

Useful Tips from Manfred Sauer UK

Call our Helpline for more advice 01604 595 696 helpline@manfred-sauer.co.uk

tip of the issue!

Ever had a urinary sheath leak?

by Phil Thompson



First and foremost the sheath needs to be a snug fit, not too tight or loose, if it isn't find one that is! If you still have problems, it may be to do with the way you fit it or something as simple as damp waterlogged skin at the base of the penis near the scrotum. For a lot of SIA members once showered and towel dried the first action is to fit a new sheath and this will likely be done from a sitting position, with your penis lying on top of the scrotum. The scrotum has naturally wrinkled undulating skin that will retain moisture, so when you roll the sheath on, the underside of the penis will be damp, which will stop the sheath adhering securely to your skin. If you scrub it with a towel you will end up sore and using the wife's hairdryer is just 'plain wrong' and likely not a popular move! Try my kitchen roll technique. After washing, towel down as usual and then using a couple of pieces of kitchen roll, fold them up and wrap them round the penis making sure that the end of the glans or foreskin is sticking out, just in case you leak, the object is to keep the area dry. Leave the penis wrapped up for a couple of minutes and use this time to get the new sheath and drainage bag ready. When the kitchen roll is removed the skin is dry and ready for a secure attachment to the sheath. Make this part of your daily fitting routine and it's one less thing to worry about.

Taken from Spinal Injuries Association Magazine - Forward - Dec 2008

Phil Thompson & Barry Kaighin both work for Manfred Sauer UK

tip of the issue!

by Barry Kaighin T6/7 complete



Anything that reduces time spent on the toilet has got to be worth a second look?

A Smoothie maker has helped me do just that! How?

I've increased the amount of fibre in my diet by drinking a Smoothie every day. Yes, it does take time preparing fresh fruit and veg, but I would rather spend time chopping than sitting on the toilet – wouldn't you?

The Consumers Association

www.which.co.uk 'budget best buy' is: You Are What You Eat 12732 Smoothie Maker. It retails for under £20 and does exactly what it says on the box!

I use fruit and veg from the market that may not be as good looking as the supermarkets, but is a fraction of the price if bought at the end of the day and is perfect for the job. There is also something satisfying about preparing such a refreshing, wholesome drink that makes it easy to get the recommended '5-a-day' down the hatch, add some frozen yoghurt or ice cream (low fat of course) – Yummy!

I don't know about you, but even with the best will in the world, I have always struggled to maintain the '5-a-day' recommended pieces of fruit and veg? By the way potatoes don't count towards the '5-a-day' as they are considered starchy food, like pasta and rice. www.5aday.nhs.uk

Why a smoothie? Because unlike a juicer you use all of the fruit or veg complete with pulp. Beware of some shop-bought Smoothies as they can contain lots of sugary fruits, even added sugar. One of my favourite home-made Smoothies is carrots, celery with fresh ginger, ice and cranberry juice (no added sugar). You can make enough for 2-3 days at a time and keep it in a jug in the fridge.

An added bonus is that Smoothies are supposed to help with weight loss as they are very filling and help prevent hunger pangs – definitely preferable to snacking on biscuits, crisps, sweets and other sugary things: www.makeasmoothie.com

Happy chopping

Taken from Spinal Injuries Association Magazine - Forward - Aug 2009



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