

HEALTH AND WELL-BEING

ACCORDING TO THE NATIONAL INSTITUTES OF HEALTH, URINARY INCONTINENCE AFFECTS FIVE HUNDRED MILLION PEOPLE AROUND THE WORLD. THE TEMPORARY OR RECURRENT LOSS OF BLADDER CONTROL IS OFTEN SEEN IN SENIORS AND PEOPLE WITH DISABILITIES BUT IT'S NOT UNCOMMON AND CAN AFFECT ANYONE, OF ANY AGE, SEX OR BODY TYPE. IF YOU OR SOMEONE YOU CARE FOR IS EVER ONE OF THEM, YOU MAY BE RELIEVED TO KNOW THERE'S NOW A WEARABLE DEVICE THAT CAN TELL YOU WHEN IT'S TIME TO GO TO THE BATHROOM. USING A PORTABLE ULTRASOUND SENSOR, THE DEVICE DETERMINES WHEN YOUR BLADDER IS NEARLY FULL AND THEN SENDS AN ALERT TO YOUR SMARTPHONE OR TABLET. IT'S COMPLETELY SAFE AND NONINVASIVE AND IT CAN BE WORN COMFORTABLY AND DISCREETLY WITHIN YOUR UNDERWEAR. MANY PEOPLE WHO HAVE TRIED IT SAY IT REDUCES ANXIETY AND GREATLY IMPROVES THEIR CONFIDENCE, DIGNITY AND INDEPENDENCE. THE DEVICE IS CALLED D-FREE, WHICH STANDS FOR DIAPER FREE. YOU CAN LEARN MORE AT D-FREE-U-S--DOT--BIZ OR CALL (800) 5-5-9--7-1-6-9.