



FOR MEN



# Taking Control

What You Need to Know  
About Managing Leakage

This pack includes **both DEPEND® for Men Underwear and DEPEND® Guards for Men** so that you can find the best fit and protection for you.



#### Underwear

- Easy to put on/take off
- Protective underwear made just for a man
- Worry-free odor control
- Fits like your own underwear



#### Guards

- Cup-like protection
- Wear in your own underwear
- Custom designed specifically for a man's body
- Worry-free odor control

# You are not alone.

Nearly four million American men are affected by urine leakage.

The good news: Urine leakage can be managed so you can feel like yourself again.

**1** FIND SHOPPING CARD ATTACHED TO COUPON



**2** TRY ON SAMPLES AND MARK YOUR SIZE AND STYLE

S-M | L-XL | GUARD



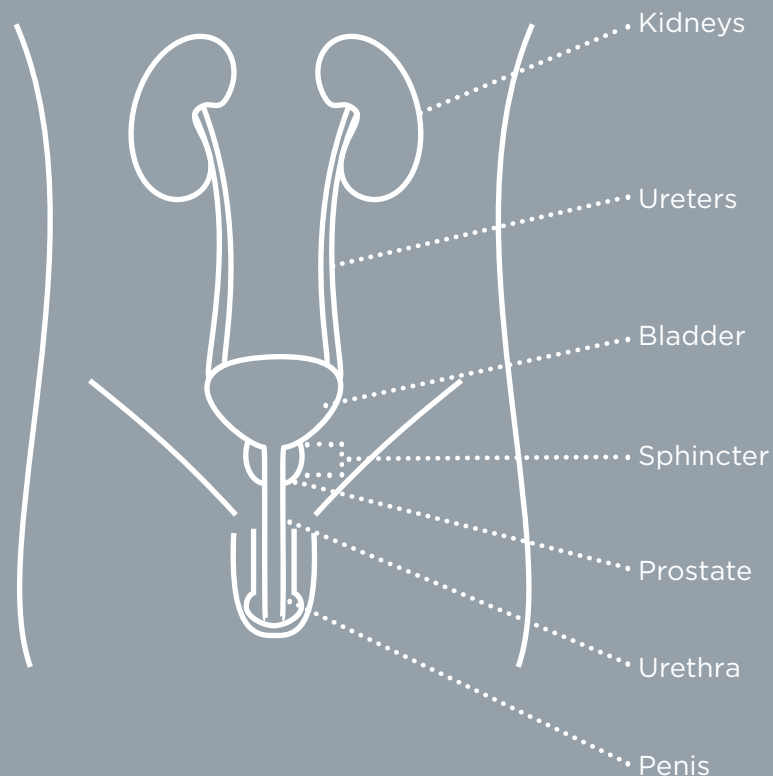
**3** USE CARD TO LOCATE PRODUCT IN STORE



To learn more, please visit [www.depend.com](http://www.depend.com) or call **1-866-641-7314**

# What Is Incontinence?

Urine leakage, also known as urinary incontinence, is a problem of the urinary system. Normally, the bladder stores urine, which is continually produced by the kidneys, until it sends the brain a signal that it needs to be emptied. When any part of the urinary system malfunctions, or if there's an interruption of the signals between the bladder and the brain, urine leakage can result.



# Risk Factors?

Urine leakage is a symptom, not a disease, and in many cases is only temporary. The most common causes of urine leakage in men are prostate issues. Prostate cancer and prostate enlargement share many of the same symptoms, so it's important to see your doctor if you experience any changes in your urinary habits.

- Prostatitis is the inflammation of the prostate gland, a walnut-sized organ located just below the male bladder. While loss of bladder control isn't typically associated with Prostatitis, urine leakage may sometime occur with this common condition.
- An enlarged prostate gland, a condition known as benign prostatic hyperplasia (BPH), may also cause urine leakage.
- In men, stress urine incontinence or urge incontinence can be associated with untreated prostate cancer. More often, urine leakage is a side effect of prostate cancer treatments, including surgery and radiation.

Medications prescribed for conditions unrelated to your urinary system may cause changes in bladder control. Age can play a role as well. As you age, so do your bladder muscles, causing them to lose their strength.

Excess body weight also has been shown to be a risk factor. The extra weight puts pressure on your bladder and surrounding muscles.

Even everyday habits such as what you eat and drink can contribute to frequent urination.

An overview of the different types of urine leakage and their symptoms and causes follows.

# Types of Urine Leakage

Type	Description	Symptoms	Causes
<i>Stress Incontinence</i>	Urine leakage when you exert pressure or stress on your bladder	Bladder leakage when you cough, sneeze, laugh, exercise or lift something heavy	<ul style="list-style-type: none"><li>• Physical changes resulting from prostate cancer treatment such as surgery or radiation therapy</li></ul>
<i>Urge Incontinence</i>	The sudden intense urge to urinate, often followed by urine leakage	<p>A sudden or frequent emptying of the bladder</p> <p>Getting up two or more times a night to urinate</p>	<ul style="list-style-type: none"><li>• Urinary tract infections</li><li>• Bladder irritants</li><li>• Bowel problems</li><li>• Parkinson's disease</li><li>• Alzheimer's disease</li><li>• Stroke</li><li>• Multiple sclerosis</li></ul>
<i>Mixed Incontinence</i>	A combination of both stress and urge incontinence		
<i>Overflow Incontinence</i>	The frequent or constant dribble of urine	The feeling that you never completely empty your bladder, and when you urinate, you may produce only a weak stream of urine	<ul style="list-style-type: none"><li>• Damaged bladder</li><li>• Blocked urethra</li><li>• Nerve damage from diabetes</li></ul>
<i>Functional Incontinence</i>	The inability to make it to the bathroom in time	Physical or mental disabilities that prevent you from reaching the bathroom in time	<ul style="list-style-type: none"><li>• Mobility or manual dexterity issues (e.g., arthritis)</li><li>• Pain with movement</li><li>• Certain medications such as sedatives</li></ul>
<i>Total Incontinence</i>	The continuous total loss of urinary control	Constant leaking of urine or the periodic uncontrollable leaking of large volumes of urine	<ul style="list-style-type: none"><li>• Injuries to the spinal cord or urinary system</li><li>• Birth defects</li><li>• Severe trauma</li><li>• Neurological disorders</li></ul>

# What Can I Do to Help Relieve My Symptoms?

There are some simple strategies you can try on your own that may help improve your condition.

## Pay attention to your diet

Some of your favorite foods and beverages might be irritating your bladder and making your urine leakage worse. You may be able to alleviate your symptoms by changing your diet. Foods and drinks that can aggravate urine leakage include alcoholic beverages, citrus fruits and juices, tomatoes and tomato-based foods, caffeine, spicy foods and carbonated beverages.

## Monitor your fluid intake

Drink at least six to seven 8-ounce glasses of water throughout the day to keep your bladder healthy. When you drink less water, your urine is more concentrated and may irritate the lining of the urethra and bladder.

## Consider the weight factor

A five to ten percent weight loss can help relieve the added pressure excess weight puts on your bladder and surrounding muscles and aid in controlling your urine leakage.

## Practice behavioral techniques

You also can help teach your bladder better habits with these basic techniques.

*Bladder retraining* helps change the way you use the bathroom. You learn to control your urge to go by waiting—for a few minutes at first, and gradually increasing to an hour or more between bathroom visits.

*Pelvic floor muscle exercises*, also known as Kegels, are designed to strengthen the muscles of the pelvic floor that help control urination.

## How to perform Kegel exercises

- To locate your pelvic floor muscles, imagine you're trying to stop your urine flow
- Once you've located them, squeeze the muscles for three seconds, relax for three seconds, repeat 10 times
- Do three to four sets of 10 squeezes a day

## Talk to your medical professional

Your healthcare professional may recommend a prescription medicine or a surgical procedure to help manage your urine leakage.

## How long does leakage last?

The degree to which urine leakage occurs and the severity of it varies with each man. According to the National Association for Continence, the majority of urine leakage cases can be improved or cured. The first step is to consult your healthcare professional. The success of your treatment depends most of all on the right diagnosis.

# Shopping for DEPEND® Products

Planning ahead can help make the process of shopping for urine leakage products stress free.

## Finding the right product

To help you find the best product for you and your needs, we're providing you with samples of our most popular options, DEPEND® for Men Underwear in Maximum Absorbency and DEPEND® Guards for Men.

Using your waist size as a starting point is the easiest way to select your DEPEND® Underwear size.

If you're looking for a product that works in tandem with your own close-fitting underwear, DEPEND® Guards for Men could be the right solution for you.

When you find the size that fits, check it off on the shopping card attached to the coupon. Remove the card and reference it in store to find the right product for you.

## Size Chart

### UNDERWEAR

SIZE	WAIST	WEIGHT
S/M	28"-40"	115-190 lbs
L/XL	38"-50"	170-300 lbs

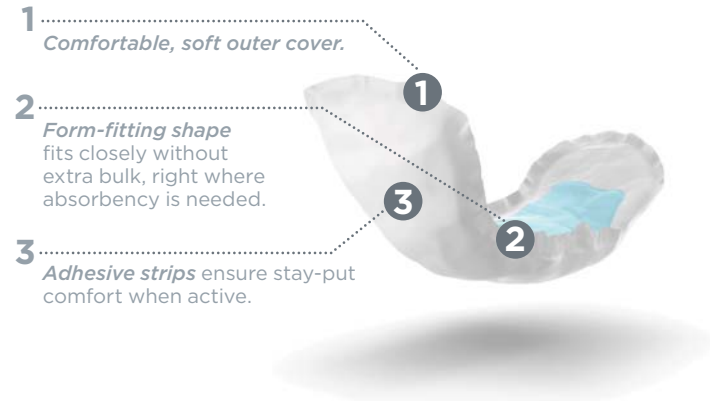
### GUARDS FOR MEN

One Size Fits Most

# DEPEND® Guards for Men



Worn in your own close-fitting underwear, DEPEND® Guards for Men feature discreet, cup-shaped protection right where men need it most. Offering worry-free odor control, they're individually wrapped in a cloth-like pouch for discreet carrying.



# DEPEND® for Men Underwear

Men and women have different needs when it comes to urine leakage. The DEPEND® Brand recognizes these differences and has designed products to best fit and protect a man's body.

DEPEND® for Men Underwear features an underwear-like waistband and brief-like leg openings custom designed to fit a man's body and help protect you better. We also put absorbent protection right where you need it most. Made from a soft, quiet, breathable material, DEPEND® for Men Underwear is available in Maximum Absorbency.



## DEPEND® for Men Underwear: custom designed to fit your shape.

- 1** *Underwear-like waistband* provides a snug fit and looks like regular underwear. A blue bar inside the waistband indicates the back of the underwear.
- 2** *Protects right where men need it most*, with an ABSORB-LOC® core and worry-free odor control.
- 3** *Brief-like leg openings* help protect against leakage and provide snug comfort like men's underwear.



# DEPEND® for Men Underwear in Colors



DEPEND® for Men Underwear also comes in colors that look and feel like real underwear, and provide the same best protection consumers have come to trust from the DEPEND® Brand.

DEPEND® for Men Underwear in Colors is offered in S/M and L/XL in Maximum Absorbency, and comes in a six-count pack.



**Looks like underwear. Fits like underwear.  
Protects like nothing else.**

# Depend® Products and Sizing

## DEPEND® for Men Underwear in Colors

- Protective underwear in a variety of colors made just for a man
- Step-in and pull-on like regular underwear



**Maximum**  
ABSORBENCY

SIZE	WAIST	WEIGHT
S/M	28"-40"	115-190 lbs
L/XL	38"-50"	170-300 lbs

## DEPEND® for Men Underwear

- Protective underwear made just for a man
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**Maximum**  
ABSORBENCY

SIZE	WAIST	WEIGHT
S/M	28"-40"	115-190 lbs
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## DEPEND® Guards for Men

- Cup-like protection
- Wear in your own underwear



**Maximum**  
ABSORBENCY

ONE SIZE FITS MOST

## Adjustable Underwear

Two Ways to Change: Step In/Out of like Underwear or Open Side Seams and Use Velcro® Closures to take On/Off



**Maximum**  
ABSORBENCY

SIZE	WAIST	WEIGHT
S/M	28"-40"	115-190 lbs
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For more information on DEPEND® products, please visit [www.depend.com](http://www.depend.com).

You can also call **1-866-641-7314** to speak to a helpful DEPEND® representative. Personal assistants are available and can help you select the DEPEND® product that's right for you.

NOT FOR RESALE

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