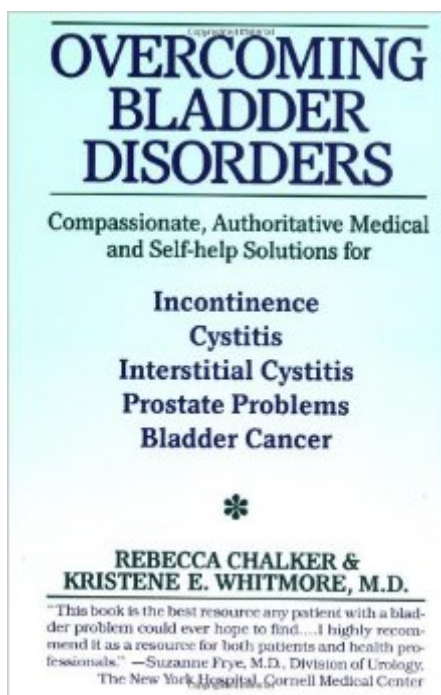


The book was found

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

Paperback: 352 pages

Publisher: Harper Perennial; 1st Harper Perennial edition (June 25, 1991)

Language: English

ISBN-10: 0060920831

ISBN-13: 978-0060920838

Product Dimensions: 5.3 x 0.8 x 8 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #695,471 in Books (See Top 100 in Books) #68 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Prostate Disease](#) #73 in [Books > Health, Fitness & Dieting > Men's Health > Prostate Health](#) #26219 in [Books > Parenting & Relationships](#)

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

[Download to continue reading...](#)

Overcoming Bladder Disorders: Compassionate, Authoritative, Medical and Self-Help Solutions for 21st Century Ultimate Medical Guide to Bladder Cancer - Authoritative, Practical Clinical Information for Physicians and Patients, Treatment Options (Two CD-ROM Set) Conquering Bladder and Prostate Problems: The Authoritative Guide for Men and Women The Self Directed IRA Handbook: An Authoritative Guide For Self Directed Retirement Plan Investors and Their Advisors Master

Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) The Patient's Medical Journal: Record Your Personal Medical History, Your Family Medical History, Your Medical Visits & Treatment Plans Overcoming Adrenal Fatigue: How to Restore Hormonal Balance and Feel Renewed, Energized, and Stress Free (New Harbinger Self-Help Workbook) The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) Better Bones, Better Body: A Comprehensive Self-Help Program for Preventing, Halting and Overcoming Osteoporosis Personal Encounters with Cancer: Lung, Bladder, Metastases, Prostate, Tongue, Breast The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time (The Instant Help Solutions Series) Menstrual Cramps Self Help Book: Effective Solutions for Pain and Discomfort Due to Menstrual Cramps and PMS Dr. Susan M. Lark's The Menstrual Cramps Self Help Book: Effective Solutions for Pain & Discomfort Due to Menstrual Cramps & PMS Parasitology for Medical and Clinical Laboratory Professionals (Medical Lab Technician Solutions to Enhance Your Courses!) Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders God Wants You Happy: From Self-Help to God's Help Annual Tax Mess Organizer For Barbers, Hair Stylists & Salon Owners: Help for help for self-employed individuals who did not keep itemized income & ... during the business year. (Annual Taxes) 21st Century Complete Medical Guide to Endometriosis, Authoritative Government Documents, Clinical References, and Practical Information for Patients and Physicians 21st Century Ultimate Medical Guide to Endometrial (Uterine) Cancer - Authoritative, Practical Clinical Information for Physicians and Patients, Treatment Options (Two CD-ROM Set)

[Dmca](#)