

*Help for the millions
of men and women
who suffer from
urinary incontinence*

Staying Dry

A
Practical
Guide to
Bladder
Control

**"I am delighted to recommend Staying Dry
to my readers."—Ann Landers**

Kathryn L. Burgio, Ph.D.
K. Lynette Pearce, R.N., C.R.N.P.
Angelo J. Lucco, M.D.

Staying Dry A Practical Guide To Bladder Control

Kathryn L. Burgio



Staying Dry A Practical Guide To Bladder Control:

Staying Dry Kathryn L. Burgio, K. Lynette Pearce, Angelo J. Lucco, 1989-10-01 *Staying Dry* is the highly acclaimed book that offers help to the millions of adult Americans who suffer from urinary incontinence the involuntary passing of urine Based on a program developed at the National Institute on Aging in association with the Johns Hopkins University School of Medicine it combines medical advice with an action plan that can help you solve an incontinence problem in a matter of weeks It s a step by step approach that has helped up to 90% of the people who try it You ve heard the myths about urinary incontinence It s time you learned the facts Myth This is just part of growing old People have to live with it Fact Incontinence is not caused by aging It s a symptom of one of several medical disorders Myth The condition probably isn t treatable Fact 80% to 90% of known cases respond to the treatments described in this book Myth You don t hear much about incontinence so it must be pretty rare Fact Just because people don t like to talk about a problem doesn t mean it s rare In fact half of all adult women suffer from urinary incontinence at some point in their lives It affects one in five men If you have a bladder problem that s taken control of your life *Staying Dry* is the book that will put you back in charge *Staying Dry* Kathryn L. Burgio, 1991 This highly acclaimed book offers help to the millions of adult Americans who deal with urinary incontinence Based on a program developed at the National Institute on Aging in association with the Johns Hopkins School of Medicine *Staying Dry* is the book that will put you back in charge

Diseases of the Small Intestine in Childhood, Fourth Edition John Walker-Smith, Simon Murch, 1999-05-13 Provides a review of diseases of the small intestine in children with an emphasis upon a discussion of their causes clinical manifestations and the newer techniques which are used in diagnosis as well as modern methods of management The book will be of value to the consultant paediatrician and paediatric surgeon as well as to the paediatric registrar and house officer as a practical guide to their understanding of these diseases It is also intended for adult physicians gastroenterologists and surgeons who wish to survey the clinical spectrum of disease of the small intestine in childhood

Textbook of Female Urology and Urogynecology - Two-Volume Set Linda Cardozo, David Staskin, 2017-01-06 Featuring contributions by an international team of the world s experts in urology and gynecology this fourth edition reinforces its status as the classic comprehensive resource on female urology and urogynecology and an essential clinical reference in the field

What You Can Do about Bladder Control Nancy Bruning, 1992 This clearly written guide cover the causes and cures for all types of incontinence and provides a wealth of treatment options for all ages and situations Includes information on behavioral therapies surgical nonsurgical and experimental regimes plus a consumer guide to related products

Pelvic Floor Re-education Kaven Baessler, Bernhard Schüssler, Kathryn L. Burgio, Kate Moore, Stuart L. Stanton, 2010-01-14 The 2nd edition of *Pelvic Floor Re education* provides a comprehensive overview of the subject along with other aspects of the clinical assessment and management of pelvic floor disorders Starting with the latest theories on anatomy pathophysiology and possible causes of pelvic floor damage the

importance of pelvic floor evaluation is looked at to determine the type of treatment Practical techniques of muscle assessment and investigative methodologies are reviewed and up to date information on anatomy and physiology is discussed An algorithmic approach takes the reader through the options for clinical evaluation and treatment This practical book is invaluable reading for all health care professionals working with incontinent patients particularly urogynecologists obstetricians gynecologists and physiotherapists as well as residents and trainees interested in the scientific and clinical fundamentals of pelvic floor re education *Overcoming Bladder Disorders* Rebecca Chalker, Kristene E. Whitmore, 1990 This impeccably researched guide provides the most thorough up to date information available on the diagnosis treatment and prevention of the most prevalent but often misunderstood bladder conditions Helps sufferers assess their condition find an informed physician or therapist choose a clinic and cope with the sometimes devastating emotional and sexual impact

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desk reference for today's mental health practitioners in geriatrics and gerontology. Few stones have been left unturned in the 22 reader-friendly chapters that comprise the handbook. Not only are general treatment issues addressed in great detail, but assessment procedures, the treatment of specialized psychological and behavioral problems, and even issues in effective collaboration with medical geriatricians are considered. The scope and breadth of clinical knowledge and wisdom found within the covers of this volume are certainly impressive.

Lenard W. Kaye, Professor, Bryn Mawr College. The authors have succeeded in drawing on the expertise of a broad range of recognized authorities in clinical gerontology who have the capacity to communicate to the reader with considerable clarity both current information and best practice strategies of mental health intervention with older adults.

Lenard W. Kaye, Professor, Bryn Mawr College. It would be difficult to find another reference source in clinical gerontological practice that is able to deal with the challenges of practice in this area with greater comprehensiveness and authority. The multidisciplinary perspective of the handbook ensures it being a valuable addition to the clinical practice collections of psychologists, social workers, nurses, gerontologists, and other allied health professionals. And once obtained, it should not gather dust given the currency and utility of the information.

Lenard W. Kaye, Professor, Bryn Mawr College. *University Press Books for Public Libraries*, 1990. *The Consumer Health Information Source Book*. Alan M. Rees, 1994. How can an award-winning source book that helps consumers find health information be improved? Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet, tips on where to find Spanish language health pamphlets, and recommendations on what's most important in the world of alternative medicine. The sixth edition provides users with an annotated guide to health-related resources: hotlines, newsletters, pamphlets, Web sites, CD-ROMs, magazines, books, and more. Readers are given a description on each resource and how to best use it.

The Urinary Incontinence Sourcebook. Diane Kaschak Newman, Mary K. Dzurinko, 1997. Covers the physical, psychological, and social aspects of the highly treatable but often neglected problem. *Bottom Line, Personal*, 1994.

The Eldercare Sourcebook. Ann Rhodes, 1993.

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