

Incontinence Panties for Active Women: They're Not Your Granny's Panties

Modern incontinence panties are a far cry from the ugly, bulky, "granny panties" of the past. Perfect for today's active woman, the new generation of protective underwear offers security, comfort, and confidence with style. In the past, women had few options for managing urinary incontinence. The selection of protective underwear available in retail stores was often limited to unisex garments that most active women found bulky, ill-fitting, and uncomfortable. For the millions of women who experienced mild occasional stress incontinence (the leakage of small amounts of urine when coughing, laughing, sneezing, lifting, etc.), the commercially available undergarments seemed like overkill. Many opted instead for "make do" systems using ordinary panties in combination with cut-up disposable diapers or sanitary napkins. Though less bulky than the commercial garments, these combinations were uncomfortable, prone to shifting, and rarely provided truly secure leak protection. Over the past decade the situation has changed dramatically. Innovative new materials and an increased emphasis on style and comfort have resulted in a broad selection of protective undergarments that meet the needs of women with all levels of incontinence, and online shopping makes them available to everyone. For women managing mild occasional stress incontinence, special panties with permanent pads sewn into the crotch area may be the perfect solution. Made of body-hugging stretch material to hold the padding securely in place, these garments provide just enough protection for complete confidence with an absolute minimum of bulk. Most also feature a special moisture-wicking liner that prevents odors and keeps the body dry. These garments look and feel almost exactly like ordinary panties, and they can be washed and dried with the rest of the laundry. They are available in a wide selection of colors, prints, and textures, and some manufacturers even offer bikini-cut designs. There are also stretch panties designed with a special pocket into which either reusable or disposable absorbent pads may be inserted. The stretch material keeps the padding securely in place and the pocket design makes changing pads fast, easy, and discreet. These panty-and-pad systems are generally sold together to guarantee the best fit and protection. This type of system can be an excellent choice for women who experience a greater degree of incontinence, and they are also a good option for work, traveling, overnight, or any time when extended wear protection is needed. Even women with severe incontinence can now find comfortable, attractive options in undergarments. Waterproof pants made to be worn over adult diapers were once considered a last resort measure because they were stiff, hot, bulky, and uncomfortable. But they are now made of softer, lighter weight, more flexible materials that make stiffness, cracking, and discomfort a thing of the past. Many also feature a streamlined shape that is roomy enough to accommodate an undergarment without creating unwanted bulkiness under outer clothing.

About the Author

As many as 20 to 30 percent of women experience some level of incontinence. Buying the right [incontinence pants for women](#) is a crucial part of managing this condition - find out how to select the products that are right for you at [Incontinence Pants & Products](#).

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