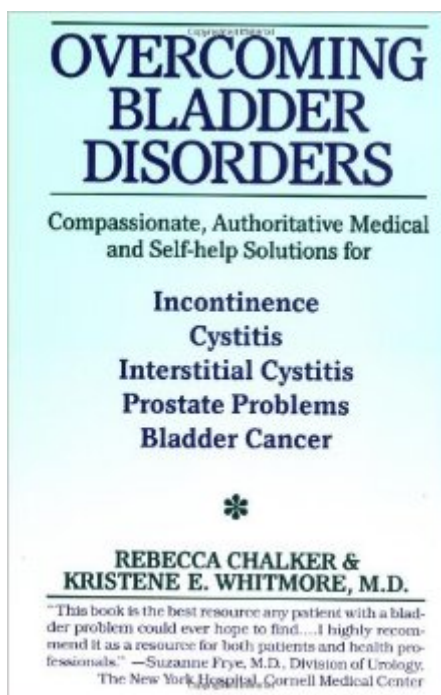


The book was found

# Overcoming Bladder Disorders: Compassionate, Authoritative, Medical And Self-Help Solutions For



## Synopsis

For the millions of sufferers of bladder disorders, embarrassment, misinformation, and lack of support have stood in the way of effective care and treatment for far too long. This fact-filled and supportive guide draws on the latest research, surveys, and first-person accounts to provide the most up-to-date information available on the diagnosis, treatment, and prevention of these widespread but often misunderstood conditions. The authors' state-of-the-art self-help and medical suggestions help sufferers to:

- Understand the relevant physiology and assess their condition
- Evaluate appropriate diagnostic procedures
- Find a sympathetic, informed physician, clinic, or therapist
- Locate support groups and other resources
- Overcome the sometimes devastating emotional and sexual impact
- Develop coping strategies for everyday survival

## Book Information

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## Customer Reviews

This book is well worth purchasing. The information on interstitial cystitis is current, backed by research, and encouraging. I would have to rate it as "outstanding."

Written by Dawn R. Mahowald only I remember when I first discovered I had Interstitial Cystitis, a chronic inflammatory bladder condition, also called IC. I was looking for help and this was the first book I had located with an easy-to-read, but authoritative synopsis of IC. Later, as I began working with people with bladder disorders, like bladder cancer and prostate difficulties I found I was recommending the book to more and more of my clients as a really good, solid source of basic information on their condition. People can relate to the patient stories. The descriptions of each

disorder are clear and simple to comprehend. Readers understand the explanations of the various tests and possible treatments. And, people liked getting a quick overview of the drugs they been prescribed. For some, information they get from this book satisfies their needs. For others, it sets the groundwork and provides them with what they need to move to the next level of knowledge on their condition. A good "first book" for anyone with incontinence, cystitis, prostate disorders, and bladder cancer or for anyone who just wants to know about them.

This book was purchased to be a companion to the regimen I already keep as a sufferer of IC. It has a lot of good information in it that I already knew about IC and it's treatment. But I have failed to see much in it that I didn't already know. For anyone with IC it is a good book to read before treatments though. There ARE other alternatives to the harmful and painful surgical procedures and instillation!!! I myself depend on baking soda water and a food diary that helps me keep track of my trigger foods. I also depend on pH strips to help me keep track of my urinary pH so I can keep it slightly alkaline. Since I began this regimen I haven't had issues with flares.

I just happened to pick this book up in 1991 when I'd been suffering from terrible bouts of, what I thought were, repeated urinary tract infections. Things got so bad I couldn't sleep, couldn't ride in a car more than 15 - 20 minutes, and if it had gone on much longer would've been suicidal. Thank goodness for this book - which was very ahead of it's time at that time (1991), and my OB/GYN who read the book, spent a lot of time with me, and dx'd me with IC - which not many physicians were doing back then. One of the really valuable tips (I think I picked up in this book) was drinking baking soda in water - to make the environment more alkaline - a real life saver from time to time. I haven't needed another book specifically on IC or bladder disorders since this one. I did see a URO/GYN and got excellent care which, combined with this book, put my IC into remission. Other than that I get on the internet now and then, but this book was a real life saver.

Covers range of disorders, with useful dietary information

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