

# Maximum Accessibility



February 2011

## Urinary Incontinence A Taboo Subject

Most people think of urinary incontinence as a taboo subject not to be talked about. To avoid their embarrassment of being seen buying urinary incontinence supplies at their local store, they resort to buying sanitary napkins or making their own protection from paper towels.

According to the National Association For Continence (NAFC) 25 million people in the United States deal with urinary incontinence. Men, women, young and the old. NAFC estimates that 75-80% of the 25 million are women. This is thought to be due to pregnancy, childbirth, menopause and the structure of the female urinary tract.

Both Men and women can become incontinent from ailments such as strokes, multiple sclerosis, and physical problems associated with old age. Although incontinence is not inevitable with old age, it is often treatable and curable at all ages.

Incontinence occurs when the bladder muscles suddenly contract or muscles surrounding the urethra suddenly relax. There are 4 different kinds of urinary incontinence; stress incontinence, urge incontinence, functional incontinence, and overflow incontinence.

When coughing, laughing, sneezing, or other movement cause urine to leak it is called Stress Incontinence. Stress Incontinence is the most common form of incontinence in women and is treatable.

Urge Incontinence is caused by inappropriate bladder contractions. Other signs of urge incontinence is if urine is lost for no apparent reason or urine leaks when water is touched or heard running.

Functional Incontinence is when a physical or mental impairment makes getting to the toilet in time not possible.

Overflow incontinence is when the bladder is always full so that it constantly leaks urine. This can be caused by weak bladder muscles, a blocked urethra, nerve damage from diabetes, or other diseases. Overflow incontinence is rare in women.

Urinary Incontinence is nothing to be ashamed about. It is a medical condition and treatable. There are many different supplies available to help keep you dry. See page 2 for more information.

## SPOTLIGHT ON SPORTS

### Sledge Hockey

Sledge hockey is a sport that was designed to allow participants who have a physical disability to play the game of ice hockey. Ice sledge hockey is also known as sled hockey in the United States.

Sledge hockey is the Paralympic equivalent of Ice Hockey, as its name suggests, it is played using two blade sledges which allow the puck to pass underneath the sledge. They are propelled by sticks with a spike in the one end and a blade in the other end for shooting.

Read more about sledge hockey at: <http://www.disabled-world.com/sports/snow/sledgehockey/#ixzz1B2GnkUav>

Minnesota is fortunate to have an organization called MN Sled Hockey. Please check out their website at [www.mnsledhockey.org](http://www.mnsledhockey.org)



# PRODUCT OF THE MONTH

## Urinary Incontinence

The days of the bulky adult brief are gone! There are a wide variety of urinary incontinence products available that work better than ever to capture urine and keep it from causing you personal embarrassment.

### Incontinence Liners & Bladder Control Pads

These are meant to be worn with your normal underwear. They are designed to be more absorbent than a sanitary napkin and have the additional benefit of waterproof backing.



### Incontinence Underwear

Incontinence underwear is designed to fit as well as regular underwear. They resemble normal underwear and are referred to as pull ups. Absorbent pads inside are large and thick to absorb heavy amounts of urine and a



waterproof backing and elastic leg gathers make sure that no urine leaks out. All are designed to hold about a cup of leaked urine.

### Adult Brief

These are disposable and come in many sizes from XS to XXXL. Compared to previous versions of adult briefs these are much less bulky, more absorbent, and most have gathers at the legs to improve fit and prevent leakage.



Wheelchairs Plus has a full line of all Urinary Incontinence supplies. We can ship directly to your home or you may pick them up at any of our locations. For information call 1-800-400-1833 and ask for Pam, or fax her at 1-866-454-6360. Be prepared with a copy of your prescription and the product information of any products currently being used. If you are unsure of which product will work for you, Pam will offer advice and happily send you samples.

## February is:

- American Heart Month
- An Affair to Remember Month
- Black History Month
- Canned Food Month
- Creative Romance Month
- Great American Pie Month
- National Cherry Month
- National Children's Dental Health Month
- National Grapefruit Month
- National Weddings Month

## Employee Spotlight

Dean Ebsen is in our February spotlight. Dean works in our Waite Park office as one of the Service Techs and he does all Shipping & Receiving. Dean came to Wheelchairs Plus in August of 2002. He enjoys outdoor activities such as fishing, camping in the 5<sup>th</sup> wheel, hunting pheasants and deer in the fall (to restock the freezer), and riding his Harley. He and his wife Carol spend tons of time with their three grandchildren. Be sure to congratulate him in July when the new grandbaby is due.

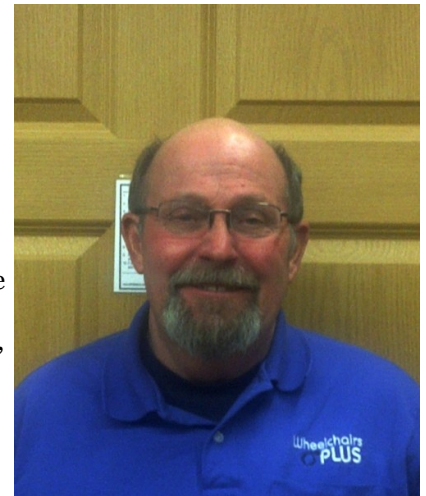
Dean was born and raised in Pipestone, MN which is in the SW part of MN. He says that "it's always windy, thus when I get a little windy you know where it comes from". Dean is the only boy with five sisters. He says they all say he was spoiled. Unfortunately he lost one of his sisters last spring to cancer. His parents Wayen (94) and Betty (88) still live in the family home.

He graduated high school in 1967 and entered the US Marine Corps (USMC) in 1968. When he returned to Pipestone, after his service was over in 1972, he attended Pipestone Tech College receiving a degree in Automotive Repair. In 1982 he quit automotive repair to spend a year teaching at Sisseton SD High School. When the year was up he returned to Pipestone to work full time for the National Guard. He retired in 2002 with 20 years of active duty with the USMC and 10 years active duty with the National Guard.

He is the proud father of two kids, Marti of Montevideo, MN and Clint of Little Falls. Marti has a daughter Victoria (8) and a new baby due in July. Clint has two children, Nolan (2 1/2) and Miya (4mos). He says "We enjoy spending a lot of time with them, spoiling them, and sending them home to their Mom and Dad".

In 2000 Dean married his High School Classmate Carol Douty. Nope, they were not high school sweethearts. Just took a long time to find one another. They moved to St. Cloud in 2002 and in 2004 found a home on the Platte River in Royalton. Dean is a member of the Royalton Lions and will be President this year. He is also the President of his Church Council. Both keep him very busy. Carol retired in the fall of 2010 and is "patiently waiting for me to do the same".

Dean truly enjoys his position and the company. He says "the best part of his day is going home after work, to his loving wife, and knowing that I did something good for someone and their life is made easier".



## Roll Call

This Roll Call goes out to a staff member of Metro Bus of St. Cloud. Not only does Metro Bus provide a wonderful and comprehensive route program to assist wheelchair users in the St. Cloud and Waite Park communities, they have staff that takes their jobs to heart. Recently one of their staff was in our store to pick up a power scooter that was to be used for training their drivers on tie-down procedures. It was a snowy day, as many days have been the past few weeks. She stated that on the drive over to our store she had come to a busy intersection where someone in a manual wheelchair was stuck in the snow in the middle of the road. As she drew closer she was amazed at how many people just drove around this individual and didn't stop to help! She then stopped her car to block traffic, and assisted the individual across the

road. So I want to extend a thank you as a community member to her for having the courtesy and courage to stop. Many intersections and sidewalks may appear clear and clean enough to walk, but stop to think of the wheelchair users in your neighborhood or community. Funding doesn't pay for snow tires on wheelchairs, so it would be comparable to imagine pushing a bike through the snow and slush. Keep your sidewalks clear, or call your local authorities if you see problem areas where there are wheelchair cut-outs. For now, let's say thank you to Metro Bus for your extended efforts in providing transportation to everyone, and also to your caring staff!

# Wheelchairs Plus

## LOCATIONS

**St. Cloud**

65 3rd St NE  
Waite Park, MN 56387

Toll Free 877-882-7700  
Phone 320-259-7700  
Fax 866-454-6960

**Bemidji** 218-755-5079

**Grand Rapids**

502 SE 10th ST  
Grand Rapids MN 55744

Toll Free 800-400-1833  
Phone 218-326-1833  
Fax 866-454-6960

**Duluth** 218-623-1028



502 SE 10th ST  
Grand Rapids MN 55744