine loss
- Frequent or difficult-to-control leaks
- May happen with little or no warning
- May require protection during the day and overnight
- Can interfere with sleep, activities and confidence

ARE YOU GETTING THE PROTECTION YOU NEED?

A recent independent survey of incontinence product purchasers commissioned by NorthShore Care Supply found that:



74%

Say their leaks go beyond light drips and dribbles.



73%

Are not confident that their daytime or nighttime product won't leak.



57%

Report doubling up on products in hopes of getting more protection.



42%

Get up at night to change because their current products don't last.

northshorecare.com/thinner-not-better

MORE ISN'T ALWAYS THE ANSWER. THE RIGHT PROTECTION IS.

When you go to purchase your next absorbent product, look beyond words like "maximum," "super" or "overnight." Absorbency, fit and intended use can vary. Finding the right combination of these can make a real difference.



When you go to purchase your next absorbent product, look beyond words like 'maximum,' 'super' or 'overnight.' Absorbency, fit, and intended use can vary — look for products designed specifically for HBL if your needs go beyond light protection. Finding the right combination of these can make a real difference.

PROTECTION HELPS MANAGE LEAKS. TREATMENT MAY HELP ADDRESS THEM.

Absorbents can be helpful, but they don't replace medical evaluation or treatment. Talk with a healthcare provider if leakage is new, getting worse, regularly interrupts your sleep, causes skin problems or interferes with your daily activities.



You deserve solutions that fit your body, your symptoms and your life.

Click here to learn more now.

NAFC.org/we-count

This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$375,000 funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS or the U.S. Government. NAFC has developed this document with the support of Elitone. More information is available at elitone.com.