

# Embarrassing incontinence

**Dear Annie:** My wife and I have been married for a long time. In the last couple of years, she has developed an incontinence problem. She seems not to be aware of how bad it is. She leaves rather fragrant underwear in the hamper, and the odor is horrible. If I bring up the subject, she gets very angry. She is in denial.

I wish I could suggest to her what her options are, what products are available for this problem and to wash her underwear more thoroughly. The odor is so strong, guests coming into the house can smell it. Maybe she simply can't tell how bad it is. What do you suggest I do? What do you suggest she do? This is a fairly urgent matter. Thank you. — *Embarrassed*

**Dear Embarrassed:** Your wife might be surprised to learn that incontinence affects more than 25 million people in the U.S., and most cases are treatable. There are different types of incontinence: Stress incontinence (leaking when you cough, sneeze, laugh); urge incontinence (a sudden need to use the bathroom, usually due to other conditions, such as an infection); overflow incontinence (the bladder doesn't completely empty

## Annie's Mailbox

Creators  
Syndicate Inc.  
Kathy Mitchell  
and  
Marcy Sugar



when you use the toilet); functional incontinence (wherein a physical or mental impairment creates a problem, such as severe arthritis that makes it difficult to unzip fast enough); or mixed incontinence (more than one type).

We know this is a sensitive subject, but you absolutely must speak to your wife about it. She would be mortified to realize that others notice the odor. She might be more willing to address it with her doctor if you tell her that incontinence can indicate a more serious underlying medical condition. And she might be reassured to know that she might be able to control the problem through medication and/or pelvic exercises. For information, you both can contact the National Association for Continence at [nafc.org](http://nafc.org)

**Dear Annie:** My wife and I are elderly and no longer enjoy things like fancy candies and fruit. We have tried to subtly let family and friends know this, but they persist, on frequent occasions, in sending us expensive edibles from elegant places, which we then regift to others. (This isn't easy, as most of our friends are also elderly and won't enjoy the epicurean treats.)

We feel that, to be polite, we must thank the givers. But the truth is, we would much prefer that they use the money to make a donation to charity. Is there a polite way for us to tell them this without appearing to be rude and ungrateful? — *Anonymous*

**Dear Anonymous:** We suspect these people are trying to be kind and don't know what else to get you. You must thank them for thinking of you. But when an occasion is coming up where you know they are likely to send you such things, inform them in advance that you no longer eat candy or fancy fruits. Say that you are making a concerted effort to do more good in your lives, and if they insist on honoring you, a gift to such-and-such charity would mean the world to you.

# Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

**ARIES (March 21-April 19).** You do have an endless supply of excellent ideas, though it's best to parcel them out slowly or you'll overwhelm the others. In fact, keep most of them to yourself until you're sure it's the right time.

**TAURUS (April 20-May 20).** It's cute to hit all of the buttons on the elevator if you happen to be a child. Adults don't enjoy all of the stops and starts, though, and that's part of today's frustration. Take a breath. Children will be children.

**GEMINI (May 21-June 21).** The harsh and unforgiving feelings have a way of getting wedged in your ribcage. The way to let them go is through singing or exercise that gets you breathing deeply and forcefully.

**CANCER (June 22-July 22).** Stunt-performers learn not to fall helplessly. There are many ways to help yourself through the fall, work with the momentum of it and experience a relatively soft landing.

**LEO (July 23-Aug. 22).** Your love is shelter. Those you love feel your protection. They know that you'll believe the best in them, even if they themselves aren't quite sure it's warranted. You'll be extending the benefit of the doubt again.

**VIRGO (Aug. 23-Sept. 22).** Even though you know that it's important to care for and love yourself, you really learn how to these days by loving others. Give them what they need and you'll suddenly realize what you need.

**SCORPIO (Oct. 24-Nov. 21).** You're like a person searching for glasses that are flipped atop his head. In order to see better, all you have to do is feel around your head a little and make a slight correction to put things back in place.

**SAGITTARIUS (Nov. 22-Dec. 21).** You want to show up looking your best, and this takes more effort than anticipated. Give yourself the time to work it out. As you get the external details in order, the inner workings will happen, too.

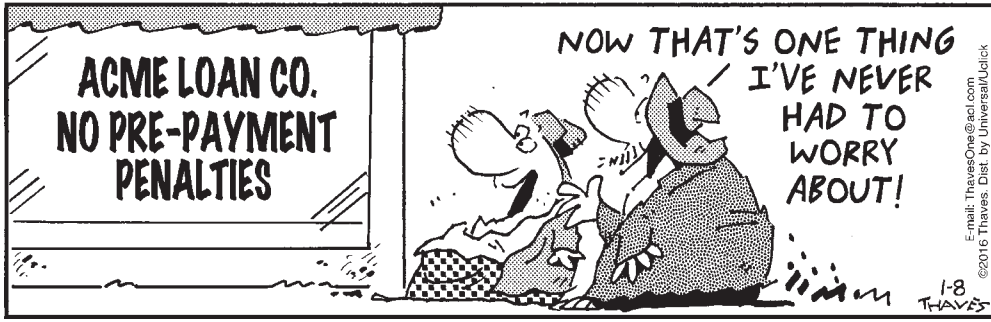
**CAPRICORN (Dec. 22-Jan. 19).** The star was born, died and is now the main reason you're breathing. Your essence is stardust and you are even more radiant than usual with so much cosmic power these days. Use it well.

**AQUARIUS (Jan. 20-Feb. 18).** The selfie has become one of the most popular and daily ways to face oneself, though it is perhaps the least revealing of methods. It's time to "selfie" your soul again.

**PISCES (Feb. 19-March 20).** You feel that you could stand to be less selfish and defensive. Couldn't we all? It's not a matter of being a good person or a bad person. Listening, kindness and patience usually take practice.

**SATURDAY'S BIRTHDAY (Jan. 9).** Exhilarating love at last! Singles thrive with variety; couples bond in adventures. At work, the VIPs will take notice of your work, but only after you publicize and draw a crowd. This, done well, will lead to a raise. June will bring exciting outings and meaningful social connections. Family needs your good influence. Cancer and Leo adore you. Your lucky numbers are: 6, 9, 40, 33 and 15.

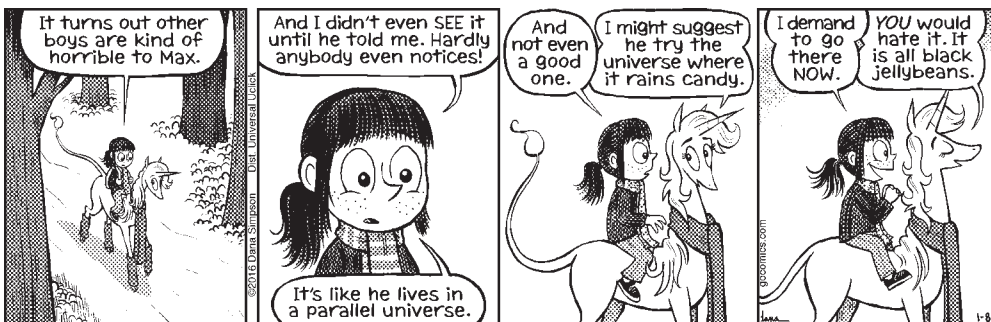
## FRANK AND ERNEST



## THATABABY



## PHOEBE AND HER UNICORN



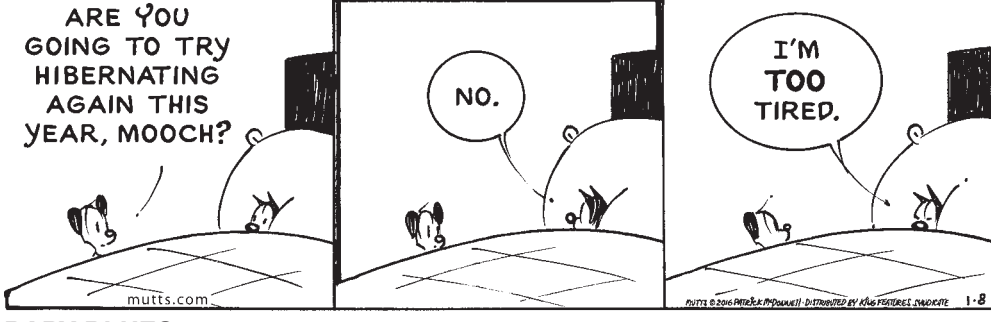
## LOLA



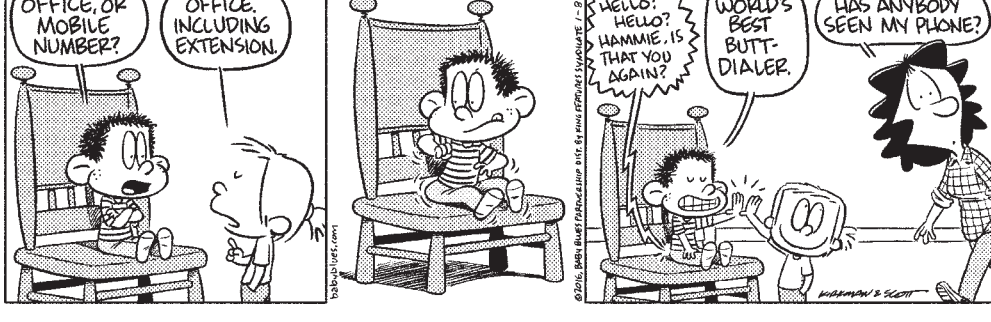
## SIX CHIX



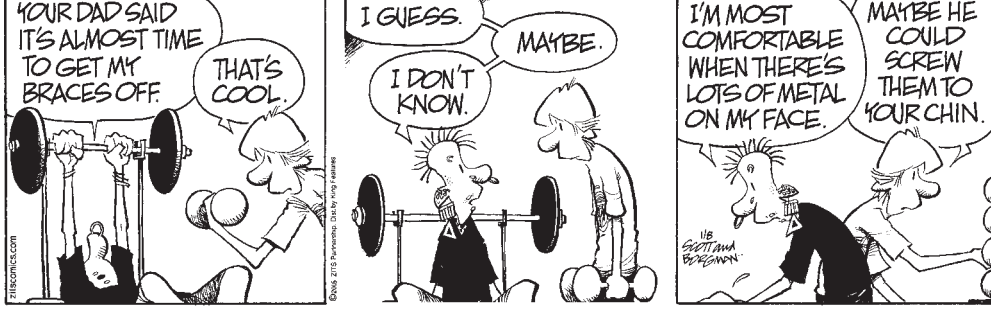
## MUTTS



## BABY BLUES



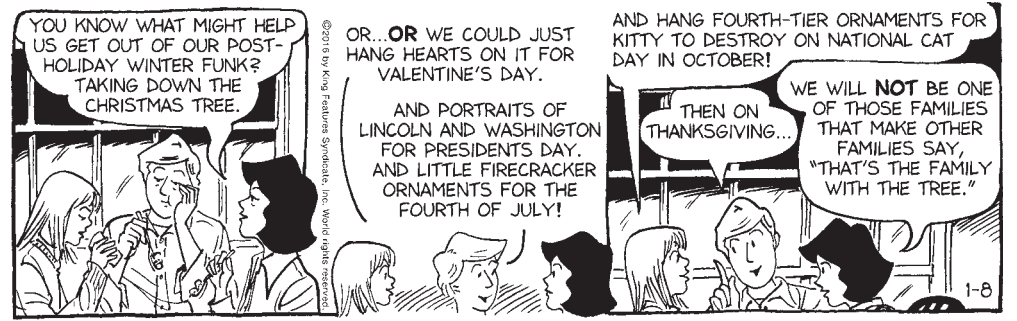
## ZITS



## BLONDIE



## SALLY FORTH



## B.C.



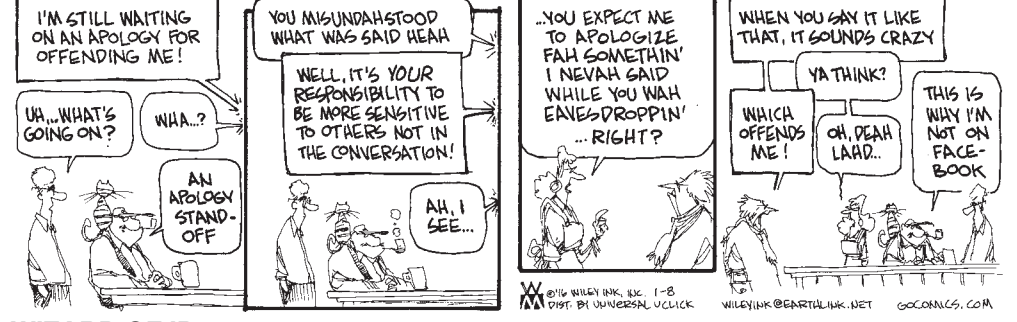
## DILBERT



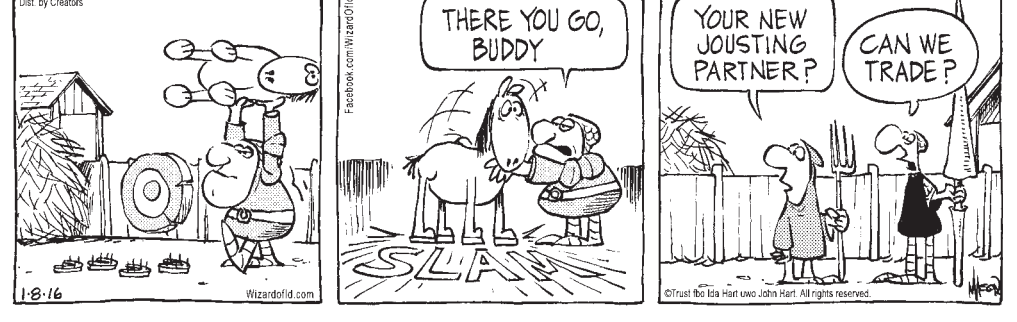
## BIZARRO



## NON SEQUITUR



## WIZARD OF ID



## ROSE IS ROSE

