



In the UK, it is estimated that **1 in 5 people** of all ages are living with bladder problems.**

That's roughly the equivalent size of the over 60 population in the UK!



The time to talk is now. 
You're not on your own!

Talking to others can have a positive effect on your self-confidence and help taking control of your incontinence, not just getting by.

Make sure someone knows you have a problem, your family, your partner or a healthcare professional.



Visit

www.hartmannirect.co.uk

your go-to resource for managing incontinence and product advice.

HARTMANN UK & Ireland
UK: +44 (0) 1706 363200
Email: info@uk.hartmann.info

www.hartmann.co.uk
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Going further for health



You're not on your own!
Incontinence Factsheet

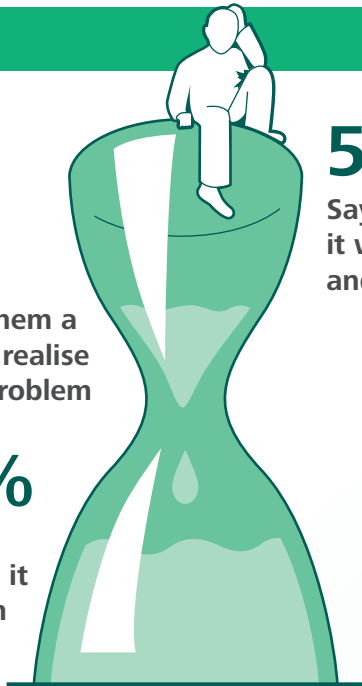


Too many people living with incontinence suffer in silence*

Denial

40%

Say it took them a long time to realise they had a problem



52%

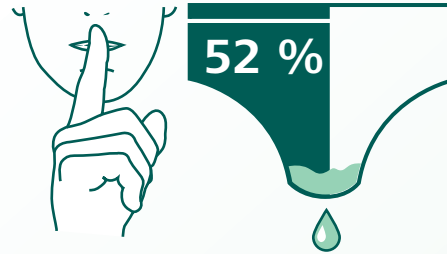
Say they thought it was temporary and would go away

57%

Were not expecting it to happen to them

Taboo

Say that urinary incontinence is a taboo subject in their country

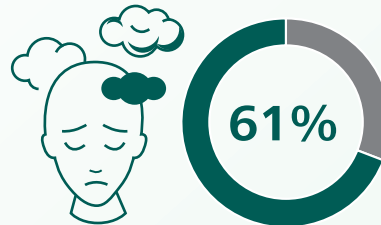


52%

Impact on overall life

68%

Negative impact on overall life



Say it has a negative impact on emotional wellbeing

61%

Say they wish society was more open about urinary incontinence

Society

59%



Talked to trusted circle

Have never talked to their...



66%
...friends

43% ...partner
53% ...family



64%

Say it has a negative impact on self-esteem

Opening Up

68%

Say that they felt more supported as a result of talking to their partner



46%

Felt more confident in themselves

41%

Felt closer to their partner

*Source: HARTMANN MoliCare® Incontinence Study / *n=2311 (participating countries: Germany, France, Czech Republic, Spain and Switzerland)

**Buckley, B. S., & Lapitan, M. C. M. (2009) Prevalence of urinary and faecal incontinence and nocturnal enuresis and attitudes to treatment and help seeking amongst a community-based representative sample of adults in the United Kingdom. International journal of clinical practice, 63(4), 568-573.

Survey period: february 2019