

Help is available

Occasional urine leakage is usually a symptom or side effect of another medical condition – that's why it is so important to talk to a doctor or health care professional about identifying and managing your condition. There's almost always something that can be done and often the measures are simple.

Understand available treatments

Doctors, physiotherapists and nurse continence advisors are well qualified to assess your condition and offer numerous treatment options including:

- Pelvic Floor Exercises – may be recommended if you experience slight urine leakage after sneezing, coughing, laughing or lifting heavy objects. You should always consult with your doctor before starting any exercise program.
- Bladder Training Program – teaches you to hold on longer between toilet visits and to make sure you empty your bladder properly when you go.
- Biofeedback – may be recommended to help you identify and control the muscles located around the bladder opening through the use of small sensors placed on your body.
- Medication – may be prescribed either alone, or in combination with behavioural treatment to restore bladder control.
- Surgery – may be suggested as a means of treating a physical condition contributing to urine leakage.

Other things you can do

In addition to the treatments listed above, there are several ways you can manage slight urine leakage:

- Watch your weight – this contributes to overall good health and excess weight can make the problem worse by putting extra stress on your muscles.
- Exercise regularly – try to undertake some form of sustained exercise for at least 20-30 minutes, three times a week.
- Avoid constipation, (which makes bladder problems worse), by increasing the amount of fibre in your diet.
- Drink sufficient amounts of liquids – 6-8 glasses per day as restricting liquid intake may impact your health.
- Eliminate or reduce alcohol intake and beverages that contain caffeine such as coffee, tea or cola soft drinks.
- Avoid citrus fruits and juices, tomato based and spicy foods as they many irritate the bladder and make the problem more difficult to manage.



For more information on POISE® products or how to obtain a **FREE PRODUCT SAMPLE**, visit us at:

www.poise.com.au

Call us toll free:
Australia 1800 028 334 New Zealand 0800 733 703

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poise
products

Choose the right protection

VERY LIGHT/LIGHT

POISE® Light Liners 0000

- The same size and thinness as regular sanitary liners, but more absorbent
- Individually wrapped for convenience and hygiene
- Can be used for weak bladder and/or menstrual use



POISE® Pantyliners 0000

- Pantyliner thin
- Three times more absorbent than most sanitary pantyliners, but just as discreet
- Individually wrapped for convenience and hygiene
- Odour reducing super absorbent particles
- Can be used for weak bladder and/or menstrual use



POISE® Extra Long Liners 0000

- Extra long and absorbent for added security and stay-in-place protection
- Pantyliner thin for discreet protection
- Dry-Touch Layer quickly draws fluid to help you feel drier
- Absorbent core with Dry-Touch Granules quickly absorbs fluid to help prevent odour
- Individually wrapped in quiet opening wrapper for your discretion and convenience



POISE® Ultrathins Mini 0000

- Ultrathin design (3mm thin)
- Three times more absorbent than most sanitary light Ultrathin products
- Individually wrapped for convenience and hygiene
- Odour reducing super absorbent particles
- Can be used for a weak bladder and/or menstrual use



POISE® Ultrathins Mini with Wings 0000

- Ultrathin design (3mm thin)
- Wings hold pad in place for greater comfort and support
- Three times more absorbent than most sanitary light Ultrathin products
- Individually wrapped for convenience and hygiene
- Odour reducing super absorbent particles
- Can be used for a weak bladder and/or menstrual use



POISE® Ultrathins Super 0000

- Ultrathin design (4mm thin)
- Three times more absorbent than most sanitary Ultrathin products
- Individually wrapped for convenience and hygiene
- Odour reducing super absorbent particles
- Can be used for a weak bladder and/or menstrual use



POISE® Regular Pads 0000

- Extra absorbency for light bladder loss
- Gently raised centre and soft side shields help stop and contain leaks
- Breathable outer cover helps skin stay comfortable and fresh
- Individually wrapped for convenience and hygiene



POISE® Super Pads 0000

- Discreet protection for light to moderate bladder loss
- Gently raised centre and soft side shields help stop and contain leaks
- Breathable outer cover helps skin stay comfortable and fresh
- Individually wrapped for convenience and hygiene



MODERATE

POISE® Extra Pads 0000

- Extra absorbency and length – for superior protection
- Gently raised centre and soft side shields help stop and contain leaks
- Breathable outer cover helps skin stay comfortable and fresh
- Individually wrapped for convenience and hygiene



POISE® Extra Plus Pads 0000

- Extra absorbency and length – for superior protection
- Gently raised centre for close custom fit
- Soft side shields help stop and contain leaks
- Individually wrapped for convenience and hygiene



POISE® Ultimate Pads 0000

- Extra absorbency and length – ideal for overnight use
- Dry-Touch Layer quickly draws fluid in to help you feel drier and prevent odour
- Absorbent core quickly absorbs fluid and helps prevent odour
- Reduced bulk for a more comfortable fit when moving about



Each ellipse equals approx 100 ml absorbency



**Have a positive attitude.
Don't let bladder weakness
change your lifestyle.**

One in three women

Think of three women you know. Although they may not have confided in you, chances are one of them experiences occasional urine leakage. It is a very common problem, but one that can be improved and is always manageable. This brochure contains useful information that will help you improve your condition, and in the meantime, minimise its effect on your lifestyle.

You are not alone

Involuntary leakage when laughing, coughing, sneezing or exercising is the most common form of bladder weakness. This occurs simply because the pelvic floor muscles have been weakened (often as a result of childbirth) and are now not strong enough to prevent the urine escaping. So if you ever suffer from bladder weakness, pelvic floor exercises are very effective in strengthening these muscles and therefore reducing the problem.

Finding the correct muscles*

First thing to do is to correctly identify the correct muscles to exercise...

- Tighten the muscle around your back passage as if you are trying to stop passing wind. Relax it. Practice this movement several times until you are sure you are exercising the correct muscle.

- When passing urine, try to stop the flow mid stream, then restart it. (Note: Stopping the flow of urine is only a way to identify the correct muscles. It is not advisable to perform pelvic floor exercises while urinating).

It may take several tries to locate these muscles. See your doctor or continence advisor if you continue to have difficulty.

Exercise your pelvic floor muscles*

If you experience slight bladder loss, please consult your doctor or continence advisor before commencing pelvic floor exercises.

Pelvic floor exercises can be done anywhere...

- Sit, stand or lie down with your legs slightly apart and the muscles in your thighs, buttocks and abdomen relaxed.
- Tighten the ring of muscle around your front and back passages, drawing the muscle up inside.
- Hold this position for as many seconds as you can and then slowly let go.
- Try this exercise up to ten repeats, 4-5 times a day.
- Each week try to increase the number of contractions and the times they are held.

(Note: Do not hold your breath. Do not use your stomach, bottom or leg muscles. Also don't go overboard on your first attempt, gradually increase your exercises.)

*Source: Department of Health and Ageing 2004 <http://www.health.gov.au>



Liners, Ultrathins and Pads

While your condition is being improved, try POISE® liners, ultrathins or pads for discreet protection when you need it most.

Why are they different?

POISE® products are small and discreet and have been specifically designed for women with slight urine leakage.

POISE® products have a top layer that draws wetness away from the skin and a super absorbent core which locks fluid away, keeping you dry and fresh. And because they look and feel like regular sanitary liners and pads, they can also be used for menstrual use.

Look out for the POISE® range next to the Feminine Hygiene section in supermarkets and pharmacies.

POISE® Ultimate Pad

The POISE® Ultimate Pad is the most absorbent Poise pad on the market, holding up to 500mls in a thin discreet pad format. Specifically designed for women who require extra protection, they are ideal for overnight use.

FEATURES

- Extra absorbency and length – for added security and stay in place protection
- Dry-Touch Layer quickly draws fluid in to help you feel drier and prevent odour
- Absorbent core quickly absorbs fluid and helps prevent odour
- Reduced bulk for a more comfortable fit when moving about



FREE SAMPLE OFFER

If you would like to receive a **FREE SAMPLE** of a POISE® product please tick the product/s you would like, fill in your details and send the coupon to:

In Australia:
POISE® Offer
P.O. Box 784, Brookvale NSW 2100

Tick the product/s you would like:

- POISE® Light Liners
- POISE® Pantyliners
- POISE® Extra Long Liners
- POISE® Ultrathins Mini
- POISE® Ultrathins Mini with Wings
- POISE® Ultrathins Super
- POISE® Regular Pads
- POISE® Super Pads
- POISE® Extra Pads
- POISE® Extra Plus Pads
- POISE® Ultimate Pads



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Tick this box if you do not wish to be contacted by Kimberly-Clark Australia with further promotions.

Maximum 2 samples per household.