

5 Tips to Make Life Easier for Veterans Living with Incontinence

Practical, Veteran-Approved Strategies for Comfort, Dignity, and Independence

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Serving Those Who Served

Dear Fellow Veterans and Caregivers,

After serving more than 20 years in the U.S. Army as a logistics officer, I faced unexpected medical challenges following surgery — including the need to manage incontinence every day. Through trial, research, and support from my medical team, I discovered reliable products and practical routines that can make a world of difference.

That experience inspired me to start Veteran Med Supplies LLC — a veteran- and woman-owned small business that focuses on dignity, independence, and premium U.S.-made incontinence products.

This short guide includes five key lessons I ' ve learned that can help veterans and caregivers simplify daily life, improve comfort, and take control again.

With respect and solidarity,

— Lita V. Tomas

Tip #1 – Choose Quality, Not Quantity

Store-brand briefs often leak, chafe, or fail during activity. Investing in high-absorbency, skin-safe products means fewer changes, less laundry, and better sleep. Look for multi-layer absorbency cores and breathable covers — they prevent irritation and odor better than bargain brands.

Tip #2 – Create a 'Preparedness Kit'

Keep an organized travel bag with supplies ready: 2 – 3 briefs or pull-ons, wipes & disposal bags, extra underwear, hand sanitizer & gloves. Having this kit in your vehicle or backpack reduces anxiety about leaving the house.

Tip #3 – Protect Your Skin

Long-term moisture exposure leads to irritation. Use barrier creams and quilted wipes instead of dry toilet paper. Choose alcohol-free, pH-balanced wipes for sensitive skin.

Tip #4 – Build a Routine

Set a schedule for hydration, meals, and bathroom visits. Keep spare supplies in predictable spots like your vehicle, office, or bedside. Routine builds confidence and prevents surprises.

Tip #5 – Ask for Support

Incontinence isn't weakness. Many veterans face it due to injury, medication, or surgery. Talk openly with your provider, spouse, or caregiver. The VA offers support and coverage for incontinence supplies — ask about available programs.

Resources

- Veteran Med Supplies LLC – www.VeteranMedSupplies.com
- PodcastDX – Real stories and expert interviews: www.PodcastDX.com
- VA Prosthetics & Sensory Aids Service – www.va.gov/psas/
- National Association for Continence – www.nafc.org

Thank you for downloading this guide. If these tips helped you, please visit Veteran Med Supplies for trusted, U.S.-made products that support independence and peace of mind.

We served our country with pride. Now it ' s time to serve our health with the same dedication.

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