

Incontinence Definition and Glossary

Take control of every situation. Use our glossary to remove the confusion and understand common terms, from an incontinence definition to a product explanation. Because when you know what to expect, you know how to live fearlessly.

Adult Diaper

TENA® refers to adult diapers for women and adult diapers for men as briefs. They fasten securely with tabs and can be easily removed.

Bladder leakage

Also known as bladder weakness or urinary incontinence. Difficulty in controlling the bladder that can result in an involuntary loss of urine.

Briefs

TENA® briefs for men and briefs for women are ideal for providing care for a loved one, as they fasten securely with tabs and can be easily removed. Sometimes called adult diapers, incontinence briefs provide maximum absorbency for heavy incontinence protection.

Enuresis

Enuresis (also known as bedwetting) is the involuntary loss of urine. When it occurs during sleep at night it is referred to as nocturnal enuresis.

Fecal Incontinence

This type of incontinence is the involuntary passage of feces.

Functional incontinence

This is an inability to reach the bathroom in time because of the difficulties caused by physical or mental illness.

Guards

Designed specifically for men, TENA® guards are cup-shaped to follow the contours of the male body for a snug and secure fit. An adhesive strip secures these incontinence pads for men in place and should be worn with brief style men's underwear. Best for light to moderate male incontinence.

Incontinence

The involuntary loss of bladder and/or bowel function.

Menopause

The period that marks the permanent cessation of menstrual activity.

Micturition

The act of urinating (voiding or passing urine).

Mixed incontinence

Quite literally, this is mixed symptoms. Usually it's a combination of stress incontinence and urge incontinence. If you happen to have both types, there's usually one that causes more of a problem than the other, so you should focus on dealing with the most frequent symptom first.

Neurological bladder disorders

Damage to the nerves as a result of illness can affect the way the brain and bladder communicate. This results in an inability to control the bladder or empty it completely.

Overflow incontinence

This is a constant or episodic flow of urine, usually caused by an obstruction or nerve damage.

Pads

Designed for very light to heavy bladder leakage and female incontinence needs. Most TENA® pads are individually wrapped and have an adhesive strip to wear with regular underwear.

Pad & Pants system

2-piece incontinence pad and pant system products are designed to be worn together. The pads provide a more discreet, body-close fit when worn with TENA® incontinence pants, which are reusable and disposable. For medium to heavy incontinence protection.

Pantliners

Also called liners, these are the smallest and thinnest type of pad available. TENA® incontinence liners are designed for very light bladder leakage needs or everyday freshness.

Pelvic floor exercises

Exercises that involve contraction and relaxation of the pelvic floor muscles. They are aimed at strengthening the muscles and enabling increased urethral closure pressure.

Pelvic muscles

The pelvic floor muscles form a broad sling between your legs from the pubic bone in front to the base of your spine at the back.

Post-micturition dribble

This is when the bladder doesn't empty completely and continues to leak after urinating. This is also common with an enlarged prostate or weakened pelvic floor muscles.

Prostate

A gland in men that is located at the base of the bladder and surrounds the urethra. It produces a fluid at ejaculation. Sometimes in older men, the gland grows larger and obstructs the urine tube. A symptom of this is a poor stream of urine.

Stress incontinence

Incontinence that occurs with a sudden physical exertion such as coughing, sneezing, laughing, exercise or heavy lifting. It usually only involves small amounts and is generally connected to a weakening of the pelvic floor muscles.

Ultra thins

TENA® Ultra Thin pads are specially designed for discretion with a thinner profile, yet can provide the same amount of protection as regular incontinence pads.

Underactive bladder

If you have an underactive bladder, it holds much more urine than normal. Because you cannot feel when the bladder is full, you leak small amounts of urine as bladder pressure builds.

Underpads

Underpads, sometimes called bed pads, are large absorbent pads designed to protect the surfaces where you might sit or lie down such as beds, chairs and furniture. TENA® Underpads come in a variety of sizes and styles.

Underwear

Designed to pull on and off and worn like regular underwear. TENA® underwear products for men and women provide moderate to heavy incontinence protection.

Urge incontinence

Also known as an overactive bladder, this is the most common type for men. You experience a sudden urge to urinate and the bladder involuntarily expels urine. This is usually due to interference in the nerve signals between bladder and brain, often linked to either an enlarged prostate or the aftermath of prostate surgery.

Wipes

TENA® incontinence wipes and washcloths are specially sized for adults. They are used to gently cleanse and soothe the skin.